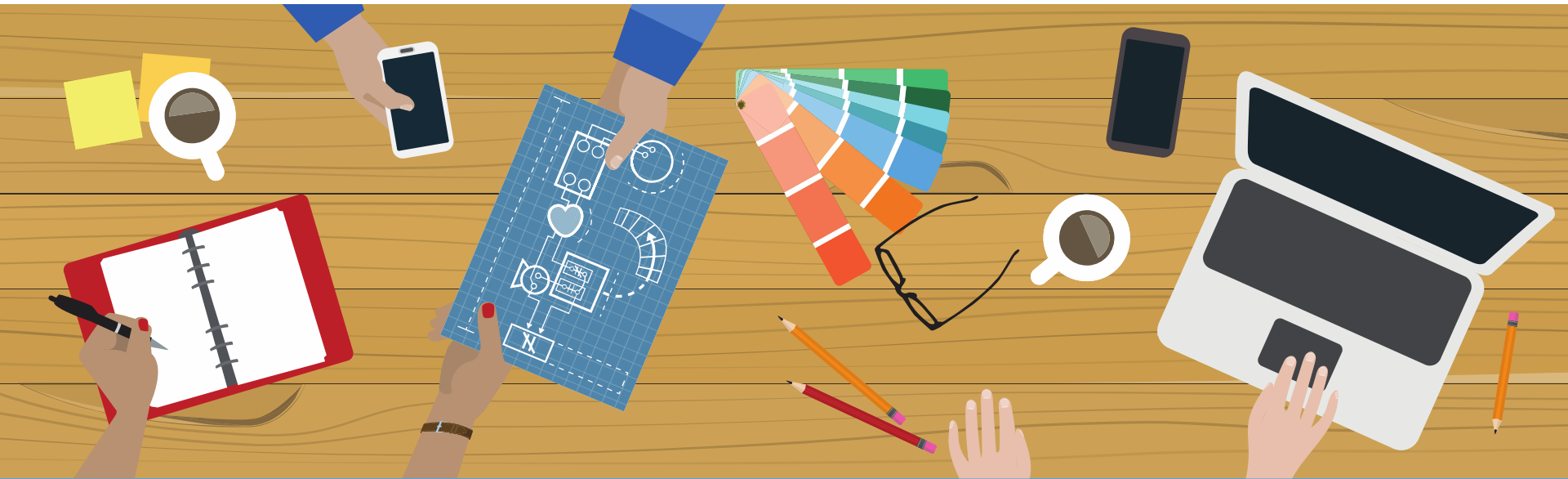


# thriveatwork



E4, Brave Souls

**Art of Conversation**

@thriveworkteam

[thriveatworkteam.com](http://thriveatworkteam.com)

# 5 kinds of conversations

Connecting

Banter

Utility

Tense

Awkward



# The Art of Connecting Conversations

Connecting conversations are conversations of mutual interest



# Research

91% of respondents in a global study for the book [The Art of Conversations](#), report they experience a connected conversation when they feel a sense of mutual presence, trust and discovering something new.



Oxytocin  
Trust

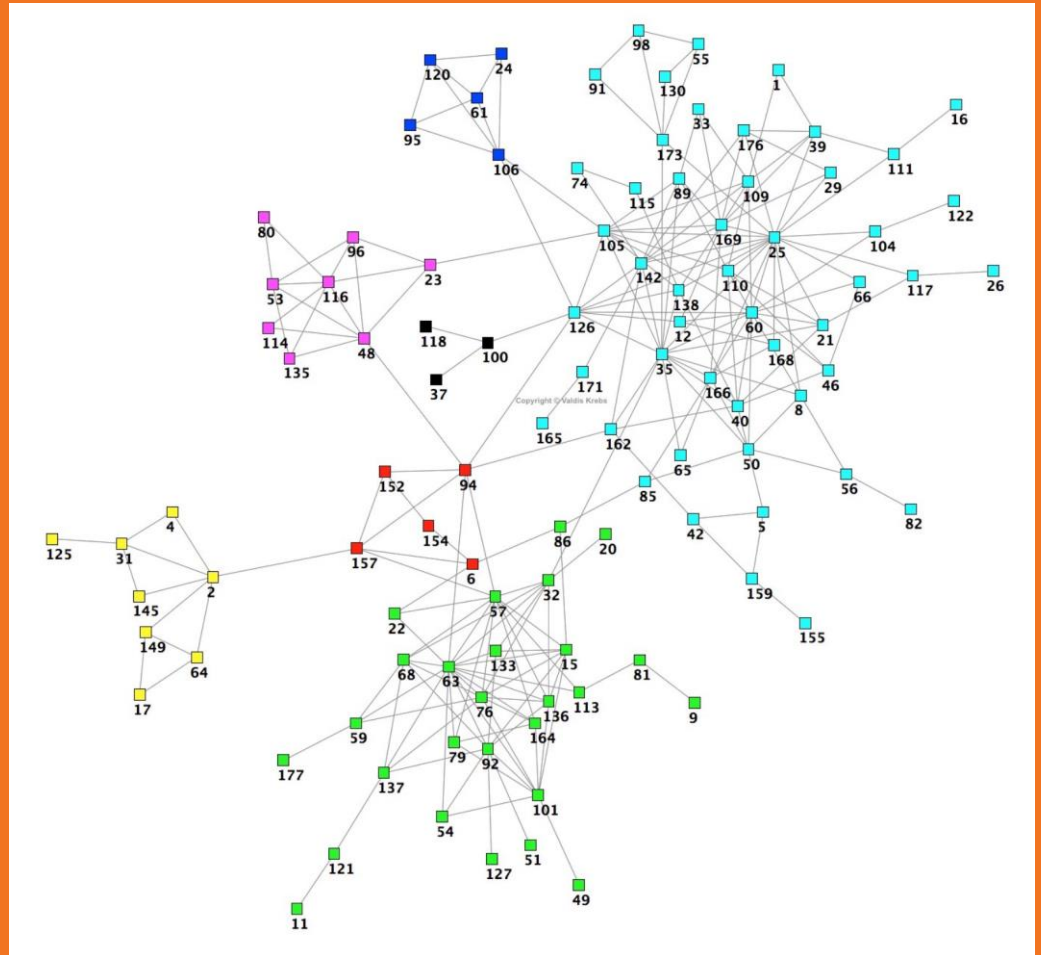


Cortisol  
Curiosity

Dopamine  
Discovery

# Practice

How can you facilitate connecting conversations to close triangles in networks?



# Resources

Thank you for joining us!

For more resources on art of conversation, visit the E4 page of our website:

[www.thriveatworkteam.com/E4](http://www.thriveatworkteam.com/E4)

Twitter: @thriveworkteam

Email: Connect@thriveatwork.com

Facebook: Thrive At Work Team

**thriveatwork**