

# Seven Secrets



**Elizabeth Duncan-Hawker**

**To Connecting Well  
Everywhere Everytime**



**Fix your face (We're not talking about personal grooming).** Look approachable from afar (even on ZOOM). People do not know what you are thinking. If your face says “don't talk to me”, they won't.



**ACTION TIP:**

Don't be the person who looks unapproachable because of your body language. If you struggle to meet new people or attract happier people into your world, check and adjust your face and body language to appear.



**Be observant of others' actions - it tells volumes!**  
Watch how they treat strangers, colleagues, and friends. Is there a noticeable difference in their level of interest or kindness depending on their status or familiarity?



**ACTION TIP:**  
Mentally note which actions made the greatest impression, good or bad. Do not jump to conclusions. You may not have enough information.



**When being introduced, let it happen.** Do not “short cut” the introduction. Do not be too eager to shake hands or begin speaking. You may diminish your status in the new person’s eyes.



**ACTION TIP:**

Think of this as “waiting your turn” to participate. You will reap more benefits when the stranger hears something favorably about you. It is instant street cred!



**Learn to remember someone's name.** No one likes to feel they are forgettable. When you can say “Hey, John, how are you” it establishes a connection. You cared enough to remember their name.



**ACTION TIP:**

Look at them and make a mental effort to associate *their name to their face* so when you see them again, it roots in your brain. Learn to repeat their name when first introduced before it floats away.



**Be interested. Refocus the conversation back to them.**

People like to talk about themselves, even if they pretend they don't.



**ACTION TIP:**

Asking questions and truly listening to their answers deepens the conversation. If you must say “I remember when that happened to me”, follow up with “how did you handle it”.



**Make yourself interesting. You have something to share.** If you are going to an event, prepare ahead of time. Plan some topics. Things you do, things from the news, something you recently learned. Your topic may start conversations and attract others. Don't dominate the conversation. Let others join and contribute.



**ACTION TIP:**

Make a list, literally. Write ideas down when you have them. I did, I heard, I read, I learned, I want to do.



**Remember “Grace and Space” when connecting.**

People are different. Some are social butterflies. Some are nervous and awkward. Be gracious and give people a chance. Try to judge a person on who they are, not who they appear to be



**ACTION TIP:**

Use grace and space in your early interactions with others. Seek to understand as you observe their actions and give them grace until you have a complete picture. Remember, you, too, are being watched and assessed by others.



# Your 7 Secrets Connecting Well Summary

Based on your actions and conversations, others determine whether they want to connect deeper. You cannot control if people want to see you again, and however, you can influence their decisions and get more favorable outcomes.

**Truth Bomb:** *It's not them; it's you. How often people want to connect with you is dependent on how well developed your people connecting skills are.*

If you are not where you want to be in your ability to relate to and connect with others, you have the power to fix that!

To improve your connecting skills, start with practicing kindness in your thoughts and actions. Over time, it will attract others, and happier people are a magnet to happier, successful people.

Remember, school never taught us how to connect well with others. Training and role-playing can boost your relationship skills if you find others aren't asking you questions, remembering your conversations, or information about you. We can be your safe and fun resource to learn relationship-building skills through our [\*Power of Connecting Bootcamp.\*](#)

I am delighted we connected and hope these **7 Secrets to Connecting Well Everywhere Every time** will jumpstart your connections. I am committed to your success!

Stay well and stay blessed,



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***Power of Connecting Bootcamps*** Starts Soon- inquire how to get on our reservations list. [MediaCTfriends@gmail.com](mailto:MediaCTfriends@gmail.com)