



4 KEYS TO CURIOSITY

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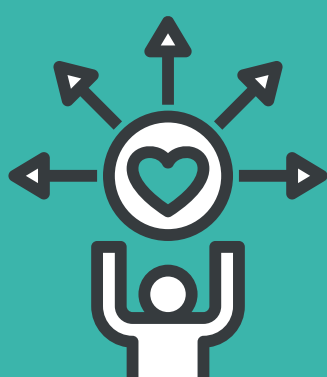
HAVE AN OPEN MIND

The more open you are, the more likely you will receive new information and ideas that can help you continue to be curious. Avoid closing yourself off; instead, stretch yourself out of your safe zone – anything outside this is growth.



FLIP STATEMENTS INTO QUESTIONS

This helps you become a more effective communicator, as well as build stronger relationships and leadership capability. Asking questions with intention is a great way to understand, seek information and explore your curiosity in the process.



LISTEN AND BE PRESENT

Listening is one of the most challenging skills to master. Communication isn't just about what you say – it is 50% speaking and 50% listening.



BE INTERESTED

Reframe 'boring' situations and people to 'interesting'. A simple reframe can change your energy, attitude and ability to be curious. We can learn much from others if we have an open mind and question things.

