

Over the years, my friends and family have often told me that I have a natural ability to connect with people. Many of them come to me for advice, support, or simply someone to talk to. Some have even joked that I should be a therapist because of how I listen and respond with care. I'm someone who feels deeply for others, and I genuinely want to help in any way I can. I'm an emotional and selfless person who tries to find a way to relate to those around me. I understand that everyone handles life differently, so I always try to offer support that feels meaningful and personal. In my interactions, I aim to be comforting, empathetic, and encouraging, qualities that help people feel safe and heard. I truly enjoy talking with others, and as I've gotten older, I've come to see that my communication style is both expressive and compassionate. Working in both hospital and nursing home settings has helped me grow even more, showing me how important it is to adjust your communication style based on the person and situation. Everyone experiences life in their own way, and connecting with patients and families has helped me better understand that. I feel confident starting conversations and connecting with others, whether that's by asking thoughtful questions, offering reassurance, or just listening. I try to choose my words carefully and speak with intention. When people open up to me, I do my best not to compare their situation to mine. Instead, I stay present and allow them to feel that their experience is valid and not being overshadowed. My nonverbal communication is also something that I try to pay close attention to. I try to maintain good eye contact, stay aware of my facial expressions, and use open body language to show I'm listening. I see myself as an active listener but not just hearing someone's words, truly listening with the goal of understanding. Sometimes, people don't need a response at all. They just need someone to be there. Even when I may not agree with everything shared, I always try to pause, reflect, and respond with empathy. This creates a space where people feel safe to open up, without fear of being judged or shut down. Whether I'm offering advice or simply being there, I always try to make sure the person feels supported and understood. Good communication doesn't have to be overly formal or clinical, being kind and present can go a long way. I really believe in the saying that you never know what someone is going through, so always choose kindness. One of my goals in life is to give others the kind of support I would hope to receive in return. Some of the most meaningful conversations I've had have started with someone who didn't usually open up but once they felt that trust, they came to me for advice or comfort. Being more aware of my communication strengths has made me realize how important it is to build trusting relationships and friendships. Nursing is a profession where communication plays a major role not just with patients, but with families and healthcare teams, too. During stressful times, some patients may completely shut down, while others may share everything. It's our responsibility as nurses to create an environment of trust, respect, and comfort. Patients need to feel truly cared for not only physically, but emotionally too. Effective communication helps us gather more information that guides our care and builds stronger relationships. Sometimes, you may be the only person a patient feels they can turn to, even for a short time. As I grow in my nursing career, I am committed to continuing to strengthen my communication skills, especially my verbal and nonverbal therapeutic techniques. These tools will help me promote healing, trust, and connection in every patient and family interaction and even in my relationships with friends and loved ones.