

Spectrum Society for Community Living
Personal Support Networks Project

July 2008

Tip of the Month:

Smile and make eye contact with people. Notice who smiles back.



Who are you more likely to notice - the person who smiles at you as they pass by, or the person who looks the other way and avoids eye contact? Probably the person who smiles and looks happy, the person who looks like they're open to making a connection.

Our facial expressions and body language create a powerful first impression. Practice smiling at yourself in the mirror. Hold your head up and look yourself in the eye. Then practice with someone you know and trust. Ask for their feedback.

Smiling and making eye contact with people can be a first step toward making a new connection. Notice who smiles back at you. Next time you see them, say hello. Rehearsing these simple steps, or assisting someone with a developmental disability to rehearse these steps, can make the difference between a successful and not so successful first impression. Take it one step at a time. De-brief afterwards - what worked, what didn't work, and what will you do differently next time?

We invite you to post your stories or comments on the "Tip of the Month" on our personal support networks discussion board (follow the links from www.spectrumsociety.org).

Make a new friend today!