



A WEEK IN Learning

L&D RECOMMENDATIONS
for TED Talks, podcasts, books, and more!

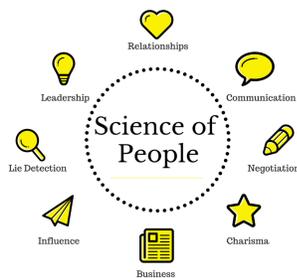
By **Vanessa Van Edwards**

Recommended by **Santina Burakiewicz Carlson**, Leadership & Learning Facilitator

Ever wondered why some excel at making friends and finding jobs while others struggle? Vanessa Van Edwards has dedicated herself to answer this question by studying the science of social skills. Her journey started with a captivating Ted Talk, and since that, she's authored books, built a popular YouTube channel, and launched workshops and training programs; all aimed at empowering individuals in social interactions. All Vanessa's work can be found on her website scienceofpeople.com.



One of Vanessa's recent articles titled "*11 Expert Tips to Stop Being a People Pleaser*" caught my attention. Let me share some of the essential ideas from this article:



- **Setting Boundaries:** Vanessa emphasizes that setting clear boundaries is essential.
- **The Power of 'No':** Learning to say 'no' is a crucial skill for taking control of your life.
- **Being Authentic:** Vanessa suggests that being yourself can attract people who appreciate you.
- **Self-Compassion:** She encourages us to be kind to ourselves.
- **Active Listening:** Vanessa explains how active listening can help us connect better with others.
- **Changing Negative Thoughts:** She offers tips to change the negative thoughts that drive behavior.
- **Embracing Vulnerability:** Being open and vulnerable can lead to more genuine connections.
- **Self-Care:** Vanessa highlights the importance of taking care of yourself for better relationships.
- **Finding Support:** Building a network of supportive friends can help you on your journey of change.
- **Progress, Not Perfection:** Vanessa reminds us that it's okay to take small steps toward change.

If you're interested in delving deeper into this topic, simply click the button below to access the full article!

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