

Be an effective communicator.

You can have the greatest ideas in the world, but they are of no good to you and your career, if you can't express them clearly and confidently. Barrack Obama though from an ordinary family background has become the 44th President of United States on the power of his communication. We communicate on the basis of our values, beliefs, thoughts and knowledge on the subject. As a student you need to communicate your ideas in front of your teachers, parents, classmates and later on in front of interviewer to get selected for a good job or manage your own business. **It's not what you communicate** but how you communicate plays the major role in every relationship.

I am not here to teach English grammar. There may be some grammatical mistakes in my writing also. Here I am going to discuss some negative impacting statements we use in our day to day life unconsciously. Unconsciously we communicate in a blaming manner or doubtful manner. If we can take a conscious effort to modify those statements, we will be a better communicator. For example instead of telling, 'you should have come in time' to 'will you come in time or can you come in time.' And instead of saying, "I will try to come in time" to "I will come in time."

Everyone is right according to one's perception. Even a mad person in the street is right according to his perception; otherwise he will not act in that way. If we disagree then the ego barrier of the other person comes up and disrupts the communication process.

Therefore the first step to open the gate of our communication is to agree with the other person and then put forward your views, opinions and objectives of the communication. If you respect the



EGO BARRIERS

other person's opinion, he will also respect your opinion to listen and channel of communication will open. To agree we must listen first. But very few people are willing to listen.

To be a better communicator, we have to be a better listener. Listening skills is one of the very difficult skills though it seems to be simple. Most of the time we are not listening but hearing and there is a compulsive thinking going inside our mind, like playing our own tape recorder. Most of the time we are preparing to reply or answer with little listening and understanding the other person's ideas and perspectives. We have created such a strong wall of our views, opinions and perceptions that we are always preparing to defend our views and opinions to be best.

If I listen, then only I can understand the other person's view. We must remember **'listening builds trust'**.

Though the fault is in every one of us, but no one likes to be blamed and commanded by others. If you can communicate without blaming others, you can achieve better results in your relationship.

Replace 'YOU' with 'I', whenever you want to express your feeling. If you suppress your feeling by not expressing the truth, you are inviting 'Psychosomatic Health Disorder' in the long run. You can use this key in any language. There is no barrier to express your feelings, replace 'you' with 'I' and observe the response from the other person.

BUILDING POSITIVITY IN COMMUNICATION

No one likes to be blamed
though the fault may be of his / her

It is easy to disagree but very difficult to agree

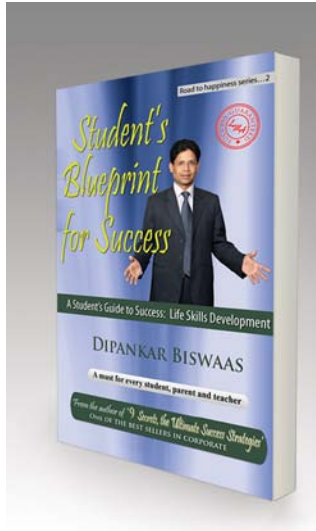
REPLACE "YOU" WITH "I"

How to communicate with parents?

The generation gap between your parents and you is 20 to 30 years or may be more. What your parents think right may not be right with the present context. How do you handle such a situation when your parents speak something which may not be relevant with the current circumstance and situation? This is one of the main contexts of misunderstanding between parents and children in the

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