

BANISH COMMUNICATION BLIND-SPOTS



5 key ways to improve
communication & people skills

Linda Philips

Banish Communication Blind-spots

Have you ever thought, “If only I could speak to people without feeling anxious?” Or perhaps you’ve wondered how others make friends so easily? Maybe things are not going well in your relationships at home or work and you can’t figure out why. If so, this might be the most important information you read all year!

HAVE YOU EVER SAID ANY OF THESE THINGS?



- I never seem to know what to say in social situations ...
- I don't know how to read people or make new friends ...
- I hate feeling lonely ...
- I really don't want to keep offending or upsetting the people in my life...
- I feel as though my lack of people skills is holding me back at work ...
- I don't know where to find the solution to my social interaction difficulties ...

If you can relate to any of these, then this is for you!

5 key ways to improve communication & people skills

WHAT YOU'RE GOING TO GET...

In this report, you're going to discover the nuts and bolts of how to connect with people and communicate effectively.

Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Burying your head in the sand and ignoring a problem doesn't make it go away. It only makes things worse!



How bad could it get? Well, sadly, these are the likely outcomes of ignoring social communication difficulties:

- Living in conflict with the people around you
- Being lonely & socially isolated
- Difficulty getting or managing your job
- Feeling frustrated, disappointed and overwhelmed by life
- Being passed over for promotion

WHY I CAN HELP



I believe that **everyone** has the potential for growth. I also believe that investing in your communication, social interaction and emotional regulation is one of the best decisions you'll ever make. These skills empower and advance you. They are essential for **all** of life.

If you find communicating and interacting challenging, then you know the pain of getting it wrong. You will have seen others do it effortlessly and no doubt wondered how.

Social skills are mostly intuitively understood. Neurotypical people are neurologically wired to socialise. That doesn't mean that you can't develop these skills if you are neurodiverse. Like **any** complex skill, you can improve if given the "know-how" **and** if you are willing to put in the practise.

I am a Speech & Language Therapist with a Master's degree in Human Communication and a career spanning 3 decades. I help neurodiverse and autistic people who want to improve their communication, people skills and emotional regulation. I help you to gain clarity and understanding by identifying the blind-spots which are stopping you from reaching your potential. Together we build the skills you need so you can live your best life!

I've worked with many people who have successfully made changes by learning and implementing strategies which work. *It's never too late to begin a journey that can dramatically change the course of your life!*

Now let's look at 5 key ways to develop successful communication and social relationships. If you apply these steps, you'll soon be on your way to having the life you want.

1. HOW TO LIVE AN EMOTIONALLY HEALTHY LIFE

If you are neurodiverse, then you may well have a more structured thinking style with a preference for order, predictability and control. Processing information in this way is hugely helpful for tasks that depend on skills like logic and reasoning. But this way of thinking doesn't always work in everyday life, where we are constantly bombarded by change and uncertainty.

Life is full of twists and turns. We may wake up with a plan but it's never a straight line to each of our goals. More of a zig-zag through an obstacle course! There's a steady stream of issues to deal with - interruptions, last minute changes, traffic delays, cancelled trains, deferred meetings, phone calls, things that run out, things that get lost or broken, accidents, illnesses, people not living up to our expectations, disagreements, someone needing something NOW ... Whew! The list goes on and on.

None of this sits well with someone who craves a sense of order and predictability. With all this going on, it's no wonder that even something small can set you off.

On top of this, anxiety can be increased because of past negative experiences or fears about your less well-developed skills.

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So, this combination of structured thinking, weaker social skills and fewer positive social experiences certainly sets you up for raised anxiety.

Knowing how to build relationships with others is all well and good but if you're held back by fear and anxiety, you won't be able to action those skills. You're stuck!

For this reason, emotional issues must be dealt with so that you have a healthy foundation on which to build your social communication skills. Furthermore, emotions are integral to relationships. Developing people skills requires you to have emotional understanding.

When I met Ben, he was terrified at the idea of going to university to face a new and unfamiliar world. Everything was changing and he didn't think that he would be able to cope.



We met in a Turning Point session which is where I meet 1 on 1 with neurodiverse young people and adults who are experiencing social communication challenges. Together we identify the main obstacles to growth and map out an action plan to achieve goals in communication, social interaction and emotional regulation.

Ben almost didn't reach out to me because he was due to start university in 2 months and he thought there wasn't much that could be done in such a short time.

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In talking to him, it was clear that one of his top constraints was fear of social situations.

We mapped out an action plan for the weeks ahead which involved understanding his fear and using tools to manage it more effectively.

Ben carried out the plan which included going to an agreed social event and staying there for one hour. He was over the moon when the time came for him to go home ... not because he was desperate to leave but because he didn't want to as he was having so much fun!



Now, Ben feels confident and relaxed because he knows that he will be able to manage social situations in the future without being crippled by anxiety.

2. THE SECRET TO STARTING CONVERSATIONS



Most people who find socializing difficult hate chit-chat. Talking about the weather or other minor details seems so pointless and trivial.

But humble social banter has an important purpose when it comes to the people in our lives. It's the glue that connects us to others and forms the foundation for relationships.

Perhaps your mind goes blank when you're in a social situation? It's not easy to come up with something when there is no main topic of conversation going on.

But just like learning to drive a car, small talk is a skill set that can be developed. Everyday life gives gifts in the form of information you can use. And by tuning in, you too can natter when the occasion calls!

3. HOW TO HAVE CONVERSATIONS THAT CONNECT



Many intellectually able neurodiverse people are perfectly capable of having a good two-way conversation. You may be extremely well spoken and even in your element when discussing topics that interest you. Others may be impressed by your knowledge and passion on certain subjects.

But there is an aspect of conversation that often eludes people who find socializing hard. And that's the ability to adapt your conversation to the needs and interests of the other person.

As a result, you may upset or offend people from time to time without knowing why. This can be deeply frustrating and demoralizing especially if you are highly capable in some areas of your life. You know what it is to feel very skilled and yet, in these situations, you may be out of your depth.

This blind spot can have a massive impact on your relationships at work and at home.

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Sam is a highly competent engineer who was getting stick from management at work because he kept offending people. The problem was, he had no idea what he was doing to cause these issues.

Sam had always excelled at his job and as a result, he had been promoted.

The challenges started when he was given a team to manage and now people were beginning to complain.

Team morale was low, and management were considering removing Sam from his position. He felt devastated and shocked because he honestly hadn't seen this coming and he didn't know how to fix it.

When I met Sam in a Turning Point session, he was at the end of his tether and considering a complete career change because of his predicament.

Sam almost didn't reach out to me because he thought it would be too expensive. In talking to him, it was clear that one of his top constraints was the use of logic and reasoning in conversation without realising the emotional impact of his words.

We formed a plan which focused on 3 key areas. Sam implemented the plan and as a result, was able to stay in his position at work.

He now feels positive and assured because he is equipped to manage his team in a way that builds rather than destroys relationships.



4. THE TRUTH ABOUT HOW TO CONNECT WITH OTHERS



Most of us assume that we need to be something - maybe interesting or funny - so that others will enjoy our company. We worry about our quirks in social situations. We stress about our appearance, what we're going to say or how we come across to others. Perhaps you've had the experience of entering a room and feeling that you are being judged?

People focus on themselves because they want to be accepted. We all have a human need to belong. What helps in dealing with this need is to shift the focus from ourselves onto the other person.

This makes your communication partner feel safe and wanted.

And in this way, you'll not only put the other person at ease, you'll also set the stage for conversation. Hats off to you!

5. HOW TO DITCH LONELINESS AND MAKE FRIENDS

Friendship is food for the soul. Loneliness has some horrible companions! It's associated with low mood, poor sleep, impaired executive function and more.

Knowing who, where and how to connect with people is key to avoiding social isolation. Although many neurodiverse people enjoy some alone time, it's simply not true that they don't want friends. We all need community.

When I met Arran, he was depressed and anxious. He felt lonely and isolated because he had moved house and didn't know how to form connections in his new hometown.

I met Arran in a Turning Point Session where I meet 1-on-1 with young people & adults who have social communication challenges. Together we identify the #1 obstacle to reaching goals & map out an action plan to help develop communication, social interaction & emotional regulation skills.

Arran almost didn't reach out to me because he simply didn't believe that he could change. He was convinced that his life would always be the same.

I discovered that his top constraint, aside from self-doubt, was that he didn't know **how** to reach out to people.

We developed an action plan together which he implemented and things soon began to change. Arran now feels happier and more connected because he has the tools for reaching out to people and making friends.

Moving Forwards

If you want to improve the quality of your life, follow these 5 proven steps. If you want to get these results even faster, I invite you to book a free Turning Point session with me.

On this call, we'll look at your background and current situation and see what's possible for you in terms of communication, social interaction and emotional regulation. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing that's holding you back from the life you want and map out a plan to get you where you want to go faster.

You'll leave the call feeling clear, confident and excited about taking your communication and relationships to the next level!

To schedule your FREE Turning Point session with me, click [here](#).

To your success!
Linda Philips

