

Read, listen, and complete.

Exercise 1 - Read the phrases in the chart. Listen to the audio and complete the paragraph with them. There are five extra phrases you will not use.

start with	have a conversation with	connecting with	glance at	have a connection with
look at you	shutting you off	can wait to	look at	can't wait to
looked in their eyes	shutting down	goof around with	going around with	engage with

TIPS: How to meet new people

Remember that feeling of the first day at school, didn't know anybody. Or the first day on the new job				
It doesn't have to be this way				
First, you need to the intention that you want to do it, that you actually				
want to meet new people, because this idea of wanting sends a message of yes to the world. It sends				
the message of "hello! I meet you". If you are someone who says				
[inaudible] This idea that security, anxiety is, it's sending a message of				
don't talk to me. When we our phones all the time in line, it sends a				
message "don't talk to me".				
So, if you want to meet new people decide that you're ready to meet new people, decide that you want				
to meet new people and that energy of yes is literally going to attract people to you.				
But where do you start? Well, start with strangers. Start with a very, very simple exercise where you				
decide to connect with people that you don't know in very simple ways.				
someone, by that I mean, really engaging your eyes with their eyes and here's how you begin. You				
know, if you hold the door with somebody, when was the last time you actually				
while you did that? I mean, maybe you sort of caught it out of your				
peripheral vision and you're like here let me get it for you. But now I want you to really				
them. Be on the elevator and the person				
next to you and be like "hey! How's your day? What floor would you like?". Simple things, nothing, they				
don't have to be your next BFF. You just want to get them and really look,				
because that is the muscle that you're exercising when you want to actually				
someone you really do want to meet. Same muscle but you practice in low				
stakes situations. It can be as simple as really looking at the barista at Starbucks when you order your				
latte, easy right? You can do this!				

Exercise 2 — Listen to the audio and find the five sentences that are in it and underline them. Look at the example.

Now, next if you want to take it a little bit deeper you have to set your intention that you are going to meet somebody and engage in an initial conversation. But where do you start? Well, start with strangers. The stakes are getting a little bit higher so again you can be at a coffee shop, you know, and you can look around the room to someone whose eyes you engage with, and you can talk about something as simple as the weather. You just want to get engaged with them and really look, because that is the muscle that you're exercising, when you want to actually have a conversation with someone you really do want to meet. You can talk about something you're noticing in the shared environment that you're in. It can be as simple as really looking at the barista at Starbucks when you order your latte, easy right? Very simple, but let's say even that idea seems a little intimidating.