Twitter Thread by Paul M Domenick■



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10 Signs of Social Intelligence ■

1-Smile
2-Good posture
3-Strong eye contact
4-Fluid hand gestures
5-Let’s others talk more
6-Listens & relates
7-Comfortable Touching people
8-Walk with a swagger
9-Speaks at slower pace
10-Keeps calm under criticism

[QUICK THREAD]

1-Smile

How do you feel when you see someone that looks angry?

It’s a downer

No one will want to interact with you if you look pissed all of the time, it’s just negative energy

Plus, smiling is a sign of confidence and boosts others moods

2-Good posture

Don’t walk Into any social setting looking like the hunchback

It’s weak and makes you look low energy

Plus, you’re displaying low status with weak posture

Stand up straight with your chin up & chest out like a god

Walk like you’re proud of yourself

3- Strong eye contact

Ever shake someone’s hand & their eyes are either looking down or darting?

It’s weak & you probably won’t trust them

Or in conversation?

Eye contact while talking means you’re listening and paying *Attention*

Strong eye contact displays confidence

4-Fluid hand gestures

Use your hands to talk & express your points

Don’t stand there like a robot

Using the hands can make what you’re talking about exciting

It can also be used to emphasize

Exciting = positive emotion

Remember, making people FEEL is what’s important

5-Let others talk more

What do people love to hear?

The sound of their own voice

People care more about themselves, so make them feel good by paying attention to them & by letting them talk about themselves

Plus, people will give more information to talk about with them

6-Listen & relate

This is the key to building comfort with people

Let them talk—> then listen & relate to them

Pay attention to them
Repeat back what they say
Nod your head yes

And relate to them with your own experiences or stories

7-Comfortable touching people

Touching people builds comfort

While talking, lightly touch the shoulder or elbow when making a joke or a point

People feel comfortable w/ you the more you touch

Touch = Language

Non verbal communication

Translating how you feel & emotions

8- Walk with a swagger

Yes, walk into the social setting like YOU ARE A GOD

Yes, also be conscious of your posture and facial expressions

Stroll in with a slow, confident walk that says you're a billionaire that doesn't take any sh*t

People will notice and be drawn to u

9-Speak slower

Listen, no one will take you seriously if you spouting and ranting off information at the speed of light

-People won't understand you
-You'll seem to nervous

Take brief pauses
Speak slower and emphasize points

This will make you seem more confident

10-Keep calm under criticism

People will break your balls and try to poke fun at you in social settings

You need to remain calm, especially if what they're saying is true

Self deprecate and poke some fun at yourself (Not too much)

Agree, amplify & exaggerate what they say

This will make you seem cool and collected with a good sense of humor

You will appear relaxed and not too serious

People like being around laid back those that go with the flow

DO NOT REACT NEGATIVELY to what they say

It will make you look emotionally weak

Hope you enjoyed this thread

If you found this helpful, I send out FREE emails every other day that will teach you this & more social skills

■Better relationships
■More Fun
■Less stress
■High Quality Life

Get in here ■■

https://t.co/mGsmXXh8tU

Any questions?

Hit my DM

Talk soon,
Paul