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# Techniques for Improving socialization skills-innovative practices

## What are social skills?

Social skills are the verbal and nonverbal communication skills needed to foster relationships and appropriately navigate social settings. Most of the time when people think of "social skills," they think of their everyday interactions. This is how they gain acceptance from the people around them and includes feeling comfortable talking to strangers, making friends easily, and gaining the respect of those around them.



## How to improve social skills?

- Improve your emotional intelligence. Put yourself in their shoes. Imagine what they might be going through and try to understand their feelings. You'll better understand their perspective, which will help you respond appropriately.

Empathy is deeply ingrained in our brains and bodies. This makes us want to understand other people's emotions. It's so basic, it's actually instinctive. The problem with empathy is the flip side, which psychologists call emotional empathy. It is our longing not only to understand other people, but also to understand what they are going through.



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- Look into your inner world. Pay attention to your emotions, thoughts, behaviors, and triggers. Then it will be easier to control them while interacting with others. Self-awareness is the most important pattern to develop. The benefits of self-awareness are as varied as each individual, and examples include increased influence, greater perspective, and stronger relationships. Let's look at what self-awareness is and ways to develop it.



- Practicing effective communication skills. Using tactics like active listening and open body language demonstrates attentiveness. This allows for more positive interactions with others and improves socialization. Communication skills can be challenging to develop and socialization. Improving socialization skills directly depends on communication skills. Proper communication is a skill that needs to be practiced constantly and with different people.



- Imitation of social behavior. This technique is suitable for people who have difficulties with their socialization and are asocial. Imitation of social behavior allows one to learn behavior acceptable to the social group or community. Improving social skills also depends on a person's temperament. If he is low-skilled and antisocial, then mimicking behavior will not push him out of his comfort zone and maintain the social behavior expected of him.



- Ask more than you talk. A suitable technique for people who are worried about speaking and talking about themselves. Helps improve socialization. Asking open-ended questions and using active listening is always an opportunity to make new acquaintances and maintain socially desirable behavior. People like to talk about themselves and so socialization in the new context is more effective.



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The ability to give compliments is always a key point to socialize an individual. Everyone likes a good compliment. When people receive compliments, they are showing that they are accepting the other party into their personal space. The socialization of the individual is not only about formal communication with others, but also a manifestation of a personal attitude towards the problems and joys of others. A compliment is always a successful tool for starting a conversation or avoiding an awkward situation.



- Read the news. So many conversations revolve around current events and are conversation starters. When you have new information about what is happening, you are always an interesting interlocutor.
- Actions in small steps. Start by hanging out at a coffee shop or practicing your social skills for talking to family members. You can then tap into larger social circles. Before you know it, you'll be making new friends at your next social gathering.





Improving social skills depends on an individual's willingness to communicate with others.

Socialization is directly related to our behavior. A few recommendations for successful socialization:

1. Be open. People like to see openness and genuine behavior, and that's how you gain their trust.
2. Be yourself. Copying behavior that is seemingly attractive is not always successful.
3. Learn from others. When we observe the social behavior of others, we gain the experience of fitting into the new environment with the behavior that is expected of us.



4. Take risks by stepping out of your comfort zone. Successful socialization is always related to the comfort zone and the ability to adapt to the new environment.
5. Respect yourself and others. Respect for the individual is a sought after quality and this will always win a circle of friends.
6. Read books. A common topic for starting a conversation is an interesting book. Socialization is a skill that builds on various competencies, including a rich language vocabulary.