Communication skills rank highest among the skills employers consider most important

What Does it Mean to be SHY?

Shyness (also called diffidence) is the feeling of apprehension, lack of comfort, or awkwardness especially when a person is around other people. This commonly occurs in new situations or with unfamiliar people.

Shyness can be a characteristic of people who have low self-esteem.

How to make an impression

i. Reset. Reboot
ii. Go into your body
iii. Have something prepared

Develop Communication Skills

Organizing ideas
Expressing yourself
Persuasive arguments
Evaluating data
Listening
Understanding diversity
Tech savvy
High-quality writing
Adapting your message
Business etiquette
Ethical
Confidentiality
Laws and regulations
Time management
1. Reset. Reboot
- Allow yourself to be boring
- Release judgements
- Let yourself go slack, breathe deep

2. Go into your body
- Own the Space!

Body Language
- Smile
- Make Eye Contact
- Open up and take up space with gestures (don't shrink)

Voice
- Finish sentences strongly
- Ask questions
- Listen actively (oh, wow)

Have something prepared...
- a. "Hey what's up – I don't think I've met you yet. I'm ______"
- b. "Hi – this is totally random but – have you read any good books lately? Have you seen any good movies recently?"
- c. "Hi...I'm ______. What are you studying? Where are you from?"
- d. Share your values. Talk about why you do the things you do.

What Sets you Apart?
- Pull out your phone or laptop
- Go to www.howtofascinate.com
- Click on, "take the free personality test"
- Write down the adjectives that describe you

www.howtofascinate.com

WORLD SEES YOU
ANSWER 25 QUESTIONS. CREATE A FREE ACCOUNT & DISCOVER YOUR MOST VALUABLE ASSETS.

Time Left...
3 MIN
Create Opportunities to Practice and Build Your Communication Skills


b. Invite people to engage.


e. Ask powerful questions. Encourage others to open up.

Go Out and Do It!