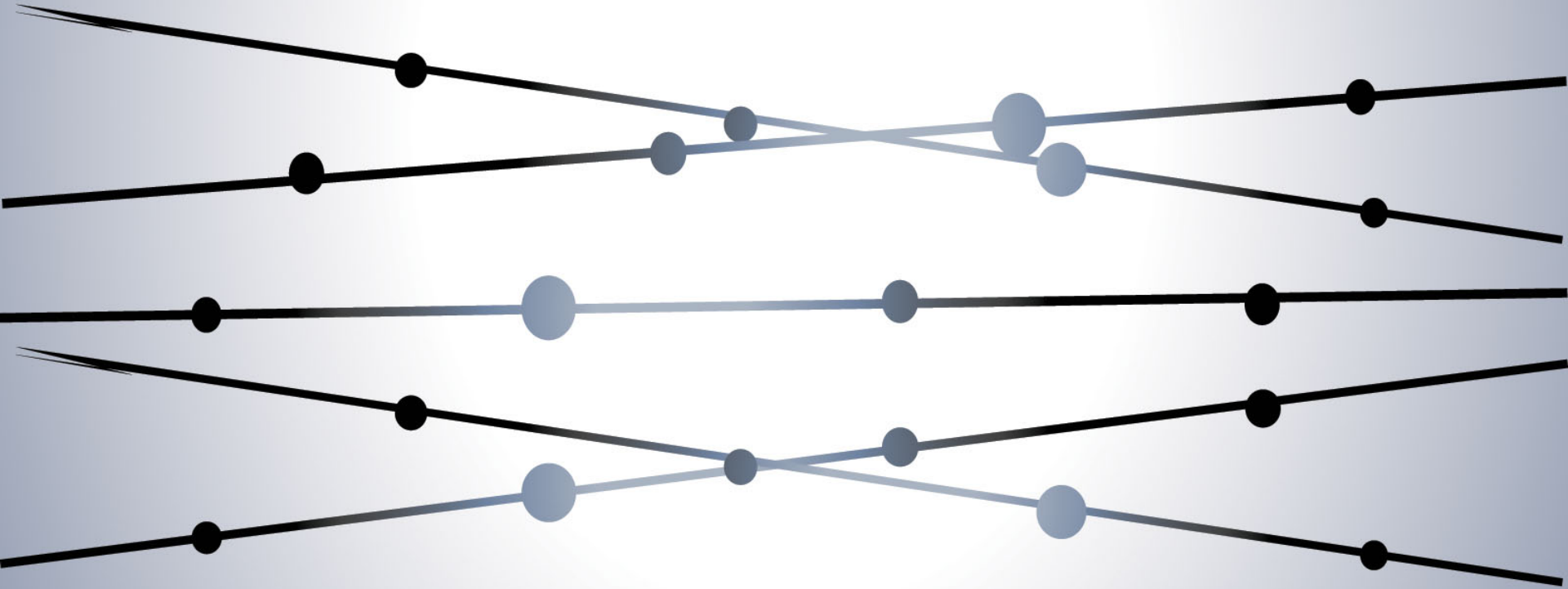


Brain Boosting Conversation

Neuroscience, Mindset, Fear





Day 1

Conversation as a learnable skill

Your conversational style strengths and weaknesses

Lowering the fear

Growth mindset - I am not good at this YET

The brain can change - with new experience, habits, and strategies

Conversation strategies:

No more 1-word answers

Circumlocution

Effort

Conversation

I have found that most people who take conversation classes are also not good at conversing in their native language...it is not a "language" issue....



Defining the real problem is the 1st step towards solving it.

No matter how interesting the topic is...you might still have the same people participating. Some of this could be innate. However, this is a skill worth learning to become better at for life.

Let's Talk!



Anxiety in Social Situations

Interactions with Others

- Initiating conversation
- Meeting new people
- Going to a party
- Making eye contact
- Speaking up
- Starting a conversation
- Asking for a date

Performance

- Making presentations
- Playing sports
- Getting married
- Using public restrooms
- Shopping in a busy mall
- Leading a group
- Speaking in class



I am not good at speaking / holding a conversation....
I don't know how to...
I don't like speaking in English...

(Completely understand..but it is a good skill to have)

THINGS I'M

 NOT GOOD AT

(BUT SHOULD BE)

The Four Cs of 21st Century Skills



 **zulama**
modern learning

We are not trying to change people...only get them to help themselves a bit.

We will focus on **good communication** over conversation.

Fixed vs Growth Mindset The power of YET

I cannot change the way I communicate..
I cannot change the way I think..
I cannot change the way I act....

I wasn't born with the skill...ability...talent...

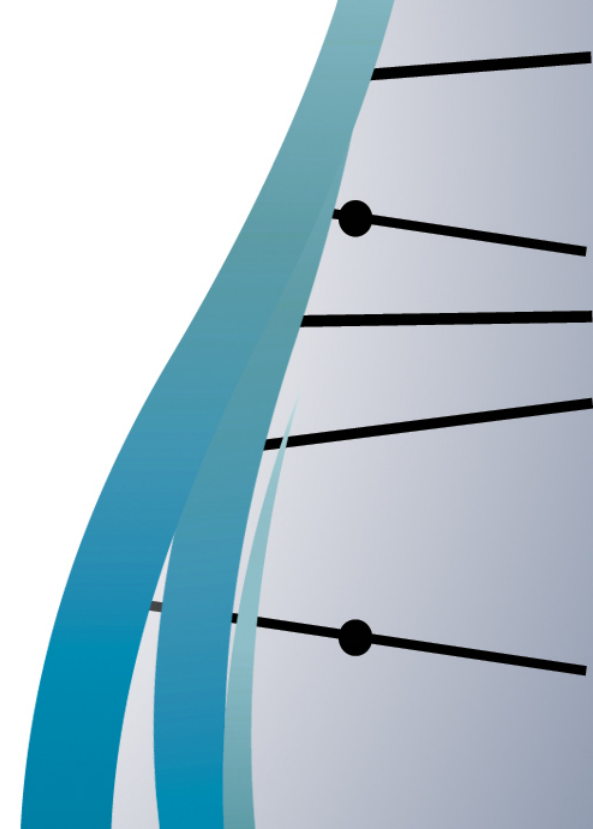
I am not able to....

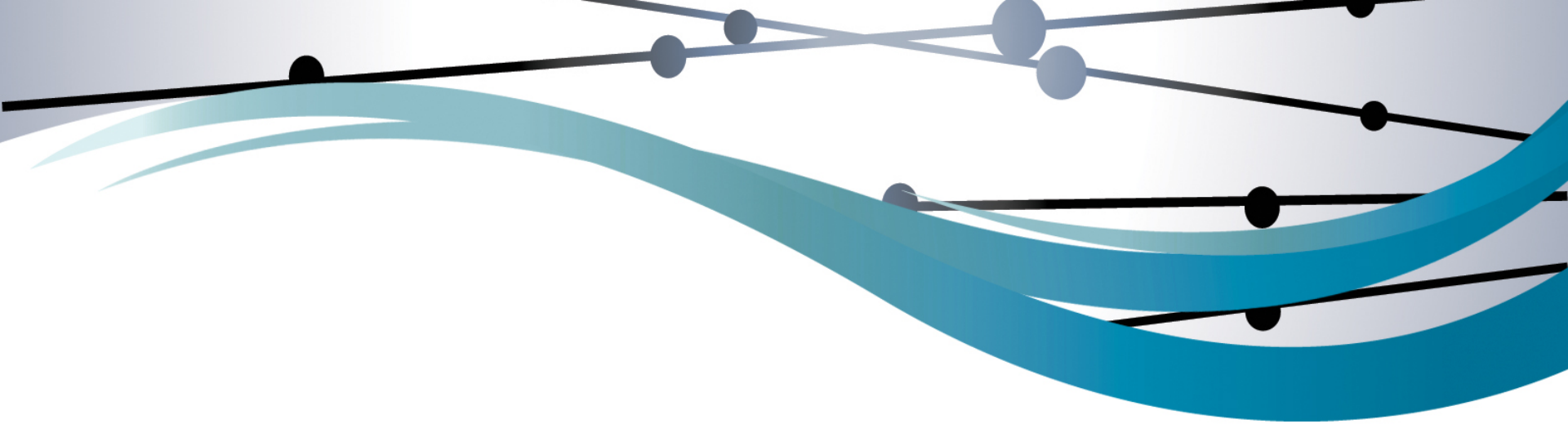
I don't know how to...



**T H E
P O W E R
O F**

YET





Fixed Mindset

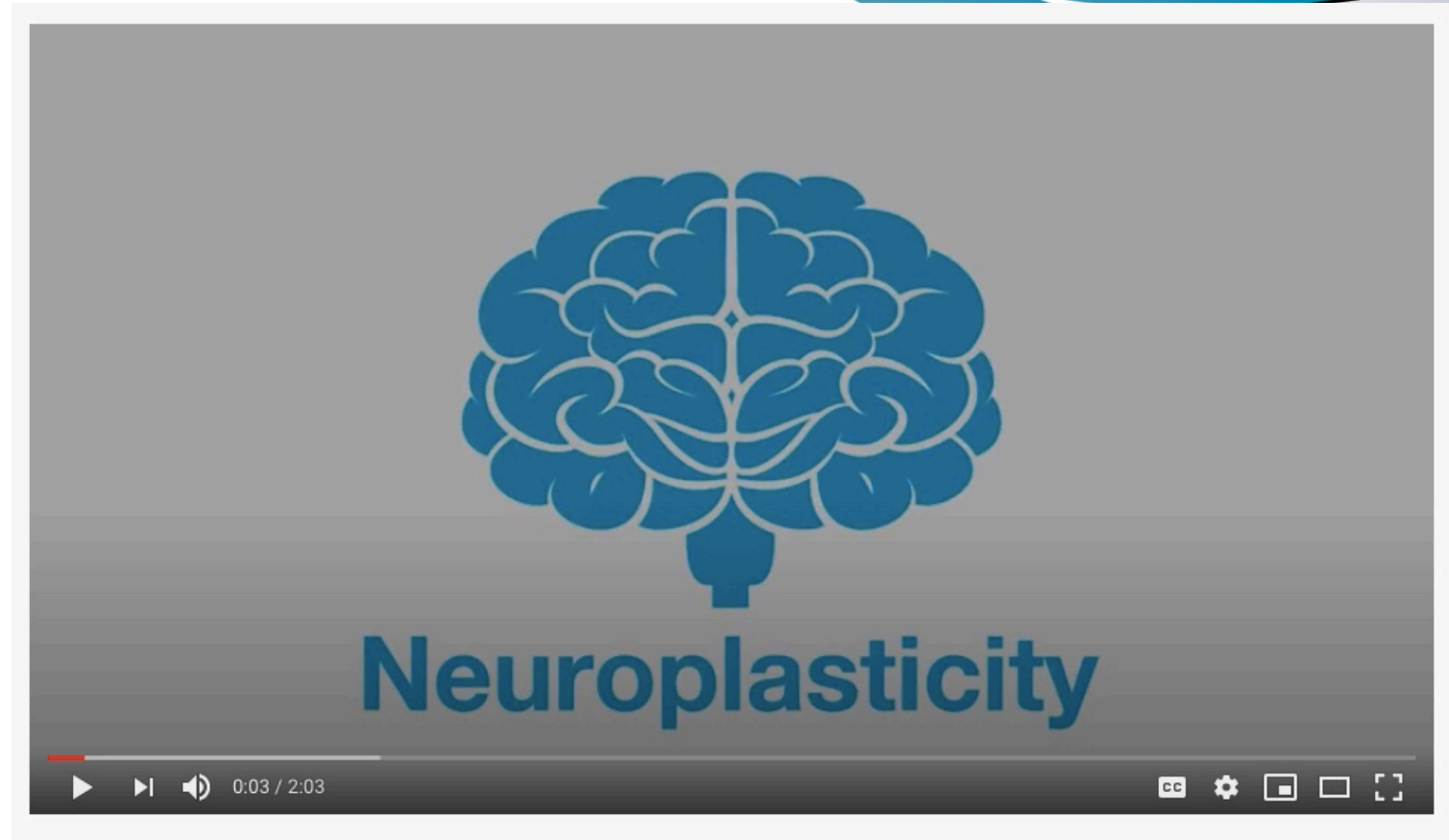
I cannot do....
I am not good at...
I do not have a talent for...
I wasn't born with the ability...
I am too old...
I do not have the skills...
I was not built for....

Growth Mindset

I am willing to try...
I am not good at....YET...
I will give it a shot...
I learn from trying...
I like a challenge...

Neuroplasticity The brain can change. Very important!

Snow
story



<https://www.youtube.com/watch?v=ELpfYCZa87g>



What do we need to do?

Let's sort of trick the brain into overcoming fear of conversation by choosing specific topics the brain likes.....





No more 1-word answers!!!!

NO EXCUSES

In class,
in English
and in native language!

My university students...

Let's also use circumlocution



4 Communication Styles

https://www.youtube.com/watch?v=oKpK4MUA0A4&feature=emb_logo

https://www.youtube.com/watch?v=FTEeY9cVBCU&feature=emb_logo

https://www.youtube.com/watch?v=Q5PG5e1vAn8&feature=emb_logo

https://www.youtube.com/watch?v=wXJIXqQdfSA&feature=emb_logo

Which are your two main styles?

The director / The Expresser / The Thinker / The Harmonizer



	DOMINANT	INTERACTIVE	SUPPORTIVE	CONSCIENTIOUS
Traits	Decisive Competitive Daring Direct Innovative Persistent Adventurous Problem Solver Results Oriented	Charming Confident Convincing Enthusiastic Inspiring Optimistic Persuasive Sociable Trusting	Understanding Friendly Good Listener Patient Relaxed Sincere Stable Steady Team Player	Accurate Precise Analytical Compliant Courteous Diplomatic Detailed Fact Finder Objective

WHAT THE SCORES MEAN

Action

D

DOMINANCE

Active
Aggressive
Direct
Overcomer
Solver



Warmth

I

INFLUENCING

Verbal
Persuader
Joyful
Optimistic
Emotional



Calm

S

STEADINESS

Singular
Listener
Low risk
Friendly
Loyal



Facts

C

COMPLIANCE

Rules
Accuracy
Details
Careful
Analytical





- Take time to think about it and let me know what questions you have.
- Why don't I send it to you in an email so you have time to look it over.
- Here are the alternatives...



C

D

- Here's the goal...
- What's your solution?
- I need this ready by...



Ways to approach DISC styles...

S



- How do you think we should...
- Can we discuss it further?
- Here's some more information about...

I

- Let's talk about it more
- I'm excited that...
- Here's a great way to...

