



**Hello. Nice to meet you.
How are you?**

Now you try it.

Photographer Andy Flack



Now, I'm the kind of guy who likes meeting new people. This is bad news for you, because I'll probably just walk right up to you and say hello. Which is the very thing you've been dreading from the moment you clapped eyes on me.

But don't worry, I'll try to put you at ease. I'm an expert at it. Let's face it, I have to be. Frankly, most people are intimidated by the way I look.

But it's quite easy. All you do is look at me for who I am instead of how I look. Ok, maybe not so easy. The best thing to do is establish eye contact, smile

and maybe shake hands. If you're the shy, retiring type, I'll start the conversation.

After a couple of minutes chatting, I guarantee you will be thinking less about my features and more about what I have to say. You'll have stopped looking round the room for someone you half know, who can rescue you. Your palms will have stopped sweating and you'll feel strangely jubilant that you have overcome an irrational fear.

Before you know it, we'll be saying our goodbyes. I'll say 'Nice to meet you,' and this time, you might just agree.

