



## The Conversation Kickstart Kit™

*By Stuart Fedderson — Fedderson Speaks*

*(Expanded, value-packed edition)*

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### SECTION 1 — Pre-Conversation Setup: The Warm-Up to Winning

Before you speak, prepare the *frame* you will speak from.

#### Action Steps

- Run a quick posture + presence check
- Set a conversational intention (connection, insight, rapport, fun, etc.)
- Choose 2–3 possible openers you can deploy
- Prep your “Anchor Topic” — a short story, insight, or moment you can drop in

#### ★ Signature Tip #1 — Stop Saying “How Are You?”

This is *your* signature teaching, so we highlight it boldly:

**“How are you?” is the conversational equivalent of stale bread. Nobody wants it. Nobody remembers it.” — Stuart Fedderson**

Why it doesn’t work:

- The asker doesn’t really want the truth
- The responder doesn’t truly answer
- Emotionally, it creates *zero* connection
- It signals autopilot, not presence

#### Use These Instead:

- “What’s new in your world today?”
- “What’s been keeping your brain busy lately?”
- “How’s your day treating you so far?”
- “What’s the latest?”
- “Anything interesting happen to you this week?”



**Video to watch:**

Search @feddersonspeaks: *“Stop saying HOW ARE YOU – try this instead”*

**SECTION 2 — Opening With Confidence: The First 10 Seconds**

This moment determines how people feel about you before you even know it.

**Action Steps**

- Use open body language
- Smile with calm energy
- Make eye contact
- Use your “non-How-Are-You opener”
- Stack a follow-up question quickly

**Video to watch:**

Search @feddersonspeaks: *“Make your first words count in a conversation”*

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**Section 3—Signature Tip #2 — Chatter Charm™**

A Chatter Charm is one of your most *unique, memorable, and highly practical* conversation tools.

**What *Is* a Chatter Charm™?**

A **Chatter Charm™** is any distinctive item you wear or carry—

- a unique accessory
- an intriguing piece of jewelry
- an eye-catching article of clothing
- a meaningful trinket
- or a personal item with story potential—

...that naturally draws attention, sparks curiosity, and invites someone to ask,  
**“Hey, what’s that?”**

It’s not random. It’s intentional.



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## The Purpose of a Chatter Charm™

While it *can* be a simple conversation starter, the true power is deeper:

### A Chatter Charm™ is a bridge.

- A bridge to better interactions
- A bridge to deeper conversations
- A bridge to human connection
- A bridge to storytelling
- A bridge to charisma

It's a tool that makes people feel comfortable approaching you **and** gives you an easy way to open up with confidence.

It's especially helpful for:

- ✓ business networking
- ✓ professional environments
- ✓ travel and conferences
- ✓ first dates
- ✓ new groups or gatherings
- ✓ people who feel socially anxious or introverted

If starting conversations feels stressful, a Chatter Charm™ removes the pressure.

They open the door — *you just walk through it.*

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## How to Use a Chatter Charm™

### 1. Wear or carry one item with “built-in intrigue.”

Examples:

- A unique ring
- A distinctive watch
- A bracelet with a story behind it
- A bold pair of shoes



- A keychain from a meaningful trip
- A pin, patch, or lapel accessory
- A notebook or pen with a unique design

## **2. Choose items that reflect your personality or story.**

People won't just ask, "What's that?"

They'll ask,

**"What does it mean to you?"**

## **3. When someone comments on it, use your anchor story.**

A short, friendly 10–20 second anecdote that reveals:

- personality
- values
- a moment
- or a piece of your journey

## **4. Let the charm create momentum.**

Once the conversation opens, pivot into more meaningful dialogue using your ACT Method.

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### **Why Chatter Charms™ Work (Psychology)**

#### **1. Humans are wired for novelty.**

Distinctive items stand out — people follow their curiosity.

#### **2. They reduce social risk.**

Approaching someone with "Hey, I noticed your \_\_\_\_" feels natural and safe.

#### **3. They give people permission to engage.**

A Chatter Charm™ signals openness and approachability.

#### **4. They let you show personality without trying.**

It makes charisma *visible*.

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### **Examples of Great Chatter Charms™**

- A ring with a story behind it



- A retro camera strap
- A patch on your backpack from a meaningful place
- A vintage necklace
- A pin with symbolism
- A notebook with a bold cover
- A unique phone case
- A scarf with a meaningful print
- A handmade bracelet your kid made

Each one has a story.

Each story creates connection.

Each connection builds credibility.

## **SECTION 4 — Deepening the Conversation: The ACT Method**

Use your **A.C.T. Framework** to guide the flow:

### **A — Authenticity**

Share something real, human, easy to connect with.

### **C — Connection**

Ask follow-ups that show curiosity:

- “Tell me more about that...”
- “How did that go for you?”

### **T — Topic Transition**

Pivot smoothly into richer subjects:

- Passions
- Goals
- Travel
- Stories



- Adventures

### **Video to watch:**

Search @feddersonspeaks: *“How to make people OPEN UP to you in conversation”*

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## **SECTION 5 — Conversation Starters (Next-Level Version)**

Based on your original list from your document:

Conversation Starter Kit

I reorganized them to be easier to use and more dynamic:

### **Hobbies & Passions**

- “What’s your go-to hobby when you need to recharge?”

### **Travel & Adventure**

- “What’s the most unforgettable place you’ve visited?”
- “Next getaway you *wish* you were on right now?”

### **Pop Culture & Fun**

- “Watching anything good lately?”
- “If you could be in any movie universe, which one?”

### **Ambitions & Growth**

- “What’s something you’re looking forward to?”
  - “What’s one skill you’d love to master?”
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## **SECTION 6 — Closing a Conversation Smoothly**

### **Action Steps**

- Acknowledge something memorable they shared
- Offer value (resource, idea, connection)
- Suggest a next step



- Exit with warmth

**Video to watch:**

Search @feddersonspeaks:

*“How to end a conversation without awkwardness”*

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**SECTION 7 — The 7-Day Conversation Challenge™**

(Kept this section — but optimized it.)

Each day includes a task that builds conversational confidence and charisma.

**Day 1**

Start 1 conversation using a non-How-Are-You opener.

**Day 2**

Practice Chatter Charm™ in a real interaction.

**Day 3**

Use 3 ACT Method follow-ups.

**Day 4**

Start a conversation with a stranger or coworker you rarely talk to.

**Day 5**

Initiate a group conversation (Slack, group text, gathering).

**Day 6**

End two conversations with a clear next step.

**Day 7**

Reflect: Which interactions created positive reactions?

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**SECTION 8 — Bonus Resources**

Follow Feddersonspeaks on TikTok

Search within that channel:



- “Stop saying how are you”
- “Conversation confidence”
- “Instant charisma tricks”
- “How to be remembered”
- “Chatter Charm”
- “Body language for charisma”
- “How to deepen conversations”

I can replace these with exact URLs if you want me to compile them manually.

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## **SECTION 9 — Your Next Step: Charisma Mastery Course**

If you liked this kit... the next level is where the real transformation happens.

### **👉 Enroll now in the Charisma Mastery Online Course**

*Learn the full Charisma Framework, Conversational Magnetism, In-Person Presence, Body Language, Emotional Influence, and the Likeability Formula.*

[ENROLL HERE!](#)