

# 5 STEPS TO MAKING MEANINGFUL CONNECTIONS

Whether it's personal or professional, making meaningful connections with other involves a combination of interpersonal skills, genuine communication, and a willingness to be open and vulnerable. Here are some tips to help you foster meaningful connections.

## Be Authentic Show Vulnerability

- Be Genuine and True to Yourself.
  - People appreciate authenticity even if you don't 100% align. Authenticity helps build trust.
- Be Vulnerable and Open
  - Share your thoughts, feelings and experiences openly.
  - This is an opportunity to find common ground



## Listen Actively Show Empathy

- Show Genuine Interest
  - Listen to what they are saying and ask genuine questions to allow them to elaborate on what they are telling you.
- Show Empathy
  - Try to understand other's perspectives and feelings. This will build a strong emotional connection.

## Create Safety

- Communicate Openly
  - When you express yourself clearly & openly without fear of judgement it creates opportunity for open communication in a non-judgmental and supportive environment
- Respect Boundaries
  - Read body language and be mindful of boundaries
  - Be mindful of the expectations in the relationship



## Establish Common Ground

- Find Common Ground
  - Sharing a view point, interest or similar experience helps establish a sense of connection
  - Explore topics that are important to both parties to foster a deeper understanding and connection

## Show Gratitude Stay Engaged

- Show Appreciation
  - Thank them for their time and contributions
  - Small gestures of appreciation over time go a long way
- Initiate & Reciprocate
  - Take the initiative to take the next steps. Be responsive and reciprocate efforts. Follow through on your promises.

