



MISSION BBQ

LIFE SKILLS

CONNECTING WITH PEOPLE

Have you ever felt uncomfortable in a situation, maybe even intimidated and wonder if you can create connections with others? We can develop better skills to connect with others. Here are three easy tips on how to connect with people:

1. Smile
2. Ask questions
3. Stay till the end

Forming better connections with people requires us to step outside ourselves and resist the temptation to become self-absorbed. It's simply about making others feel important.

"I love those connections that make this big old world feel like a little village."

—Actress Gina Bellman

TO LEARN MORE

ARTICLE: **8 Ways to Connect with Other People** by Carrie Barron M.D.
<https://www.psychologytoday.com/us/blog/the-creativity-cure/201509/8-ways-really-connect-each-other>

BOOK: **Presence** by Amy Cuddy
<https://www.amazon.com/Presence-Bringing-Boldest-Biggest-Challenges-ebook/dp/B00U6DNZK8>

VIDEO: **Using Your Stories to Really Connect with People** by Nancy Duarte
<https://blog.growthinstitute.com/video-of-the-week/stories-to-connect-people>

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