



## **Interpersonal Skills**

Interpersonal skills are a challenge for each of us. Somewhere in middle school we started to develop these, but due to trauma, unmet needs, and personal challenges many of us are too self-involved to really focus on other people and properly use interpersonal skills.

A great way to set yourself apart from others is to take a personal inventory of how you feel on the way to work. Assessing how you feel mentally, emotionally, and physically, as well as what unmet needs you have, and what you hope to achieve today will allow you to take ownership of these challenges and choose to reflect not react. This simple act will also make you more aware of what other challenges other people are facing as well.

Interpersonal skills mean we use body language and tone to assess not just what a person is saying, but how they are feeling. We then use these simple gestures to meet them where they are and offer help and support as we can. It means we stop and truly hear the other person, not just plow over them. Imagine in a meeting if we all stopped and listened. A lot of miscommunication and misunderstanding would cease to exist.

When in doubt practice active listening, remember to reflect and respond, not react. And remember we are all facing challenges and no matter how hard we try to check our emotional baggage and stress by the door, we cannot.