



GBS HEALTH & WELLNESS

Intentional Conversations



Having meaningful and honest conversations is a significant way to elevate the level of trust you create with others. It will improve the quality of interactions and help create genuine relationships. For others to feel comfortable telling you about their struggles or problems, you need to develop authentic connections with those you care about. Knowing the [R U OK? Strategies](#) described in [A Conversation Could Change a Life](#) are only helpful when others feel they can trust you. Being intentional with how you use your small talk can help pivot you into a more purposeful conversation rather than the typical tropes of weather, traffic, or sports. Continue reading for tips on how to create intentional conversations.

Get Out of Your Comfort Zone

Small talk can be frightening or even feel painful. But making an effort to step out of your comfort zone will pay off in many ways. Start with a compliment or question and practice, practice, practice! If it doesn't go well the first time, that's okay but don't give up.

Be Genuine

Offer a compliment or comment on a mutual interest. For a meaningful conversation to ensue, a compliment must be genuine, but it can be an easy way to strike up a conversation. Notice other people's strengths and tell them about it. Is someone exceptionally creative or enthusiastic? Don't keep that to yourself. Others are sure to appreciate the attention!

Be Intentional with Your Words

In general, most people want to connect with others. So, if there is something new or exciting going on in your life, share it! You may find a mutual hobby, that they also have a pet, or enjoy the same restaurant you do. These can be great

segues into meaningful conversations and all stem from being intentional with what you choose to talk about.

Listen to Connect

No matter what you are talking about, how you present yourself will ultimately make it or break it. Make sure you are listening. Offer nonverbal cues like a nod of the head and eye contact. What message is your body language sending? Try to avoid immediately judging but aim to listen and build common ground.

Ask Questions

Not sure where to start? Try asking one of the following questions. What's your story? What would you do if you knew you couldn't fail? What is your favorite quality about yourself? Don't be afraid to add some humor: "Would you rather talk like Batman or Mickey Mouse for the rest of your life?"

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