



# How to have a meaningful conversation

## What is a meaningful conversation?

A meaningful conversation is where at least two people are sharing with emotion and heart, willing to be vulnerable. People aren't looking to get their voice heard, they know their voice is welcome. Each person feels safe to share whatever is on their mind without fear or judgement. It isn't small talk like "how's the weather?" but it could start there. These conversations don't necessarily have to be deep ones, but they are important.

## SIX WAYS TO BEGIN

1

**Make eye contact**

2

**Listen to understand**

3

**Share something of yourself or your experience**

4

**It's ok to show emotion**

5

**It's ok to be real and honest**

6

**Before you leave, check in to see if they're ok**