

Episode 84 - Matt Crevin

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SPEAKERS

Moira McCullough, Matt Crevin



Moira McCullough 00:00

Welcome to the College Scoops podcast. I'm your host, Moira McCullough and today we are talking with Matt Crevin, Founder of Talkshop about the art of communications.



Matt Crevin 00:10

the skills of practicing being prepared, being calm, being clear, being concise and being confident, all come into play. And those are elements that I bring into the talkshop program and I practice them every time I announce.



Moira McCullough 00:31

This is the College Scoops podcast and I'm your host, Moira McCullough, we focus on everything college related from the admissions process to where to eat, stay and explore on and round campuses. Our guests include founders, educators, authors and experts in the college space. Join us as these experts share their knowledge, experiences and lessons learned to help you have stress free and formative and tasty college journeys. Whether it's your first or last child going to college, or you're just interested in going to a college town for a game or meal, we've got you covered. If you haven't already, please subscribe to the College Scoops podcast to get the inside scoop on everything college related and leave us a review. Thanks to all of our sponsors partners in the entire College Scoops

Ambassador team for helping us bring valuable content to our community. If you would like to support College Scoops as a sponsor, please head over to patreon@patreon.com/collegescoops and sign up as a sustaining listener, insider or Deluxe sponsor. We have exclusive benefits for our members free ebooks and even a College Scoops care package. Matt Crevin founded Talkshop with a singular focus to develop today's students to improve the way they communicate in school, at home in relationships and ultimately to get them career ready. With his own parenting journey along with years of interpersonal communications background, Matt delivers tremendous insight that creates impact with today's students. He is also the author of Getting the Game. Having worked for two Fortune 500 companies as well as a world renowned leadership training and development company. Matt brings his knowledge and practical experience to guide today's students to develop effective communication habits. The talkshop mission develop the skills to effectively communicate clearly and confidently regardless of the situation or setting comes directly from one of the key lessons Matt learned during his public relations internship with the San Francisco 49ers. Welcome to the College Scoops podcast Matt, thanks so much for joining us today.

 Matt Crevin 02:36
Absolutely. I'm happy to be here.

 Moira McCullough 02:38
You're a dad, first and foremost, right, of two teenagers.

 Matt Crevin 02:41
You're absolutely right by saying first and foremost most important job most important Title I will ever have.

 Moira McCullough 02:47
I hear you. I am now almost an empty nester, I look back and I think why didn't I enjoy those crazy days, but we all get through it. So we connected I love Talkshop and what you do. We brought you on today for a couple of different reasons. One, you are a fellow entrepreneur, starting your own business talkshop that is amazing. We'll introduce that to our audience and all the great things that you do. You are an author and you're a guest lecturer at colleges for helping students who want to get into the sports program. So we like inviting professionals onto College Scoops to share your expertise, lessons learned for

anyone who is looking to get into that area or industry. So we really love to hear that. And when I read that you had an internship with a San Francisco 49ers I was so excited to ask you all about that.

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Matt Crevin 03:32

Yeah, there is well, it does come up and when it does come up, you know whether people are sports fans or not, they can appreciate some of the stories it depends on on what level of detail they want. But yeah, there are so many stories that have come from my soon to be 29 years associated with the 49ers or so. absolutely happy to share.

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Moira McCullough 03:50

Great. What I'd love to do is focus on that first and foremost is industry knowledge. And for students who are majoring in sports management or business or communications, can you just share a little bit about your expertise in that field and what you loved about the business, how you got into it, and some of the challenges you encountered and lessons learned?

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Matt Crevin 04:08

Yeah, in the sports field, specifically, students always love to be dated right or to have me date myself. But this is pre-internet. So it really was where a personality and the ability to communicate was really paramount as far as the job search as part of day-to-day communications. And so that's what helped separate me to get that actual internship just to get in the door was the ability to have an easy going and relaxing conversation yet, you know, have something with impact. So I learned a lot of lessons there. And I think the biggest thing now, you know, 29 years later is there's number one a lot more opportunities to break in to the sports industry. That's first and foremost. Now there's social media. There's PR is you know how I broke in public relations. And now, public relations is taken on in a lot of different ways not to be negative, but a lot of different approaches. Sometimes it's now more crisis management. than it used to be, because people are getting themselves into issues on social media, but it's opened the door and there's lots more opportunity. So that is a huge plus. But I think the fact remains, anyone's ability to communicate or articulate who they are and share their unique story is going to get your foot in the door.

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Moira McCullough 05:19

Okay, well, I've got to ask you, you're a public announcer for the San Francisco 49ers so what does that mean? And what's the coolest story that you've had, from your job that you might want to share?

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Matt Crevin 05:31

I think the biggest for me is six and a half, seven years prior to even being in this internship, I'm on my parents couch watching the 49ers on TV, watching Joe Montana. And then seven years later, being in the same room with him. My first year with a team was his last, just that in and of itself. It's someone you admired. And here you are. And you're told to be a colleague. You are told to appear with this person, which was a very strange dynamic. So just everything that involved and swirled around that year, that was mind boggling, but I think the biggest, for me, is the opportunity that I had to announce Superbowl 50. And that just came from years and years that I have put in Super Bowl 50 was actually held at the home of the 49ers the home stadium, so I was able to apply and get that role. So I think that to me, you can't get much better in what I do than to be able to do it at a Super Bowl.

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Moira McCullough 06:27

Absolutely was was Jim Harbaugh the coach then?

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Matt Crevin 06:30

He had moved on at that point. I am trying to think of who the head coach was at that time but I've gone through over 29 years, there's been a few head coaches there. But Harbaugh brought a different element to the team but he wasn't the coach at that time.

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Moira McCullough 06:43

I only bring him up just because my daughter's at University of Michigan.

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Matt Crevin 06:47

Yes and he's a polarizing figure and that is what you're going to run into people like that, whether the boardroom and the business world that you know, are successful, but they may not sync with every single person based on their style, but they do have success.

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Moira McCullough 07:01

Well, even as you said in terms of working in that field, and as a communications person, you could be tongue tied. Just being in that environment with those types of athletes, creative professionals, business people, being able to articulate yourself clearly and to get a message across or an in that case, you're a public announcer! My gosh, it's a totally different form of communication, isn't it?

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Matt Crevin 07:27

It is a different form of communication. Now doing the announcing isn't having a conversation. There's no back and forth. It's really one way it's a monologue, if you will. But the skills of practicing being prepared, being calm, being clear, being concise, and being confident, all come into play. And those are elements that I bring into the talk show program, and I practice them every time I announce because I need to be prepared. But it's a little bit different than a conversation. But just if I could just for a moment, I mean, everything I've learned and even the question you asked, it's you know, being in that alive, unscripted event, if you will, that sports is it's really where I kind of distilled and came up with my mission statement that I now have with talk shop. And it came from my time in pro sports and with the 40, Niners and it's the ability to be clear and confident to communicate clear and confidently, regardless of the situation or setting. It takes habits to put a good, you know, something good into place, whether you're an athlete, you practice it, you don't just show up on a Sunday and play a game. They're putting years and years of habits into place. The same applies to building the skills of Well, how do you speak clearly and confidently? It comes from practice, you got to put these habits into place now. So you are ready for it when the time comes.

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Moira McCullough 08:45

Yes. And we talked about technology a little bit and how that has changed the art of communication, the lack of face-to-face, and all they're doing is texting or communicating in a certain way that may be effective and relevant for that medium. But you cannot transfer that into a different face to face conversation, shall we say?

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Matt Crevin 09:08

Oh, you are preaching to the right choir. Now I'm not anti technology because, look, the reality is devices, apps, screens, they're not going anywhere. And I always say this teens and or college students, high school and college students, they communicate a lot. They really do. They just happen to do it using that one main tool. But there's three key pieces

that you just cannot replicate. If you're communicating over text direct messaging or over social media app. And those three things are really, really important. You cannot decipher spirit, intent and tone. It's impossible. So you are going to need to have these skills, whether it's a job interview, whether you're networking, whether it's in relationships, whether you need to speak to a college admissions officer, you're going to need to have these skills so they're important. So yeah, I'm not anti tech. There is a as you said, a great time and a place but there's also A time or place where it's not going to work?

M Moira McCullough 10:02

Absolutely. And so you mentioned three key pieces. Can you share a little bit about that? When you talk about spirit, tone, and intent?

M Matt Crevin 10:10

Yes. And that just as it relates to, if you're going to rely solely on social media or a screen meaning emails, texts, direct messaging, that it's just tough. And I ask students this all the time. Anyone had any drama here the last week? Meaning you put something out there, and it just created a little dust up and miscommunication, those things happen, because you can't decipher someone's intent, spirit or tone. You can't tell if someone was joking, you can't tell if someone was angry. You can't sense the emotion or the spirit, it's impossible unless you're with someone face-to-face to see if they're smiling or to see if their arms are crossed, if they're frustrated, all of these cues that you normally would pick up if you're with someone in the same room. So yes, it comes up a lot it for a lot of people. And so I say, look, you know, I challenge students all the time. And I'll just put it out to you and your audience. And this goes to parents alike. And I'll own this myself, sometimes. My one of the challenges I put the students, as I said, Look, the next time a direct message thread or a text stream, or an email goes back and forth beyond three, back and forth, pick up the phone and call that person.

M Moira McCullough 11:24

And then do they say to you, What do I say?

M Matt Crevin 11:27

Oftentimes they do. And so it's interesting. They said, well, yes. So your line right there. What do I say? That is exactly why Talkshop is in place. Because it's the art and science, if you will, of having a conversation listening, allowing for the the natural flow of back and

forth. It's dissipating. It's I don't want to say it's lost, but it's really gone away. There's a huge gap. A lot of today's teens or young adults just aren't comfortable because they've only been using that mode. So it's a it's a real gap there for sure.

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Moira McCullough 12:00

Well, I only say that I make a joke, because I'll never forget when the phone rang, right, the landline, I mean, heaven forbid, you know, the landline rings, and it went silent in our house. And everyone looked up and they said, What are you gonna do? Aren't you going to pick up the phone? And somebody said, Well, what would I say? And I thought, I don't know. Why don't you start with Hello, my name is Moira. How can I help you? I just remember growing up, that was the thing, you pick up the phone Hello, this morning speaking. And then that normal kind of etiquette in terms of what you would do, answering a phone at a family residence. That kind of doesn't happen anymore. So how do you teach that when you transfer that to going out to dinner and running into colleagues and kids there? And I always say, look them in the eye, shake their hand. And that better be a good hard solid shake, you know, something like Hello, Mr. Stone. So how are you today? It's a differentiator, I find that don't you?

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Matt Crevin 12:59

Without a doubt being able to have a conversation, whether it's an easy one, a hard one, whether it's a job search conversation. Now more than ever, it's a differentiator. And it's a positive differentiator. And if I can, I don't want to step back, but you made a comment. And it's something that I you know, when I do parent Ed sessions, just for parents, which is not my focus, but I do those on occasion, is I deliver a talk shop module to parents. And a lot of times I say, look, have your kids pick up the phone and order takeout, have them call and make their own dental or doctor's appointments, get them on the phone just so they can hear someone else's face. So it's as silly as that sounds, it's it's one of the one of the steps that I offer. So sorry, I didn't mean to go backwards there. But it's interesting.

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Moira McCullough 13:46

No, but I think that is so important, because those are the practice sessions as you will, that students or young adults will practice and perfect. And the confidence thing grows. And then those are the normal interactions day to day that quote unquote, don't really mean anything in their minds. But that is actually giving them the skill sets and competence that they need so that when they do walk into that room, or they do meet that person who happens to be an hiring manager for the lifeguards that summer there,

they seem comfortable, and they seem in control, and they make an impression that the other candidates may not have made.

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Matt Crevin 14:31

Yes. Again, impression is a great word to me. And that's actually the name of my high school workshop program. It's called First Impressions. How do you make them? So I just kind of use that in my college workshop program is lasting impressions, because it's all about a job search. And the cliché is out there and partly, it's true depends on the person of course and the situation but you do have that one time to make that good positive impression. Why not be prepared.

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Moira McCullough 14:59

What are some of the gotchas or things that you notice that are easy to fix that you just wish you could pull somebody aside and say, if you just did it this way, you may have made it better impact on?

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Matt Crevin 15:13

Yes, a big one is listening. And as a quick side note, when I asked him, hey, what do you guys think? And I do this, as I'm pretending to give you a workshop, I'll ask students all the time. What do you guys think, are the key components of having a good conversation? and rarely, if ever, will someone say listening? They'll always say, well, to get your points across clearly, to be clear, which are all great, but very rarely does anyone offer up Yeah, listening, listening requires patience. And we're a rather impatient society. Now we all want instant info back and forth. That's what, in a way, technology has kind of brought us to that point. So stopping and just listening, don't always worry about what question you want to ask next, listen to what's being offered to you first, the conversation may open up, you know, a different door may go down a different path. So that's number one. And then think, you know, in terms of saying, Well, what, what do I hear? And what do I see two different things. And again, this, this is, I don't want to generalize, but one, there's gonna be one group, if you will, of teens and emerging adults that speak and just too few words, they just don't know how to elaborate. They'll just be very, very short. And don't know how to speak up, if you will, and offer more detail code for how is your day to day fine. You know, we all see those kids out there. So that's number one, be able to elaborate, be able to share a story, no one can read your mind, offer some amount of detail, then you got the other side of someone will just ramble and talk too much. And it's all filler. And if you make someone work to understand you, you're out. I don't know how else to put that you're out.

Meaning if you're making someone work so hard to understand what you're trying to say that person is going to tune out, we're dealing with attention spans that because it comes into play. And that's why I get into what I call the three C's of effective communication, be clear, be concise, which then leads to being confident. So those are the two things that I you know, that I see a lot in students today. You know, again, just a quick recap. I see too many people that just don't know how to elaborate and offer a small amount of detail, and others that just use a lot of clutter, a lot of filler words which distracts from any main points that you're trying to get out.

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Moira McCullough 17:32

One of my questions would have been, you know, pet peeves when interviewing a guest or potential job candidate or something, those are exact examples of what a hiring manager, a college recruiter, or a colleague or friend would be annoyed with, or find not very engaging. I find that when that happens to me, I just kind of shut down and I'm thinking about how fast can I get away from this person?

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Matt Crevin 17:56

Right? Yes, exactly and you look at any job description out there, and it's not a bad thing to show high school students a job description. So they realize, hey, what's at stake here? Why should this matter? Why should the ability to communicate clearly and effectively matter? Hey, look, look, show them any job description, whether it's on LinkedIn, or any company's website, somewhere in the top two to three requirements, it will say, your interpersonal communication skills, it's up there, almost the top two or three of every job description. So it's important. Needless to say,

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Moira McCullough 18:30

I think we've all gone through a tough time where you're trying to translate that on how do you do that? And Zoom call, we do that virtually. But I have found that to your point, you mentioned picking up a phone call, I mean, picking up and calling someone direct and having that open free conversation, asking questions, really kind of people are open to that people want that they're kind of craving that after not having that opportunity. And the other thing you mentioned earlier, I've met some people just recently that I had only met with a mask on. So that was a wonderful eye opener to see their whole face. And yeah, their expression, because that is another thing. I always say, you know, especially as a parent, you as parents, you know, do your kids like, have a different expression on your face. If you see somebody smiling, you automatically want to go up kind of introduced

and talk to them. If you see them with a scowl on their face. They're just sending that message that they don't want to talk or be part of that community.

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Matt Crevin 19:31

Yes, again, I think I've already mentioned this and it bears repeating, I guess, in the sense that there are a lot of students that can communicate beautifully. So I don't want to sound like it's negative across the board. There are kids out there that have some skills, of course, they're going to be polished and refined over time, but there's those the ones that don't, that's where it's important and yeah, it is refreshing. I heard you said because I like to listen to you said it's it's refreshing. So you know, we all want to interact. We want to hear someone's voice we want to see their face A lot of times we want to get off zoom or get off the email. And so many students say, Well, I just, you know, when it comes to like a job search, if they're interviewing for an internship or a volunteer role, they just feel reluctant to actually pick up the phone, they all have in their hands, that they will rarely use them as a phone. Now I'll just send a tax, or I'll just send that person an email. I even do it with my own kids pick up the phone and call them. It's refreshing. It's almost like 10 years ago, when I used to, you know, do a lot of guest lectures on college campuses. I said, Look, send a thank you letter in the mail. Because everyone's inbox is cluttered, stand out, do something that makes you stand out. In today's age, it's pick up the phone 10 years ago, it's send a US letter to someone and say, thank you. So yeah, these are all key pieces of how do you differentiate yourself, and it's a crowded market, why not do something that's going to be positive,

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Moira McCullough 20:54

My oldest son who just went off for his start his first job and graduated from college and, and how he got that job was just picking up a call reaching out to somebody on LinkedIn, but then that there was a call that was scheduled. And I remember when he ended up getting the offer for the job. He said, I think I'm going to send an email to this contact this alumni. And I thought, Mark, call him. He said, Well, I don't I don't want to bother him. And I thought, No, he'd probably be so happy that you actually a thought of it, too, that you took the time to do it. And he probably one expected and would probably be thrilled. And that's exactly what he did. And it was like a game changer. Again, like the thought that you actually picked up a phone and spent five minutes calling me which is hard for people to do. But have you ever had an interview or listened to an interview? Or guess that just wowed you that you listen to the speaker and you just thought, Oh my gosh, that's what I aspire to be like, or I wish I could attend 10 more events listening to the speaker.



Matt Crevin 22:00

I don't know if there's any one person but but one that jumps out and might be a little sideways, it might surprise you is I actually got to listen to Tom Brokaw speak. And I was in high school, I believe I was just nothing I was in college. I was I was young. And he was and I grew up in the Bay Area. And he was speaking at the campus of UC Berkeley. And, and this is, you know, he was at this point at the height of his particular craft. And just his delivery was so called in so cool, not as cool as it hit, but just calm and clear and competent. And when it came time for q&a at the end, he asked that person to stand up, he wanted to make the human connection opposed to just answering it without seeing who it was it was asking the question, he addressed that person directly. And I said, Man, there was just something about that. That was such an eye opener, and I and I use that now even over zoom. I'll say great. You know, if someone asked a question I didn't see it was I say, Would you please repeat that I want to see who was that asked and talk to them, it makes the human connection. That's kind of a big thing for me is making a humanistic approach of today's society. That one would, you know, jumped out to me now, I know that probably surprised you. Maybe you didn't see that one coming. There's, there's been plenty of others that have wowed me. And you know, in the sports world, because I've been part of sports broadcast and been around it for a while. There's a lot of new as I call them cub reporters, meaning new, that are just so focused on what they want to ask, they're missing a great opportunity to have depth to the interview. And when I see someone listen to an answer, and then go off of their sheet, meaning not just go to Oh, what was the next question, but they take that interview and take it the direction that the interviewee just gave them. That's what inspires me.



Moira McCullough 23:51

I am not surprised because when you said his name, I thought his voice to me has that command of voice and that's something that when you have, I have listened to certain people and I hear their voice, that can be a big turnoff as well.



Matt Crevin 24:08

Oh, for sure. Right.



Moira McCullough 24:09

So he has this, as you said, cool, calm delivery, but it's this voice of power kind of in a way that is engaging, and it's not

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Matt Crevin 24:18

Too much. Yes and then on top of that, again, not to repeat myself, but on top of that it was just the way in his personal style of wanting to make that human connection. And and that's such a big piece of who I am. That that really that's why it stuck with me and it just kind of it opened my eyes to the path that I went down. So that's that's the one that jumped out when you ask that question.

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Moira McCullough 24:40

Do you have any advice if somebody was looking to get into sports management, the sports industry or the communications being an announcer being a journalist or something, do you have any tips that you would recommend or advice for those students looking to apply for an internship or get some experience in That field.

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Matt Crevin 25:00

Yes, the one bit of advice that jumps out is, please have the ability to build the ability to articulate your story. Storytelling is paramount right now. Now, I'm not talking about picking up newspaper reading a book, I'm talking about your own story. Everyone's got their own story. Even if you're on the very front end of your career, you've got a story to share. Why should someone want to meet with you? Why would you be a good teammate? What kind of value can you bring to that organization? Really, that's the biggest advice I can share. And it goes hand in hand with why I operate doc shop. It's just to have that ability to articulate your story to share it with others clearly and confidently. Because that's what people want. And that's going to get you ahead.

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Moira McCullough 25:47

I just know once I meet somebody, and it is about that connection, and how engaging they are, that changes the entire dynamic, I would look at somebody and on paper may pick one, but then all of a sudden you meet that person and you're like, I'll totally go for that other person.

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Matt Crevin 26:03

Right. Yes, I mean, and there's so much more that I could offer, you know, such as be curious, you know, ask questions when someone if you're in an interview, whether it's formal or informal, whether it's through a volunteer role a full time or if it's for an internship, be curious, ask questions. It's okay. When someone says, Hey, do you have any

questions about me? A lot of times students today will say No, I'm good. No, no, ask a question. Be curious. So that that's another small bit of advice. That seems like a such a throwaway, you know, bit of advice, but it's, it's it's big, it gets them talking. And it doesn't have to be about the job. It can be about well, it should be about the job in that frame. But ask questions get curious. That's obviously it, you know, it's everyone can look the same on a piece of paper, meaning your resume. But when you've got the chance to talk with someone, that's when you can separate yourself.

M Moira McCullough 26:56

And I think that when you ask those questions about if you were doing it over again, or if you had an opportunity to change what you did, or to do something differently, what would it be? Or put yourself in my shoes? I always find that that's a great question, because it is more of an emotional connection. And people anticipate questions that are going to be asked, they have those answers. But it's so again, I use, I'm going to go back to the word refreshing when people kind of are curious to ask something else, or something personal that may say, Well, you could do it all over again, what would you do? someone's like, Oh, that's such a nice question. Here's what I would do. And then it brings you into a totally different direction, different topic. And you learn a lot about the person and or the job or opportunity. I just know, I found that personally. And those are probably the most memorable kind of discussions that I didn't anticipate. And they did.

 27:51

Yes, because you've made it personal and it's just like having a regular conversation. It's all of a sudden, it's gone from a one way typical job interview scenario to now just a more of a relaxed conversation.

M Moira McCullough 28:03

Right. So Matt, what do you wish you knew before you attended college?

M Matt Crevin 28:08

I think it would be just what some of the ancillary support services or options that might be available at certain schools, you know, a smaller school might have, you know, a different level of academic support versus, or a bigger school rather, might have more more alumni connections as it relates to when you're looking to pursue careers just kind of knowing maybe a little bit more behind the curtain. I think that was a blind spot for me.

And I wish I had known that ahead of time. I don't think it it. Ultimately, I'm happy with where my career has gone. But I think, you know, when I think of that question, I think of, you know, looking just a half a step, or looking one piece behind the curtain of what can the school offer, not just in terms of what's the majors and but just kind of the support element, what's there, what can I leverage? What can I utilize?

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Moira McCullough 29:00

Oh, I think that's so essential. And I think, again, probably I didn't have the confidence to ask that or that was just not something on my radar. And if you write as a student, now, their colleges have so much more in terms of support and network and not just the college but the student, community and the student organizations and students themselves. So I think it's a great piece of advice for any student who's getting ready to, for mine, who's my last guy who's going out as a, you know, going into his freshman year. Those are some of the tidbits that I think are really important for students to think about as they enter that. Do you have we're all about food here at college skips, do you have a favorite dessert or food on a particular college campus or in college town?

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Matt Crevin 29:47

Oh, I love that question. I've got dessert on my mind pretty much 23 hours out of a day. So um, oh, dessert place. I usually do tend to go there. I'll go back. This is going to be a little off the beaten track. But that's okay. I used to do a lot of guest lectures and was traveling around this is, you know, some time ago and going on to college campuses, there was one that stuck out. And I've been known to approach a doughnut or two every now and again. But that's why exercise as much as I do. I was on the campus of Central Michigan University. And I think that's in Mount Pleasant going off a memory. And I found a place because I asked, Hey, where'd you guys go? And there's a place called Roberto's bakery and donut shop. And that place always jumps out. It was fantastic. It was just maybe it was just that Midwest charm. Just low key being, you know where they want where they are geographically in the United States. That boy, that place always jumps out real bears, bakery and donut shop, Mount Pleasant, Michigan.

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Moira McCullough 30:47

I love that. And I don't know if that's anywhere near and Arbor, but I may have to get lost and end up and near Central Michigan University, so that I can ask for directions at Roberto's bakery and donut shop. Matt, thanks so much for joining us and sharing your incredible experience expertise and advice for students who are looking to get in the field

and or for communications just in general and about talk shop.



Matt Crevin 31:15

Absolutely. It was a pleasure to be here.



Moira McCullough 31:18

Thank you, Matt, for joining us today to help educate us about the art of communications. Whether you're looking to prepare for a job interview, or simply to enhance the quality of personal conversations. Understanding proper communication skills is an important quality to possess. Matt gave us helpful tips and tricks on how to improve your interpersonal skills, such as remembering the three C's being clear, concise, and confident while engaged in conversation. Next time you have the urge to send a colleague an email or text message, perhaps try giving them a call instead, as these simple conversations allow for enhanced interpersonal and communication skills. You can find all of our show notes and links to the helpful resources mentioned throughout a conversation on our website at [Collegescoops/podcast](https://collegescoops.com/podcast). You can learn more about Matt and Talkshop on his website [Talkshop](https://talkshop.com). Please take a couple of minutes to rate review and subscribe to [College Scoops](https://collegescoops.com). Thank you for listening to our [College Scoops](https://collegescoops.com) podcast. Our entire [College Scoops](https://collegescoops.com) team strives to make the college journey a little bit easier, less stressful, fun and tasty by sharing all the insights groups we have curated along the way. We would love to hear from you about topics to cover and your ideas and everything college related. Reach out to us at collegescoops.com or follow us on Instagram, Twitter and Facebook.