



# What to Do When You're New: How to Be Comfortable, Confident, and Successful in New Situations

*Keith Rollag*

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## **What to Do When You're New: How to Be Comfortable, Confident, and Successful in New Situations**

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Have you ever felt nervous in new situations? Reluctant to introduce yourself? Afraid to ask questions? We all have. But if you let those worries stop you, you may miss out on real opportunity. Whether you're changing jobs, joining a group, or moving to a new city, putting yourself out there enriches life and brings rewards.

*What to Do When You're New* combines the author's research with that of leading scientists to explain why we are so uneasy in new situations—and how we can learn to become more confident and successful newcomers. With practice, anyone can get better at being new. This original book opens your eyes to the necessary skills and teaches you how to:

- Overcome fears
- Make great first impressions
- Talk to strangers with ease
- Get up to speed quickly
- Connect with people wherever you go

Blending stories and insights with simple techniques and exercises, this one-of-a-kind guide will get you out of your comfort zone and trying new things in no time.

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