

Personality Development & Interpersonal Skill

Email: bhattasir@yahoo.com

- Personality development – is the improvement of behavioral traits such as communication skills, interpersonal relationships, perception and attitude towards life and restoring our ethics.

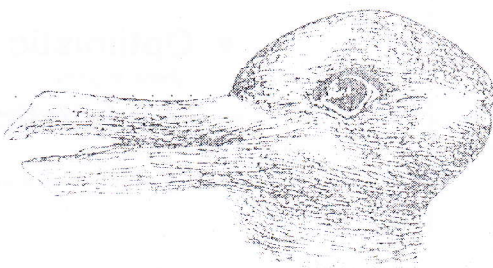
We will include

- Attitude
- Perception
- Interpersonal Skills
- Communication skills
- Stress management

Perception

"Beauty lies in the eyes of beholder"

Duck rabbit illusion



Attitude

Job getting or promotion –

- 85% because of attitude.
- 15% facts and facts and figures.

–Harvard University Research

No one can be a good person with out a good attitude
Students/ teacher / Parents/ boss/ leader

(Shikhar)

Attitude drives from

- Environment
- Feeling/ Experience
- Education

Types

- Positive
- Negative

(Superiority complex and Inferiority complex)

Personal benefits of positive attitude

- Pleasing personality
- Introduces enjoyment of life
- Inspires others around you
- Helps to make better our society, community and country

Organizational Benefits

- Solves problem
- Improves quality
- Makes environment very polite
- Builds team works
- Reduces stress

Negative attitude leads

- Purposeless/ meaningless life
- Ill health/ unhealthy life
- High fatigue and stress level

(3 prisoners)

Result of good connection with good people

- Optimistic
(Seeker of good)
- Pessimistic

(Criticize as if they will win a prize at a contest)

(3 prisoners)

Motivation

If there is majority of good people and they know well but why they aren't doing job effectively?

Inside (Self motivation)
and out side motivation

(Dependent and independent)

Positivity and Negativity

Positivity creates

Confidence
Love
Respect
Discipline

Negativity creates

Doubt
Centeredness
Abuse
inferior

Communication

- Verbal
- Non-verbal

BODY LANGUAGE as a Non-verbal Communication

Body language communicates much more than words. Body language signals are called 'leakages' because you may try to tell something, but the truth will leak out visually.

AVOID SUCH BODY LANGUAGE

- Crossed arms or legs
- Carrying books or papers across your chest
- Sitting perched on the edge of the chair
- Wringing hands
- Tapping foot
- Rocking legs
- Drumming fingers
- Biting nails

Cont..

- Covering your mouth with your hand while talking
- Rocking in your chair
- Scratching a lot
- Clearing your throat too much
- Straightening your tie
- Playing with watch or cufflinks
- Hands in the pocket

~~Sharing and Caring~~
Cultivating our strength
Learning self discipline
Listening
Eagerness to learn

~~Skill of giving and skill of~~
 taking

Skill of taking gives

Selfishness

I am expert of everything

No team spirit

Loss of productivity

Poor health

Anger

Conflict

Frustration

Unhappiness

Stress

Irritation

~~Skill of Giving~~

Kind

Caring

patient

a good listener

Flexible

Attentive

Supportive

Thoughtful

Knowledgeable

A learner

Organized

Interested

Confident

a team player

Energetic

Committed

A turn taker

Well planned

Imaginative

Willing to take risks

A role model

Intelligent

positive

Capable

Alert

Calm

Able to share

Prepared

~~Be always positive~~

- Think on behalf of other person

~~ways to cultivate a mental attitude~~
 that will bring peace and happiness

1. Let's fill our mind thought of peace, courage, health and hope for "our life is what our thoughts make it."
2. Let's never waste a minute thinking about people we don't like.
3. Count your blessing- not your troubles.
4. Let's not imitate others. Let's find ourselves and be ourselves, for 'envy is ignorance' and "imitation is suicide"
5. Let's forget our own unhappiness -by trying to create a little happiness for other. "when you are good to others, you are best to yourself."

~~Every problem comes with its~~
 solution

"WATER THE ROOT TO
 ENJOY THE FRUIT"