

LEARN HOW TO TALK THE TALK IN FOUR EASY STEPS

**Georgie Nightingall,
Founder of Trigger
Conversations, puts
words in your mouth**

1 Don't open a conversation with a question. Instead, use a statement. These are less demanding and invite the other person to explore the world with you

2 Ask questions that make people reflect. "Why" is often seen as probing, asking justification for certain actions. "How" and "what" objectively ask someone to describe them

3 Get comfortable with silence. Far from being awkward, it's a powerful tool that energises conversations by refocusing your mind, giving you time to think and open up for more authentic discourse

4 Have conversations in smaller groups. It can feel frustrating when people are happily jumping in on top of each other. The next time you're in a large group, allow yourself to turn to the person next to you and start a smaller chat

**To find out more about
the Transformational
Conversations
Programme, please visit
triggerconversations.co.uk**

*Intraverts get
our energy from
being in our
own company*

