

# Conversation Starters

Build on small talk  
Make connections meaningful

Questions to guide conversations with new people, colleagues, regular customers, neighbours and other networks.

Neighbours Every Day  
*Relationships Australia*



Discussing shared interests and stories can help people who are lonely feel a sense of belonging. Try these simple conversation starters to take the first step.

## Starting a conversation

- Nice to meet you. How has your day been?
- What has been the highlight of your day so far?
- What's the most interesting thing that's happened to you this week?
- What's on your to-do list today?
- Are you listening to any podcasts or reading a good book?
- Are there any Netflix/ television series you'd recommend?
- Do you have any holidays planned?
- What's your favourite part about living in [city/ suburb/ town]?

## Sharing personal stories

- I recently tried a new recipe; do you enjoy cooking?
- I saw a great movie last night, have you seen anything good lately?
- I'm planning a trip, do you like to travel?
- I started a new book, are you reading anything interesting?
- I love gardening, do you have any outdoor hobbies?

### TIP 1

Try to find common interests and build from there.



### TIP 3

Print or save this sheet on your phone for easy access.



### TIP 2

Share a personal story to encourage more questions.



### TIP 4

More resources  
[www.lonelinessawarenessweek.com.au](http://www.lonelinessawarenessweek.com.au)

