

Continuum



Out of Your Shell: Take Control in Face-to-Face Situations

We live in a world that values extraversion. Our society rewards people who are good in social situations and who are out-going as professionals. The truth of the matter is there are many people who find these face-to-face situations difficult and uncomfortable.

In this workshop we will explore how these skills can be learned and practiced. Beginning to understand the root causes for shyness is the beginning, but the workshop will address dealing effectively in social and professional situations, how to use small talk effectively and strategically as well as networking techniques.

Participants will have the opportunity to role play and begin to build a skill base to become more comfortable and effective in dealing with other people.