

IMPROVE YOUR SOCIAL SKILLS

Building friendships can be easy. Read on to find out how to make friends like a pro.

1 STEP OUT OF YOUR COMFORT ZONE

It is important to take the first step by preparing yourself to meet new people or start a conversation. Use parties or meals with friends as an opportunity to talk to people who are in your circle, but you don't know well.



~~Would..?
Should..?
Is/Are..? or
Do you think..?~~

Who? What?
When? How?
Why?

2 ASK OPEN-ENDED QUESTIONS

Asking yes or no questions kill conversations quickly. Get more information by asking 'who', 'what', 'when', 'how', or 'why' can deepen conversations in getting to know people.

3 ENCOURAGE OTHERS TO TALK ABOUT THEMSELVES

Did you know that we all love to talk about ourselves? Ask about their hobbies, cultural backgrounds and their life from different parts of the world!



You may meet friends from all over the world. Asking where they come from can be a good conversation starter!

4 DON'T FORGET YOUR BODY LANGUAGE

Your body language is important in communication. It helps to break barrier of unfamiliarity and forms better connection. Show your new friends that you are interested in the conversations. Avoid crossing your arms, fidgeting too much or getting distracted.



5 IDENTIFY AND REPLACE NEGATIVE THOUGHTS

Do you have these thoughts in social settings? These negative thoughts may not be realistic and will discourage you from approaching new people. Replace them with more realistic thoughts such as "I can make conversations, I can meet new people".

~~I'm awkward. I will embarrass myself.~~

~~No one is talking to me because I am awkward.~~

I can make conversations and meet new people.

6 PARTICIPATE IN MORE ACTIVITIES AND EVENTS

Practice makes perfect. Participate in more activities and events to practice tips 1 to 5.

It will get easier!

