

BEHAVIORAL SKILLS TRAINING: STEPS TO TALKING WITH A COWORKER

- Instructions:**
- ✓ Follow the steps to Talking with a Coworker
 - ✓ Decide what you want to say in #3, #5, and #7
 - ✓ Write it in the box provided



1. Get Their Attention!

Tip: Stand near them, wave, make eye contact



2. Say "Hi"!



3. Ask a Question or Tell Them Something

Topic Ideas: weather, plans, how they're feeling, how work is going, things they like, special events

Write Your Question or Comment Here:



4. Wait and Listen To What They Say



5. Ask Another Question or Tell Them Something Else

Topic Ideas: weather, plans, how they're feeling, how work is going, things they like, special events

Write Your Question or Comment Here:



6. Wait and Listen to What They Say



7. Ask Another Question or Tell Them Something Else

Topic Ideas: weather, plans, how they're feeling, how work is going, things they like, special events

Write Your Question or Comment Here:



6. Wait and Listen to What They Say



7. Say "Goodbye" or Say "I Need to Get back to Work Now"



8. Go Back to Work or Leave the Area