

# One-on-One Conversation Tips

## **How to create one-on-one opportunities:**

1. Ask your friends for an update on their health
2. Listen as people share about their health

Ask them if they are open to natural solutions. If they say yes, start the one-on-one then or schedule a time to connect in person, over the phone or on zoom. If they say that they already use natural products, ask them if they feel like they are working effectively.

## **How to begin the one-on-one:**

1. On a scale of 1 to 10 regarding your health, where would you say you fall? One being “I don’t think about my health” and 10 being, “I’m a poster child for health.”
2. What have you done to get you to that number?
3. What would it take to get you to a 10 in your opinion?

## **If it hasn’t come up yet, you can also ask this question:**

4. What are some areas of health you’d like to address for you and/or your family?
5. What would you like to prioritize today?

## **Before wrapping up, make sure to ask:**

6. Do you have a budget you’d like to work within?
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**Need to ask a few more questions to get a better understanding of their health concerns/problems? Here are a few additional questions you have the OPTION of asking.**

- Tell me a little bit about your family's health.
- What would you like to prioritize today for your health?