

How to Never Be Boring in Conversations

GoSkills online course syllabus

Skill level

Beginner

Lessons

24

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

1h 35m

Estimated study time

2h 43m

Instructor

TJ Walker

Course Orientation & The Core Problem

1

Why People Lose Interest When You Talk

Identify the subtle warning signs and hidden reasons conversations lose momentum and attention drifts.

2

It's Usually Not Your Content

Recognize why poor timing, weak energy, and low relevance derail dialogue far more than topic choice.

3

What We Mean by "Conversation Energy"

Define conversational energy as how you make others feel, rather than artificial hype or extroversion.

Why Most Conversations Fail

4

How You Were Accidentally Trained to Be Boring

Uncover social conditioning habits like overexplaining and performing intelligence that ruin dialogue.

5

The 20-Second Rule

Apply the 20-second rule to keep your responses crisp, engaging, and inviting for the listener.

6

Homework 1: Cut Your Talking Time

Complete a targeted exercise to measure and reduce unnecessary speaking time in real interactions.

7

Talking Less Makes You More Interesting

Leverage strategic brevity to build curiosity, conversational value, and natural social intrigue.

Listening as Social Intelligence

- 8** **Listening Is the Secret Engine of Great Conversation**
Master active listening habits that make others perceive you as deeply engaging and socially sharp.
- 9** **Ask Open-Ended Questions or Kill the Conversation**
Construct powerful open-ended questions that unlock dialogue depth and spark genuine momentum.
- 10** **Homework 2: Ask Three Open-Ended Questions Today**
Put theory into practice by executing three open-ended questions in your daily interactions.
- 11** **The Best Follow-Up Questions Are About What They Just Said**
Build instant rapport by anchoring follow-up questions directly to the speaker's exact words.
- 12** **Curiosity Is Charisma**
Channel genuine curiosity to radiate authentic warmth, confidence, and conversational appeal.
- 13** **Stop Waiting for Your Turn to Talk**
Eliminate fake listening habits and develop true presence and responsiveness in real time.

Attention, Presence & Real Engagement

- 14** **Look at People Like You Mean It**
Master focused eye contact, subtle facial cues, and engaged nodding to validate your partner.
- 15** **Your Phone Is Making You a Worse Conversationalist**
Understand how micro-distractions destroy relational trust and conversational connection.
- 16** **Homework 3: One Conversation With No Phone, No Distractions**
Execute a distraction-free conversation challenge to experience high-bandwidth engagement.

Relevance & Self-Awareness

- 17** **Don't Tell Stories the Other Person Doesn't Care About**
Develop keen audience awareness to ensure your stories serve the listener's interests first.

18 Before You Talk, Ask: Would They Find This Interesting?
Use a simple pre-speech filter to calibrate relevance and keep dialogue tightly focused.

19 Why Smart People Ramble
Prevent analytical overexplaining from bogging down your natural conversational rhythm.

20 Stop Trying to Impress People
Trade performative posturing for grounded authenticity to foster deeper, genuine connections.

The Advanced Conversation Framework

21 Energy Beats Content, but Relevance Beats Both
Synthesize energy, timing, relevance, and listening into a unified communication model.

22 If You're in a Hurry, Go Straight to the Reset
Access the quick-start reset system to rapidly correct conversational slips on the fly.

23 Conversation Energy Reset
Master the comprehensive checklist of listening cues, attention shifts, and real-time tweaks.

Course Completion & Long-Term Integration

24 Congratulations! Now Install This as a Daily Habit
Solidify your progress, review core frameworks, and lock in lasting conversational habits.

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