

Day 6

Conversations

What is this squiggly skill?

The ability to have productive dialogue with other people.

Celeste Headlee stays this is possible when you are curious, check your bias, show respect, stay the course, and end well.

Go to Guru



Celeste Headlee

Ted Talk on how to have better conversations

Recommended Listen



Squiggly Careers #109

How to have a career conversation

Ideas for Action



Support vs. Shift Response

When you 'shift' a conversation back to you, you take space away from the other person and stop listening. It might sound like *'In my experience....'*. Support responses show empathy and dive deeper into the other person's world. It might sound like *'That sounds xxx. How are you dealing with it?'*.



'Go-to' curious questions

Have 2-3 questions that you feel confident asking and can use to build connection at the beginning of a conversation:

'How has your week been?'

'what is your take on...?'