

# BEHAVIOURAL SKILLS



## Social & Emotional Learning Core Competencies



# WHAT ARE BEHAVIOURAL SKILLS?

**Behavioral skills are interpersonal, self-regulatory, and task-related behaviors that connect to successful performance in education and workplace settings. The behavioral skills are designed to help individuals succeed through effective interactions, stress management, and persistent effort.**

# Behavioral Skills Training Competencies



# COMMUNICATION

Behavioral communication is defined as an individual differences variable entailing indirect expression of feelings, needs, and thoughts as a substitute for more direct and open communication

**GOOD COMMUNICATION – BODY LANGUAGE , EYE CONTACT CLARITY IN SPEAKING...**



# GOAL SETTING & PLANNING



- SETTING CLEAR & CONCRETE GOALS
- CAN BE PRIMARY GOALS – ASK FOR HELP
- SELF EMPOWERMENT - NO STAGNATION
- CONFLICT MANAGEMENT – IMBALANCE -

## TREATMENT

- TIME MANAGEMENT
- REMOVE DISTRACTION

# EXPECTATION SETTING

What is setting of expectations?

Expectation setting is **the process of formulating and communicating what is expected**. It is a basic leadership technique and management responsibility that gives people the information required to perform well



**EXPECTATION**

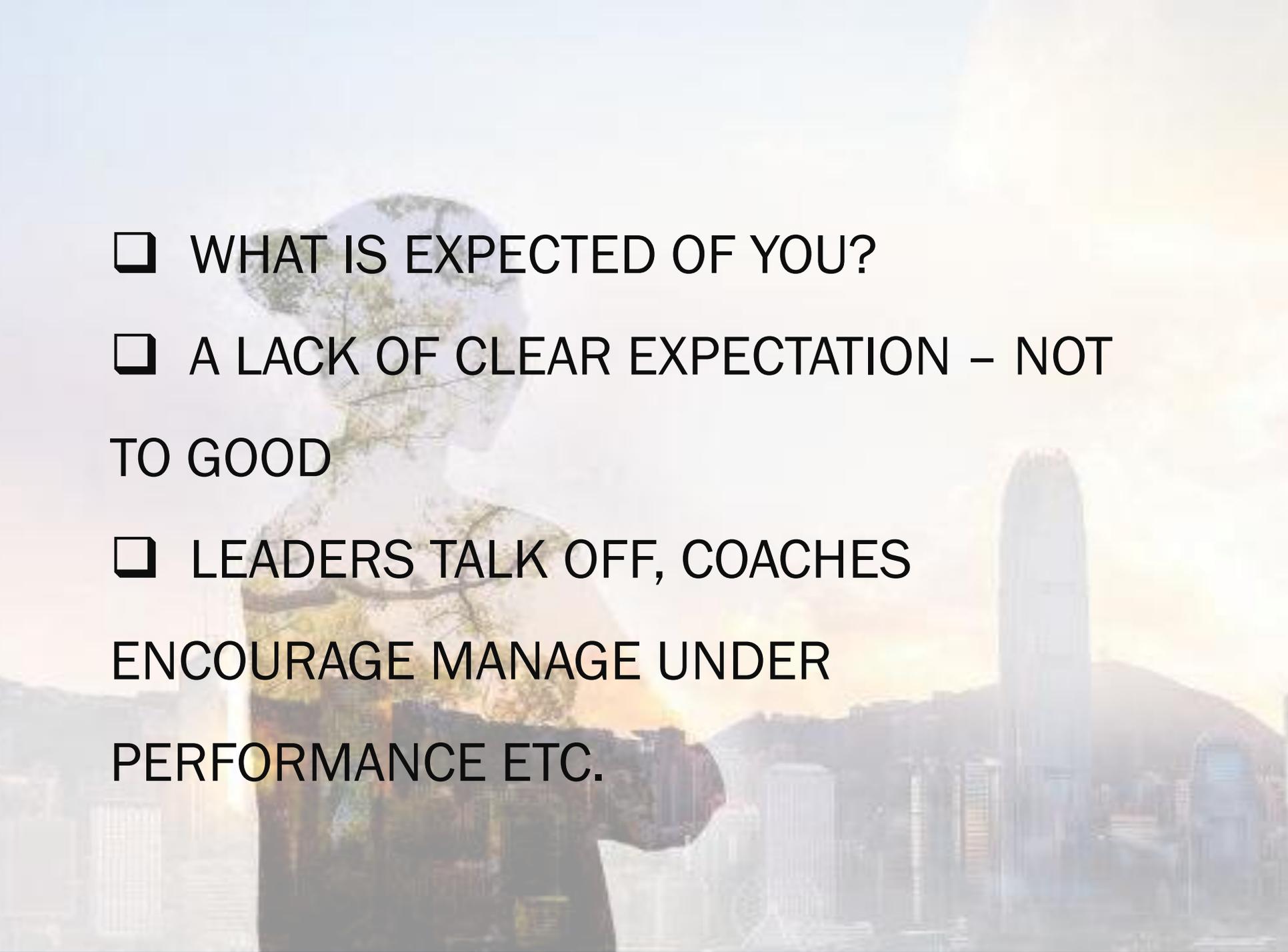
**REALITY**



Gap = Problem

I want to....

But....

- 
- A person in a dark suit is shown from the chest up, pointing their right hand towards a city skyline. The person's head and upper torso are overlaid with a semi-transparent image of a tree. The background is a bright, hazy cityscape with several skyscrapers, including a prominent one with a rounded top. The overall tone is professional and aspirational.
- ❑ WHAT IS EXPECTED OF YOU?
  - ❑ A LACK OF CLEAR EXPECTATION – NOT TO GOOD
  - ❑ LEADERS TALK OFF, COACHES ENCOURAGE MANAGE UNDER PERFORMANCE ETC.



# **FIVE KEYS OF SET CLEAR** **EXPECTATION :-**

✓ SET - INSPIRE EXCELLENCE

✓ ENSURE - YOU ARE CLEAR OF  
THESE

✓ DISCUSS & SHARE YOUR

EXPECTATION WITH FRIENDS /

TEAM / PHRASES

# CREATING A FOCUSED & RESPONSIBLE LEARNING ENVIRONMENT

## ❑ GOOD LEARNING ENVIRONMENT :-

A learning environment is a diverse platform where users engage and interact to learn new skills. While learners can learn in an array of settings, the term refers to the more preferred and accurate alternative to the **traditional classroom**. The term does not pass on a traditional or limited connotation such as a room full of desks and a chalkboard..

# What Are The Factors That Make A Positive Learning Environment?

1. Establish a supportive learning culture. Each member of the learning community should have the feeling of connectedness. ...
2. Address Learners' Needs. ...
3. Keep it Positive. ...
4. Provide Feedback. ...
5. Celebrate Success. ...
6. Safety. ...
7. Employ Interactive Games and Activities.

LEARNING



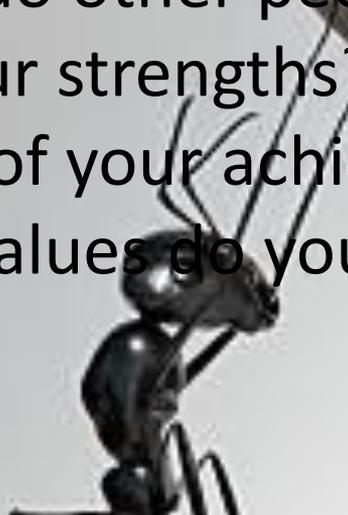
# PERSONAL STRENGTH ANALYSIS AND STRENGTH BLINDLINESS

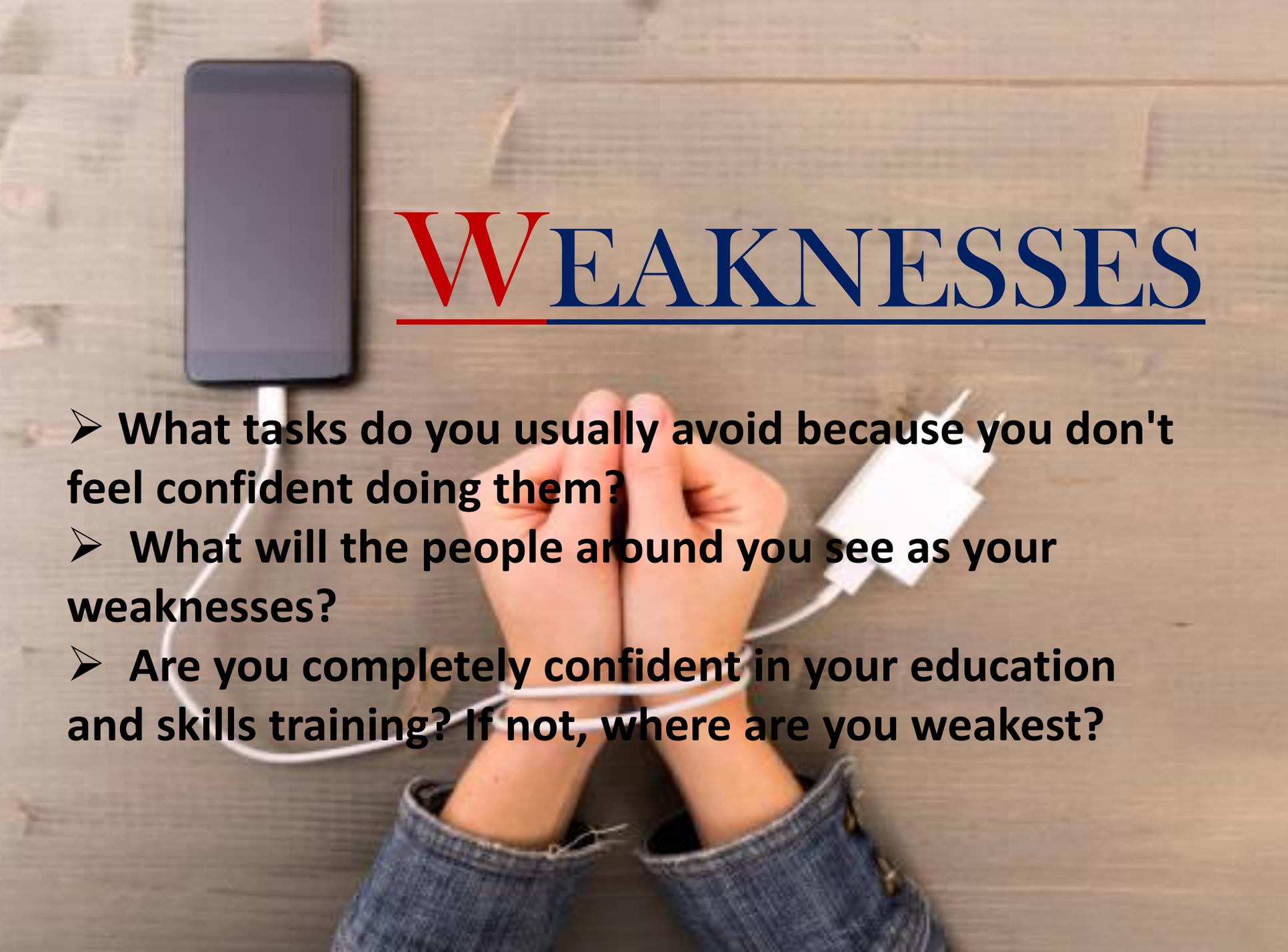
SWOT analysis is a framework for identifying and analyzing an organization's strengths, weaknesses, opportunities and threats. These words make up the SWOT acronym. The primary goal of SWOT analysis is to increase awareness of the factors that go into making a business decision or establishing a business strategy



# STRENGTH :

- What advantages do you have that others don't have (for example, skills, certifications, education, or connections)?
- What do you do better than anyone else?
- What personal resources can you access?
- What do other people (and your boss, in particular) see as your strengths?
- Which of your achievements are you most proud of?
- What values do you believe in that others fail to exhibit?



A photograph of a person's hands clasped together in a prayer-like gesture, resting on a wooden surface. A white charging cable is plugged into the back of a dark smartphone, which is lying on the surface to the left. The word "WEAKNESSES" is written in large, stylized letters across the top right of the image, with the 'W' in red and the rest in blue, and a horizontal line underneath.

# **W**EAKNESSES

- **What tasks do you usually avoid because you don't feel confident doing them?**
- **What will the people around you see as your weaknesses?**
- **Are you completely confident in your education and skills training? If not, where are you weakest?**

# OPPOR TUNITI ES

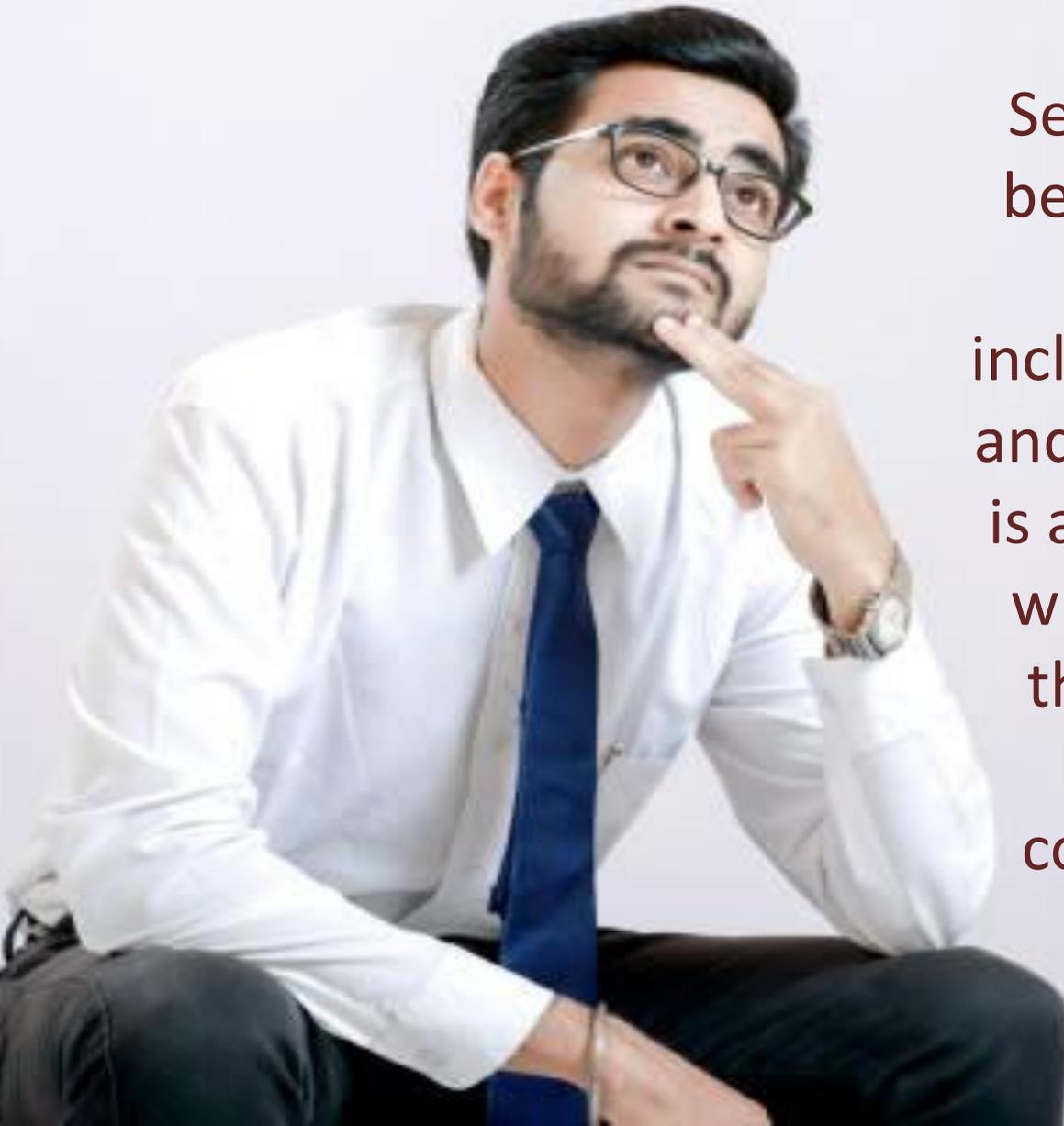
- What new technology can help you? Or can you get help from others or from people via the internet?
- Is your industry growing? If so, how can you take advantage of the current market?
- Do you have a network of strategic contacts to help you, or offer good advice?

# THREATS

- Does changing technology threaten your position?
- Could any of your weaknesses lead to threats?



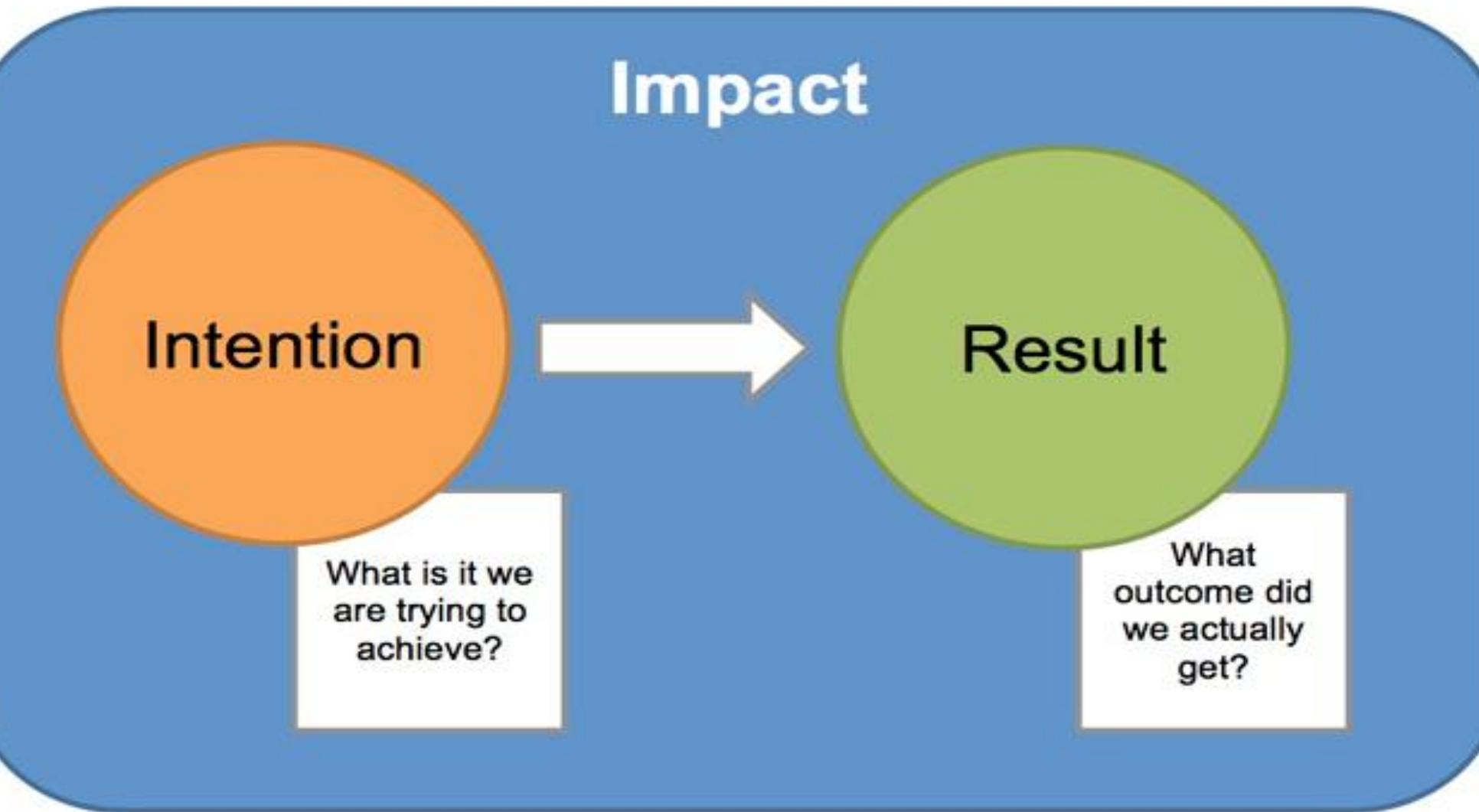
# SELF AWARENESS AND CONFIDENCE BUILDING



Self-awareness involves being aware of different aspects of the self including traits, behaviors, and feelings. Essentially, it is a psychological state in which oneself becomes the focus of attention.

People are not born completely self-aware.

# Self-Awareness



**BEHAVIOURAL SKILLS**

# **PERCEPTION MANAGEMENT**

perception management combines truth projection, operations security, cover and deception, and psychological operations.

"Perception" is defined as the "process by which individuals select, organize, and interpret the input from their senses to give meaning and order to the world around them".

# COMPONENTS OF PERCEPTION MANAGEMENT

- I. SCHEMA : Organization and interpretation of information based on past experiences and knowledge.
- II. MOTIVATIONAL STATE : Needs, values and desires of a perceiver at the time of perception.
- III. MOOD : Emotions of the perceiver at the of perception.



# FACTORS THAT INFLUENCE THE TARGET

- ❑ AMBIGUITY : A lack of clarity . If ambiguity increases, the perceiver may find it harder to form an accurate perception.
- ❑ SOCIAL STATUS : A person's real or perceived position in society or in an organization.
- ❑ IMPRESSION MANAGEMENT : An attempt to control the perceptions or impressions of others. Targets are likely to use impression management tactics when interacting with perceivers who have power over them.
- ❑ Several impression management tactics include behavioral matching tactics include between the target of perception and the perceiver, self-promotion (presenting one's self in a positive light), confirming to situational norms, appreciating others, or being consistent.

TARGET



**PROFESSIONALISM  
AT THE INSTITUTE  
AND WORK**



# PROFESSIONALIS

**M** The skill, good judgment, and polite behavior that is expected from a person who is trained to do a job well





# **COURTESY :**

excellence of manners or social conduct; polite behavior

# PUNCTUALITY



**arriving or acting at the right time**

# ATTENTION TO DRESS AND GROWING

Dressing professionally helps you present a positive, professional image of your organization to others.



# SEPARATE WORK AND HOME LIFE

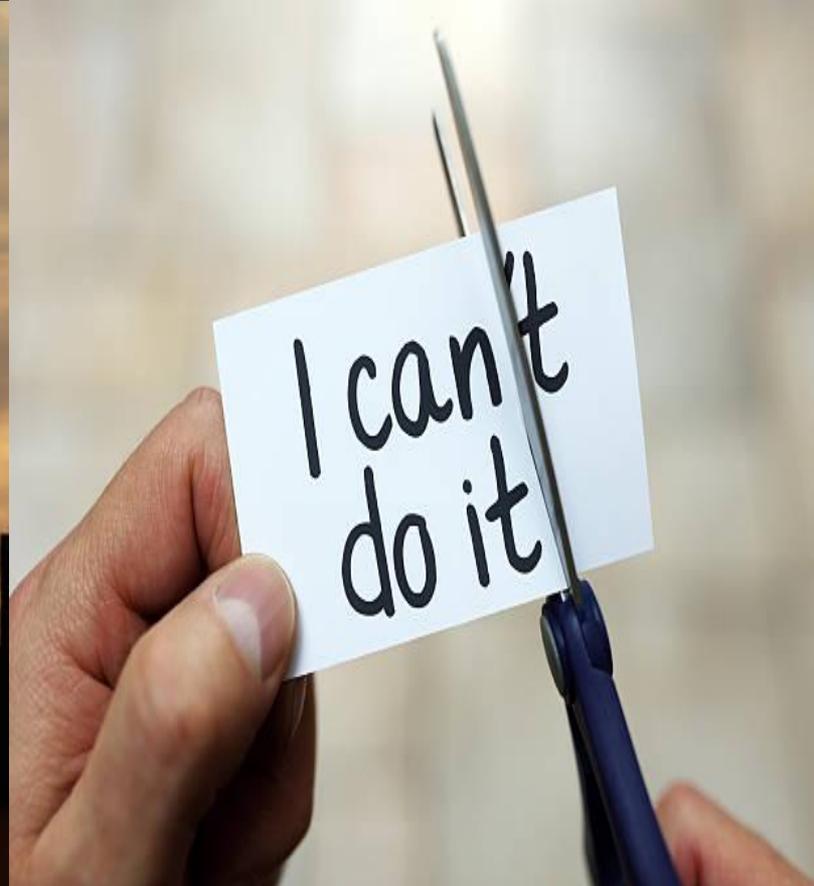
Setting boundaries to separate your work and personal life not only increases efficiency at work, but it also reduces stress in your personal life



# MATURITY



Maturity is the state of being fully developed or adult.



## POSITIVE ATTITUDE

Having a positive attitude means being optimistic about situations, interactions, and yourself. People with positive attitudes remain hopeful and see the best even in difficult situations.

# ETHICS

Ethics examines the rational justification for our moral judgments; it studies what is morally right or wrong, just or unjust. In a broader sense, ethics reflects on human beings and their interaction with nature and with other humans, on freedom, on responsibility and on justice.



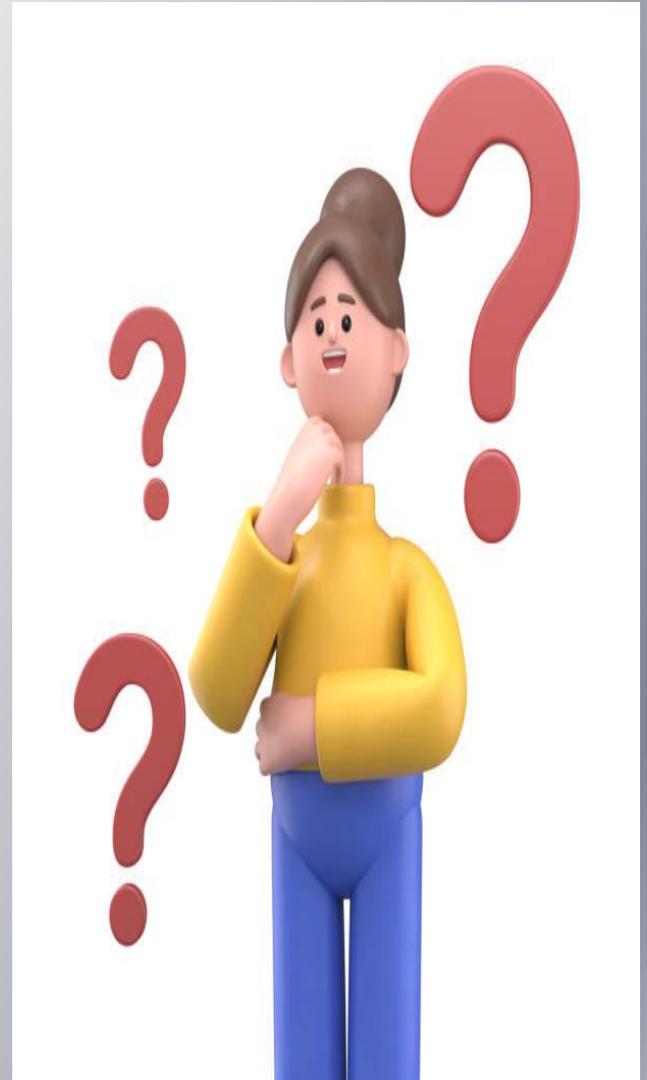


# ETIQUETTE



Etiquette is defined as the formal manners and rules that are followed in social or professional settings. The rules of writing a thank you note are an example of etiquette.

What is  
**SOCIAL  
ETIQUETTE**  
??



**Social etiquette** is exactly how it sounds, it refers to the behavior you resort to in social situations—interactions with your family, friends, coworkers or strangers. We're expected to follow social norms in order to coexist and live in harmony



SOCIAL  
ETIQUETTE

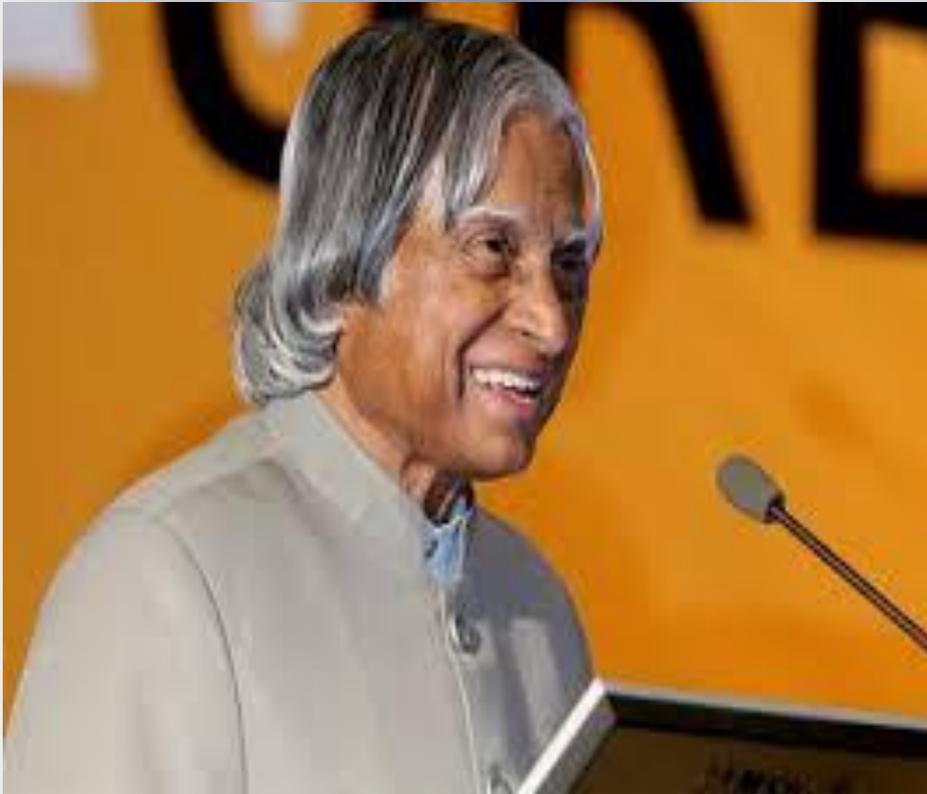
# ROLE MODELING

**A person whose behavior in a particular role is imitated by others.**

**Role model, like: mentor, exemplar, paragon, shining example, good example, star, example, idol, motivator, hero and model.**

# EXAMPLE OF ROLE MODEL

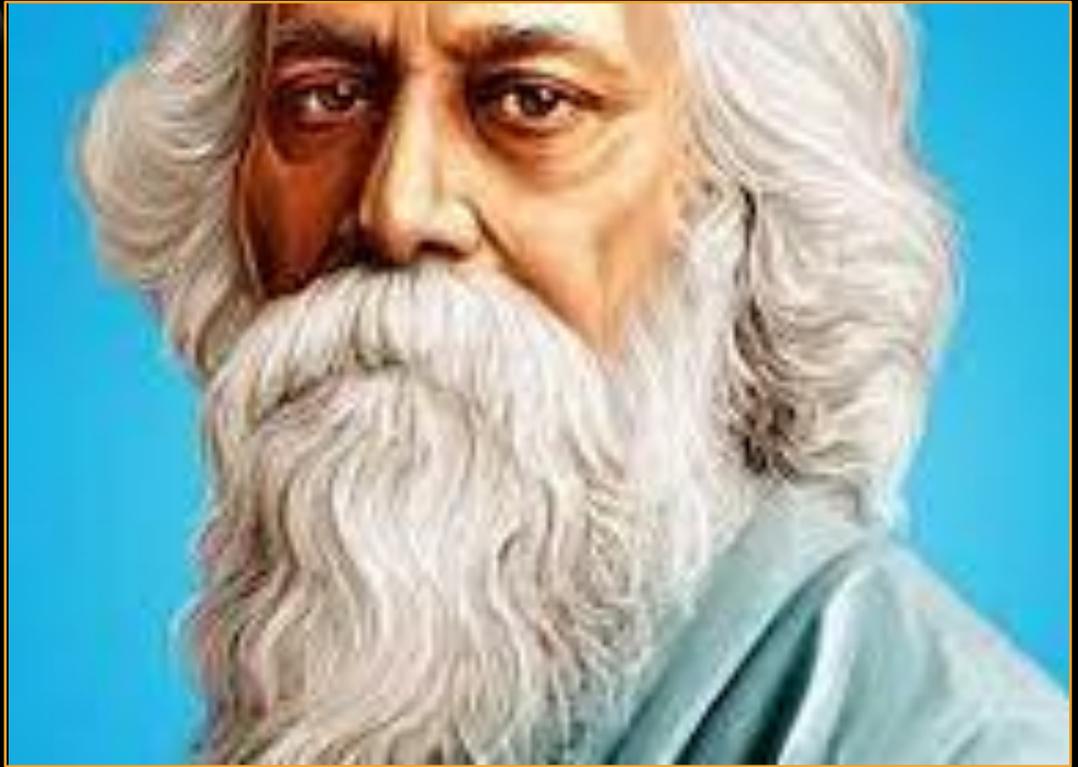
## APJ ABDUL KALAM



- The missile man of India Dr. APJ Abdul Kalam is my role model. He is my role model not because he has achieved great things in life and become the president of India. He is my role model because **he dedicated his entire life to the country and its people especially school children.**

# RABINDRANAT H TAGORE

He was also a philosopher and an amazing artist. He wrote many stories, novels, poems and dramas, as well as composing music and many songs. His writings greatly influenced Bengali culture during the late 19th century and early 20th century.



THANK



YOU