

Small Talk Becomes Big Talk Podcast Transcript

Podcast Link: <https://anchor.fm/kyndall-c/episodes/Small-Talk-Becomes-Big-Talk-e1974tb>

[Intro Music]

Hayley- Hey! I'm Hayley Hansen

Kyndall- And I'm Kyndall Cherry.

Hayley- Welcome to this week's episode of small talk becomes big talk! We are both junior consultants at the speaking center, here at UNCG. We've created this podcast to share some of our insights gained through multiple tip sheets from the Speaking Center.

Kyndall- Our theme for our podcast is "Recovering our interpersonal skills after covid"

With this theme in mind, we felt it was important to go over the tip sheet "how to make your small talk big"

Hayley- Yeah, we really thought that this one was particularly important, especially when we're recovering those interpersonal skills during a pandemic. We think that small talk is super important and a lot of people don't give it the credit that it's due. We really think that it can be a gateway for deeper conversations. Small talk can lead to deeper conversations, deeper connections and especially reconnect people during the struggles and isolation that we've been going through, through the quarantine. Especially those disconnections that have happened during the pandemic.

Kyndall- Most definitely. So, the pandemic has obviously been a large factor in contributing to a "loneliness epidemic". Because people are having to spend more time by themselves in order to maintain their health, as well as keep their loved ones safe and sound, people are spending less time interacting with others, outside of those people in their homes. And, creating interpersonal connections. Having less of these interpersonal interactions is detrimental to people because they are not being given that chance to gain trust in others and make those deeper connections.

Hayley- Absolutely, I feel like we've lost a lot of that during the pandemic. With these lack of connections, there's this inevitable loneliness. People are suffering from anxiety and depression at rates like never before. That follows in the wake with these situations like quarantine. So we ask ourselves this question, how can we go about recovering some of our interpersonal skills and regain some of that balance in our lives. We think that you need to make that extra effort to initiate those conversations. You need to reach out even if it's seemingly just small talk or chit chat, or we think it's not important. It is important because it can establish connections and lead to deeper conversations and help us get out of that bubble we've been in. If we extend this extra effort and reach out, we can establish ourselves as someone who is willing to talk and listen. Then people will trust us and we'll have that connection and grow that interpersonal relationship.

Kyndall- That's exactly right Hayley, effort is definitely key when trying to make these relationships. Trying to make small talk with others is definitely easier said than done. I know

that I have definitely experienced this, this year especially while making the transition from being an online student to coming back to classes in-person. So an example of when I had to put in that effort to make that small talk was with my classmates and professors at the beginning of the year. I had to constantly make an effort to get to know them better. In order to do this with my professors, I would often attend office hours. Not only did I discuss topics related to class matters, but I also spent time getting to know my professors personally. When my professors would share things about their personal lives, I would listen and you know and share some things about myself. That's how you make those connections and gain that trust that we've been talking about. I've formed great relationships with my professors, which is all that I've really wanted to do, coming back after the pandemic.

Hayley- Yeah Absolutely, I feel like that's super important to reach out and make that extra effort. Because then I feel like we gain that level of trust with our peers. I definitely think I've experienced that as well. Especially when it comes to masks

Kyndall- Right

Hayley- Masks are really hard right now. With the small talk because sometimes you can't hear people, or it's tricky or a little bit more intimidating because you can't see your face. That makes things tricky but allows us to reach out and kind of plant that seed with small talk so that we can really start those conversations and start to build those relationships.

Kyndall- Absolutely Hayley. One other thing that I did want to touch on too is tensions while having small talk. While you're talking to someone, tensions never should be rising and they should never be conflictual. Instead, they should allow you the time and space to realize how significant interpersonal connections can be. If small talk ever does become conflictual or there is some kind of tension, you should do your best to alleviate the situation. Never let the conversation become aggressive.

Hayley- Yeah. And it's easier for tensions to be high because tensions are just high in general right now. Misunderstandings happen and we just need to keep things calm, cool and collected. We need to remember that these conversations we have with people--it's not about fixing a problem or giving advice. A lot of people want to be heard, validated and seen, we don't need to fix their problems. The conversations are supposed to be comforting. They are supposed to help people feel comfortable, help that trust grow, help that interpersonal trust grow and those stronger relationships.

Kyndall- Absolutely. And with all of these things in mind, small talk can be very beneficial not only for you, but to those around you who are also making the transition into the post-pandemic world. Although I wouldn't exactly call it post-pandemic quite yet. Because we are still definitely-

Hayley- Still in the thick of it

Kyndall- Yeah, most definitely . But um, it can truly be helpful in building your interpersonal relationships and can in turn, lead to something greater.

Hayley- Absolutely so, We hope these tips will help you all along on your journey to rebuilding your interpersonal skills. We encourage everyone to be the one to reach out and just say, hey how are you? And try to get to know people better.and bridge that gap. And don't forget the power of those small words and conversations. So thanks for listening, and again, I'm Hayley Hansen.

Kyndall- I'm Kyndall Cherry

Hayley and Kyndall-[In Unison] We hope you've enjoyed the show!

[Closing Sound Effect]