

4 TIPS TO INCREASE YOUR SOCIAL INTELLIGENCE

1-EFFECTIVE LISTENING

2- CONVERSATION SKILLS

3-REPUTATION MANAGEMENT

4-AVOID ARGUING



WHY DO WE NEED SOCIAL INTELLIGENCE?

SQ enables us to forge deeper, create more meaningful relationships with loved ones, increases our chances of promotion in the workplace, and makes us generally happier; in short, it has the power to vastly improve our mental health and overall wellbeing. Being socially intelligent requires practice, but the benefits undoubtedly outweigh the effort.



1- EFFECTIVE LISTENING

- Pay Attention- focus on the speaker, avoid becoming distracted by your thoughts or external things such as your phone or another persons conversation.
- use body language to indicate you are listening- ensure your posture is open and engaging , smile to show interest and occasionally insert a verbal comment.
- let them finish- don't respond until the speaker has finished, this enables the speaker to reflect before continuing. resist the temptation to fill short silences.
- Reflect and reiterate- ask questions and paraphrase what you think you have heard, this ensures you have understood what the speaker has discussed.
- Respect the other persons perspective- be open and honest when responding, but acknowledge the other persons opinion respectfully. This allows you to remain authentic without disparaging them.



2-CONVERSATION SKILLS

Some people seem to have a knack for small-talk and can hold a discussion with almost anyone.

Try these tips to enhance your skills:

Be tactful: Avoid contentious subjects unless you know the person well. Change the subject if it's clear someone would rather not talk about something.

Inject humour: Most people respond well to a little humour, just be careful not to joke at someone else's expense.

Details: The dialogue between two people will be more meaningful if you can remember small details that have been shared with you. People respond well when they think you have taken the trouble to listen and remember.



3-REPUTATION MANAGEMENT

This is about the impression we make on others. We need to be authentic, acknowledging our principles and beliefs, while simultaneously ensuring we don't inflict them on others in an aggressive manner.

4-AVOID ARGUING

A person with social intelligence understands that making people feel bad, by arguing or trying to prove a point, doesn't make a favourable impression. That's not to say you have to agree with everything that's said, but rather that you should listen with an open mind. Be prepared to acknowledge and consider the other person's perspective, even if you don't agree with them.

