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Maintain Eye Contact

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Journaling tips

Gaze into my eyes....

Practice maintaining eye contact while in natural conversations.

If on video calls, try not to look at other monitors, email, phones etc.

Did you practice eye contact in a conversation or video	call?
How did you feel during the exercise?	
low did you leef dufing the exercise:	
What did you notice about the participants and interact	tions?
	Pro tip
	Eye contact helps you to decode non-verbal cues that can show true