

5 Ways to be More OUTGOING!!

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Are you more OUTGOING or more reserved?? Did you know that there are more of us who are a little more reserved? Have you noticed that the OUTGOING people seem to get more attention? Most of the time we reserved people are fine with that, but sometimes, we need to be more OUTGOING to reach our goals.

Here are some tips to help you be more OUTGOING!!!

- 1) Practice SMILING in the mirror every morning. You'll notice that when you think you are smiling, you aren't. Have you ever had your picture taken and the photographer said, "SMILE!" and you thought, "I am smiling!". You may have to make an effort to smile and it may not seem natural. After you've practiced for a few days, resolve to SMILE at someone today – a friend or co-worker, not a stranger please!
- 2) RAISE YOUR VOICE. You may be quite soft spoken. Warm up your voice on the way to work or before making calls by singing in the car or the shower. Ask someone to help you practice speaking in a stronger voice. Again, you may think you are speaking very loudly – that is how it sounds to you!
- 3) Wear brighter clothing. Most reserved people have a nice comfortable wardrobe of black, grey, maybe some blue jeans or some khakis. Have a fashionista friend help you with wardrobe, shoes and accessories. Make this a gradual effort, not a major makeover.
- 4) Bring a friend. You probably already do go with a more outgoing friend or partner when you go out. Instead of having them introduce you, practice introducing them to the people you meet.
- 5) You've heard, "Look the other person in the eye!" Do you find that difficult to do? Try looking at their chin, nose or forehead. They will think you are paying rapt attention to them and appreciate your interest!

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