

# SHARING SELF INTERESTS

**1 BUT NO-ONE WILL BE INTERESTED IN WHAT I'M INTERESTED IN!**

**WRONG!**

Talking about yourself and what you are interested in can help you:

- ✓ Make friends
- ✓ Share your expertise which helps you gain confidence and respect
- ✓ Break down barriers with people who you think you have nothing in common with.
- ✓ Enable you to teach others something

**Seriously, it can even help you serve customers better!**



**2 Also a good boss knows that if you are interested in doing something in your own time it may be that you could do this within the workplace. For example:**



Lots of companies want staff who can use social media and set up a Twitter page or take digital photos for their website.

If you can show you have these interests and skills you may well be able to be promoted to do that job within the company!

**3 LOTS OF WORK INVOLVES INTERACTING WITH CUSTOMERS AND SHARING YOUR INTERESTS.**



Let's imagine you are working in child-care. What sort of things do you think a parent who leaves their child at the centre might be interested in finding out about you?

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If you are able to relate to customers by sharing your own interests it can have a powerful positive effect.

**4 Like other aspects of speaking and listening lot of this comes down to gaining confidence.**

Here are 3 challenges:

Think about what your best friend would say you are good at.

Practice saying, "My friends say I'm brilliant at..."

Notice how other people listen. If they switch off you may be coming across as big-headed!

When sharing interests make sure you start by asking others first:

What do you love doing outside of work?

How does what you love doing outside help you with this job?

Do you ever get to do what you love doing outside of work here in this job?

