SOCIAL SKILLS

Social skills refer to the skills that you need in order to successfully communicate and work with others in a functioning society, community, or culture.

EXAMPLES

Verbal communication	7 &	Non-verbal communication
Cooperation &		Manners
	®	Leadership
Giving constructive feedback	10	Empathy
Receiving constructive feedback	00 02	Active listening
Reading social cues		Understanding humor

Social Skills Mental Health

Kim T. Mueser, Alan S. Bellack, Susan Gingerich, Julie Agresta, Daniel Fulford



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