

5 Keys to Greater Connection

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December 29, 2025



Coach Myrna, Dec. 29, 2025
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5 Keys to Deeper Connection

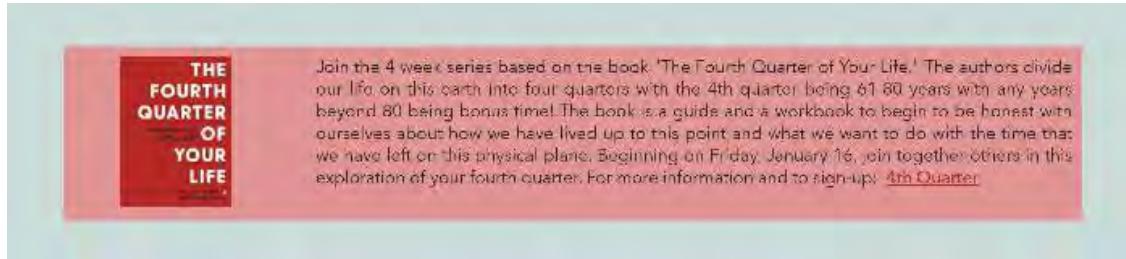
Tired of discussions about weather? Tom Pattinson, Positive. News, offers five insightful ways to spark more meaningful exchanges: pick the place, ask 'why' then wait, be more vulnerable yourself, explore values, and stay present. By fostering authenticity, compassionately listening, and truly engaging, these strategies can

help us move from surface to substance and make every conversation count. After all, "the most precious gift we can offer anyone is our attention," shares Thích Nhat Hanh, author of "The Art of Communicating."

1. **Choose a place where you can both relax and feel unhurried** — a quiet café, a sunny park bench, or a path where you can walk side by side. When the setting is calm and free from constant distractions, it becomes easier to be fully present with one another and to let trust naturally grow.
2. **Let curiosity lead the conversation.** Gently ask "why?" or "tell me more," and then give space for the answer. When someone shares, invite them a little deeper with open questions like, *"How did that affect you?"* Allow them to speak in their own time; often, the most meaningful insights emerge when there's no pressure to rush.
3. **Be willing to open up, too.** Sharing something real — a challenge you're navigating, a shift in how you see things, or a hope you're working toward — can quickly deepen a conversation. Your authenticity creates an invitation for the other person to do the same, forming a connection that feels genuine and human.
4. **Explore values and lived experiences together.** Conversations become richer when they move beyond surface topics into the stories and principles that shape who we are. Ask about the moments that have influenced their outlook or what matters most to them. This kind of curiosity builds understanding and closeness.
5. **Above all, stay present.** Offer your attention through eye contact, gentle affirmations, and reflecting back what you hear. When someone feels truly seen and given space to unfold their thoughts, you create a shared moment of connection — one that lingers long after the conversation ends.

This holiday season and moving into the new year, these make great goals to focus on in your important relationships.

To sign-up for the 4 week series based on the book "The Fourth Quarter of Your Life" www.coachmyrna.org/4th-quarter.html



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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations

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