
Improve Your Social Skills

Matthew Reardon Autism Conference 2016

FEBRUARY 12, 2016
Presented by Daniel Wendler
ImproveYourSocialSkills.com



Presentation Notes

Part One: Introduction

Daniel's biggest tip:

You should adopt a growth mindset

for social success

The Growth Mindset

The Blind Painter

Part Two: Body Language

Body language trick:

Green light means go. A red light?

You should be careful.

Red Light/Green Light Body Language

Part Three: How to Practice Social Skills

Small specific goals

Get good guidance & feedback

Practice lots & lots

Small and Specific. Get Guidance. Purposeful Practice. Frequent Feedback.

The Power of Perseverance (Nick's Story)

Part Four: Conversation Skills

Build on what they say

Related thoughts and questions

Remember: "Yes, and!"

The "Yes, and!" Formula

Related Thoughts & Related Questions

Part Five: Make Your Plan

*With commitment, success
Choose goals. Find activities
And seek a mentor!*

Choose Your Goals. Pick Social Activities. Find A Mentor.

Part Six: A Story About a Scavenger Hunt

*Friendship is so good
Instead of being afraid
Fill your life with joy*

It's not about minimizing pain. It's about maximizing joy.

P.S: Download everything from my presentation at ImproveYourSocialSkills.com/ReardonConference



Social Success Plan

Social Goals

This week, I want to... (Small goals. Examples: start reading a social skills books, find a social mentor)

In the next month, I want to... (Medium goals. Examples: go to a social event, start therapy)

In the next year, I want to... (Big goals. Examples: Go on a date, make a new friend)

Social Activities

Some new social activities I'd like to try are...

The activity I'm going to try first is _____

This is when I'm going to try it: _____

Social Mentors

I will ask _____ to be my social mentor.

I can also ask _____

Commitment

The biggest reason I'm willing to work hard for social success is... _____

Signed _____

Date: _____



Recommended Resources

Websites

[ImproveYourSocialSkills.com](https://www.improveyoursocialskills.com) - My site!

[Reddit.com/r/SocialSkills](https://www.reddit.com/r/SocialSkills) - A social skills discussion forum.

[SucceedSocially.com](https://www.succeedsocially.com) - Another free guide.

[Meetup.com](https://www.meetup.com) - Find social events near you.

[Toastmasters.org](https://www.toastmasters.org) - Join a Toastmasters club. Make friends and build your speaking skills!

[7cups.com](https://www.7cups.com) - Talk about your problems with a trained listener, or get trained to become a supportive listener yourself!

[Joyable.com](https://www.joyable.com) – Online program that uses cognitive-behavioral therapy principles to help reduce social anxiety. \$99/mo with 7 day free trial. Not a replacement for therapy, but can be helpful.

[Therapists.Psychologytoday.com](https://www.therapists.psychologytoday.com) – Find a therapist.

Books

Improve Your Social Skills by Daniel Wendler - My book!

Level Up Your Social Life: The Gamer's Guide To Social Success by Daniel Wendler – My other book!

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence by Jennifer Shannon - Great evidence based techniques for managing anxiety.

Crucial Conversations by Patterson et al - Conflict resolution tips.

What Every BODY Is Saying by Joe Navarro - The best body language guide.

The Science of Making Friends by Elizabeth Laugeson. Evidence based social skills advice.

How To Talk To Anyone By Leil Lowndes - Easy to apply social skills tips. Lots of "easy wins" here.

The Journal Of Best Practices by David Finch - Equal parts memoir and practical Autism guide.

Essential Manners for Men by Peter Post - Excellent advice for giving a good first impression.