

Interpersonal skills video description

We all use interpersonal skills every day when we talk and communicate with other people. Interpersonal skills involve being open minded and respectful to other people's views and opinions, even if they are different from your own. They also include recognising the differences between people and noticing someone's character.

Interpersonal skills let people come to an agreement or compromise around an issue in a respectful way, even if they have different opinions. Helping others around you to fit in and take part as well as staying upbeat and positive in difficult situations are all part of this skill as well.

Having strong interpersonal skills means you can:

- Help build trust with others
- Handle stress or conflict
- Stay confident and calm as you do so