

SMALL TALK IDEAS

Small talk is a light, informal conversation. It's commonly used when you're talking to someone you don't know very well. Here are four strategies help you make small talk in any situation.

Ask open-ended questions.

Most people enjoy talking about themselves -- not only are we are our favourite subjects, but it's also easier to discuss yourself than something you know little about.

Practice active listening.

It's tempting to tune out occasionally, but you'll forge much stronger connections if you pay attention. The other person will notice how engaged you seem.

Put away your phone.

We tend to pull out our phones when we're feeling uncomfortable or awkward in social situations, but nothing will sabotage our conversational efforts more quickly.

Show your enthusiasm.

Small talk might not always be the most stress-free activity. However, if you go into it with the right attitude, you can actually have fun.

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Topics For 'Small Talk':

- Your location (the neighbourhood you're in)
- Weather
- Sports
- Work
- Food
- Hobbies
- Travel

Ask questions that require 'number' answers (i.e. How many years have you lived in this neighbourhood? What grades are your kids in?) - number questions open up the line for deeper conversation.