



## Transkrypcja Podcastu

Let's be honest, is there anyone out there who actually likes those first few minutes of an online meeting? You mean where everyone is just staring at each other? Exactly, it's like everyone's waiting for someone else to say something or someone to save them from the awkward silence.

And then someone usually cracks and just goes with the classic, how are you? Which we all know is basically code for let's just get this over with, but I think we can do better, don't you? Oh, absolutely.

And it turns out there are ways to completely **sidestep that awkwardness** and actually inject a little, well, excitement, **shall we say**, into those first few minutes. And we're **diving deep into** that today. We're talking about **banishing those awkward silences** and you might be surprised to hear there's some actual brain science behind it.

Yeah, the way we start a conversation, even a small one, **has a huge ripple effect** on everything that comes after. Think of it like the opening scene of a play. Ooh, I like that. It sets the entire tone for everything that follows.

Okay, that makes total sense. So instead of that dreaded, how are you, or what's the magic phrase we should be using? Well, I think the key here is to get people thinking positively **right out of the gate**. Our brains, you see, love to latch onto the negative, but if you can shift that focus to something good, it can actually trigger the release of dopamine.

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You mean the feel-good chemical. Exactly. So instead of inviting everyone to **dwell on** what might've been a stressful day, we give their brains a little hit of positivity. Exactly.

And look, it's not about being fake or anything or forcing this super **cheery vibe**. It's more about this subtle shift in energy. Okay, I like it. And I am ready for this magic phrase.

**You ready for this? Hit me. What's good?** What's good? I like it. It seems so simple, but I can already see how that would totally change the dynamic. Because instead of that knee-jerk "I'm fine", people actually have to stop and think about something positive. And if it gets them thinking, even if it's just something small, it's still a win.

It's like we're changing the channel from static to something much more interesting. And speaking of interesting, this excerpt we're looking at doesn't just stop there. It actually gives us a bunch of other conversation starters that we can use, like working on anything exciting lately.

Oh, that's a great one. And it can be anything, right? Work-related or something from their personal life. It's an invitation to share a little bit about themselves. It's true. And it's a lot more interesting to hear about than how someone's doing in general.

Okay, we've got "**Working on anything exciting lately?**". And the next one on the list here is "**Have any passion projects?**", which I love. Because it shows you're interested in them as a person. Right, and not just as another face in the meeting. And that's how you build rapport, right? You create a connection, which let's be honest, can be hard to do in a virtual setting.

Totally. You lose those personal touches. Okay, what's next? See, we've got "**Looking forward to any big projects?**". I like that one. A little bit of future-focused energy there. Yeah, it's like you're sparking a little bit of hope, you know, or at least something to look forward to. Something to get excited about. Right.

Okay, **last but not least**, we have "**What's something FUN you've been up to?**". And I love how this one injects that little element of playfulness from the start. Because we all need a little fun, right? Especially at work. Exactly.

And it reminds everyone that it's okay to relax and be yourself, even in a professional setting. This has been really eye-opening. And I think what resonates most with me is how these **small tweaks to our language can have such a huge ripple effect**, like you said, on the entire tone of a meeting. It really is amazing.

And we're not just filling the silence here. We're setting the stage for a more positive and productive conversation. **Which I think we can all get behind.** So **as we wrap up today**, I want you to think about your next meeting. Which of these phrases will you try? And what kind of difference can it make? It might be the start of something amazing.

## Przydatne i trudniejsze zwroty z Podcastu

Powiedzmy	Shall we say
To ma całkowity sens.	That makes total sense.
To ma ogromny efekt domina na wszystko.	It has a huge ripple effect on everything.
Od razu na starcie	Right out of the gate
Jesteś gotowy na to?	You ready for this?
Uderzaj (mów)!	Hit me!
Myślę, że wszyscy możemy się z tym zgodzić.	Which I think we can all get behind.
Ostatni, ale nie mniej ważny.	Last, but not least.
Myślę, że to, co najbardziej ze mną rezonuje, to jak..	I think what resonates most with me is how...
Unikaj niezręcznej ciszy.	Sidestep awkward silence.

Zapomnij i niezręcznych momentach.	Banish awkward moments.
Nasze mózgi uwielbiają skupiać się na negatywach.	Our brains love to latch onto the negative.
Przesuń tę uwagę na coś pozytywnego.	Shift that focus to something good.
Może to faktycznie wywołać uwalnianie dopaminy.	It can actually trigger the release of dopamine.
Nie rozpamiętuj negatywnych rzeczy.	Don't dwell on negative things.
Wesoła atmosfera	Cheery vibe
Odruchowa reakcja	A knee-jerk response
Co dobrego?	What's good?
Pracujesz nad czymś ekscytującym ostatnio?	Working on anything exciting lately?
Masz jakieś projekty związane ze swoją pasją (nad którymi będziesz pracować)?	Have any personal passion projects?
Oczekujesz jakichś dużych projektów?	Looking forward to any big projects?

Co fajnego ostatnio robiłeś?

What's something fun you've been up to?

## Zwroty, które warto zapamiętać z lekcji

Co dobrego?	What's good?
Co słyhać?	How (are) you doing? How's it going?
Pracujesz ostatnio nad czymś arcyciekawym?	Working on anything exciting lately?
Wyczekujesz jakichś dużych projektów?	Looking forward to any big projects?
Co ostatnio fajnego robiliście?	What's something fun you've been up to?
Uderzaj (śmiało mów)!	Hit me!
Od razu na wstępie	Right out of the gate
Przejdźmy od razu do rzeczy i zaczynamy.	Let's dive right in and get started.
Przejdźmy do agendy.	Let's dive into the agenda.
Pierwszy punkt to...	The first item is...
Czy powiedzieć coś szybko, zanim zaczniemy?	Can I say something quick before we continue?
Masz projekty związane z Twoją pasją w planach?	Having any passion projects coming up?
Dziękuję, że jesteś na czas.	Thanks for being on time.
U mnie wszystko dobrze.	I've been good. I'm doing well.
To fantastycznie!	That's awesome!