



## Know what you want to talk about:

- Shared interests, your hobbies, why you came to this event, etc.



## Know what you DON'T want to talk about:

- Anything personal or private.



- Don't do or say anything you don't want to.
- Mentally rehearse or role play some common topics of conversation.
  - The weather, hobbies, and favorite entertainment (TV shows, movies, books, video games) are good topics to start with when meeting new people.
  - Think about what you want to share and if it's appropriate to the event. If you're having trouble with this, asking a trusted person can be helpful in figuring this out.

## What do you want to learn or do while attending this event?

- **Example:** Maybe you want to learn a new skill, such as crocheting if this event is for a crocheting club.



## What is your goal in going to this event?

- **Example:** Maybe your goal is to meet new people, find a new hobby, or challenge yourself in social situations.

## What are your strengths that make you a good friend/person to know? (Example: I'm kind and a good listener.)



- Rely on your strengths when meeting new people.
  - **Example:** Be kind to everyone there, ask lots of questions, and make sure people notice you're interested by listening, nodding along, asking follow-up questions.