

Backpackers Mom

EBOOK | LIMITED EDITION

Magic of right conversations

CHESTA JAIN

A HANDBOOK FOR WOMEN BY A WOMAN

RIGHT CONVERSATIONS
WITH FAMILY

Prepare for right
Conversation

RIGHT CONVERSATIONS
FOR WORK

Benefits of Elevator
Conversations

RIGHT CONVERSATIONS
FOR COMMUNITY

Tips for Conversation
Starter



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CHESTA
JAIN —
THE AUTHOR

"A woman with mission, a mother with dedication, and a friend with zeal"

This one line summarises me quite well. But my stories of belief and determination are endless. I am a marketer with two comebacks. While I could have chosen to continue marketing, I had a dream with a mission.

The mission is to create an impact in your life. I want to add value to your life and that comes by - Empowering your emotions, enriching relations with your family and community, and engaging your passions in your work.

So who is the inspiration behind that dream? My little girl 'Nishka'. She is paraplegic and born with a rare genetic disorder. But her willingness and dedication to achieve all goals in life inspire me and many others. I write about her a lot on my blog and I hope you will learn something from her too.

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Who do we converse with?

We are surrounded by people. Be it your personal life, professional life, or even online life. It's a human sitting behind the screen. And human needs trust to develop any relationship. Only the right conversation can do that magic.

"Right Conversations Builds Trust"

You may not realise how many people we talk to daily. And to how many people we try to make meaningful conversations.



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Finding a date on a dating app, engaging your child to eat broccoli, borrowing sugar from your next-door neighbour, make new friends at the new locality, or talking to the next passenger on your train to kill time.

We all are building relationships.

Even for a professional relationship, the right conversation can take you down to the funnel to trust someone.

While you are making the right conversation for a job interview, the recruiter is developing trust in you to ensure they are the right people to work with.



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Likability is equally important with competency

**"People talk to
people, not logos"**





Elevator Conversations

An elevator conversation is a great way to reach out to the person you are trying to build relationships with. It could be for a sales pitch, become a friend or even for a job interview.

"You can become a hero in someone's eyes in 30-60sec in an elevator"

I see many people travelling in an elevator heading for work, while I go for my gym class. They were wearing their batches and that was a great way for me to get into a conversation with them. I was looking for a comeback after a career break. And there I got my first freelance job.

You can make different conversations in different elevators for a different purpose.

If you started living in a new apartment, you can make friends in an elevator.

Find a carpool or a company to spend a holiday in a hotel's elevator.

Travelling in an elevator of your dream company can get you a job there. Much effective than sending emails to their HR.

All you need is to meet the right person with the right conversation.

Conversation

Starters

Now if you are thinking about how can I start a conversation, then here are some starters that works best for me.

Someone with pizza box

Hey, you guys are having pizza tonight. Is that from Dominos?



Someones phone rings up

That's a nice ringtone. I used the same melody.



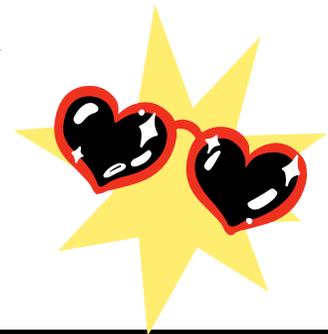
Someone holding yoga mat

You are so fit. Can you refer me your yoga trainer?



Someone with walking shoes

What a lovely bright day today. Can I join you for walk?



Someone with suitcase

I also checked-in today? What is your plan for the evening?



Someone with a dog

That's a cute lab, would you like to visit my place and they both can play?



Cut these out to make yourself a deck of conversation starters.

Prepare for right conversations

01

CONFIDENCE TO REACH OUT

Take a lead and say your first words. Even if she is browsing on her phone, your words can redirect her towards you.

02

BE PERSISTENT

Person might be distracted on her own thoughts when you attempted your first sentence. Don't hesitate to follow up next time.

03

SOLUTION PROVIDER

Observe your lead person and extend help. Become proactive and analyze what that person might be needing.

04

BE APPROACHABLE

Show that warming smile. Don't stay lost in your phone. It becomes easier for other person to reach out to you as well.

05

DONT BE BORING

Think of an engaging line that can convert into a coffee together or carpooling. Where did you get this smart T-shirt is more engaging than which floor are you on?

Make a first move and rest will follow!

Men are from Mars, Women are from Venus



Now that you know how important a right conversation can be. The conversation between men and women can be different. Although every person is different, still we can find differences in how men talk versus how women talk.

I asked my husband how do I look in this dress? He said Nice. The word 'Nice' often confuses me. Is this really nice or is he trying to avoid conversation?

I have realised certain things when I talk to women.

"Women prefers Animate, Excitement and Enthusiasm"

On the other hand, when my husband asks me if I would like to watch a Marvel movie together? I say yes. And he plays the movie. This is very straightforward.

"Men prefers clear message"

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