Do people consider you approachable? More importantly, do others experience you as approachable?

Being approachable is a professional skill that has numerous career benefits – networking, career advancement, information access, and others. A person who is approachable is usually:

1. Open to conversation – whether they know you or not
2. Willing to listen – conversation becomes two-way instead of one-way
3. Accessible to those who need help – directions, assistance, a listening ear, etc.
4. Able to show empathy and compassion
5. Happy or has a positive attitude toward life and work

CALL TO ACTION:

2. Ask your close friends as well as those who don’t know you well if they see you as approachable.
3. Ask a stranger (who looks approachable) a question, and then listen! Make it a two-way conversation if the person does respond.

KEEP ON LEARNING

2. Watch the Ted Talk – [The Real Art of Becoming Likeable](The%20Real%20Art%20of%20Becoming%20Likeable) by Arel Moodie (6m 46s).
3. Watch the LinkedIn Learning course, [Learning to be Approachable](Learning%20to%20be%20Approachable) (28m 12s).
   - If you are short on time, watch [Cultivating the Mindset of Approachability](Cultivating%20the%20Mindset%20of%20Approachability) (3m 23s) or [How to be Approachable as Your Career Grows](How%20to%20be%20Approachable%20as%20Your%20Career%20Grows) (2m 3s)
4. Review the American Management Association’s article, [The Value of Being Approachable](The%20Value%20of%20Being%20Approachable) (approximately 3m-5m).