

## Overcome Common People Skill Challenges

### CHECKLIST

#### ○ Social Anxiety & Introversion

- **Start small:** One-on-one interactions > large events.
- **Use structured events:** Webinars have built-in conversations.
- **Prepare talking points:** Keep a few conversation starters handy.
- **Give yourself permission to leave early:** Just showing up is a win.

#### ○ Lack of Time

- **10-minute daily check-ins:** Drop a quick text or comment on a LinkedIn post.
- **Use commute time:** Listen to a networking podcast or send a thoughtful email.
- **Attend one event per quarter:** Even a few interactions per year can change your career trajectory.

#### ○ Deal with Rejection & Awkward Interactions

- **Don't take it personally:** People are busy, not mean.
- **Follow up politely:** One message is enough. If they're interested, they'll reply.
- **Learn from the experience:** Every 'no' gets you closer to the right 'yes.'

