

Week 1: Togetherness

Meeting New People

"Be genuinely interested in everyone you meet and everyone you meet will be genuinely interested in you."

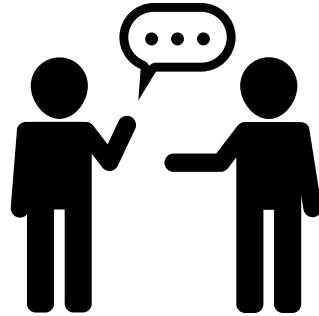
~Rasheed Ogunlaru

Meeting new people is a huge part of our daily social interactions. However, it can also be extremely difficult. When trying to meet new people, there are a few strategies and skills that can be used to make the process less difficult.




Exercise:

Now it's time to practice! Find someone and use the skills and strategies previously mentioned.



Reflection:

How did this activity make you feel? Did you find it difficult? If so, what are some of the things you struggled with? Why do you think these difficulties come up when meeting new people?

 **Challenge:** Use these skills to meet a new person this week.