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The Art of Conversation/Communication His book Great Chat includes seven key lessons that will help you have more meaningful conversations and show you how it can improve your wellbeing. The essential guide teaches you: How to structure a conversation Why asking questions can build emotional intelligence and make you more likeable How listening twice as much as talking can change your social life How to embrace difficult conversations and why they are good for you

More Topics Mental health and emotional resilience Modern masculinity Interviewing and storytelling Empowerment through conversation