BUILDING YOUR SOCIAL CONFIDENCE

Practical ways to make connections, meet people and get more involved in life.

STEP OUT. CONNECT AND BE INVOLVED.

You don't have to be an extrovert to build a richer and more connected life.

Social connection plays an important role in our wellbeing and quality of life.

Having people around us, sharing interests and being part of a community can give us support, purpose and perspective.

TAKE THE INITIATIVE

Don't always wait for someone else to make the first move. Say hello, introduce yourself or start a simple conversation.

SHOW AN INTEREST IN OTHERS

Ask questions and listen. Be curious about their experiences, interests and perspectives.

SHARE A LITTLE ABOUT YOURSELF

Connection works both ways. Share your interests, experiences or ideas. Let people get to know you beyond the surface.

GET INVOLVED

Look for opportunities to join in — a sporting group, hobby, community activity or workplace event. You don't have to know anybody before you turn up.

FOLLOW UP AND KEEP IN TOUCH

Relationships grow through repeated contact. Send a message, check in, or suggest catching up again.

PRACTISE THE SOCIAL SKILLS

Take small steps: join a conversation, contribute an idea, introduce people to each other and, over time, feel more comfortable in a group.

A CONNECTION WITH BEING COMFORTABLE WITH DISCOMFORT

Our previous tip sheet explored how it helps to be comfortable with discomfort. Social confidence grows in the same way — by taking small, manageable social risks, even when it feels a bit awkward at first.

MAKE IT REAL THIS WEEK

Choose one social action that takes you slightly outside your usual routine. It could be saying hello to someone new, attending a group or activity, or contacting an old friend.

A THOUGHT TO TAKE WITH YOU

"Connection doesn't just happen — it grows through small, consistent actions."

A LIGHTER THOUGHT

You don't have to be the most social bloke in the room. Just be a good one to talk with.