



CAMPUS TO CORPORATE (ONE-DAY MODULE) FOR ADHOC NETWORKS

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AGENDA OF THE DAY

**C
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Communication Skills

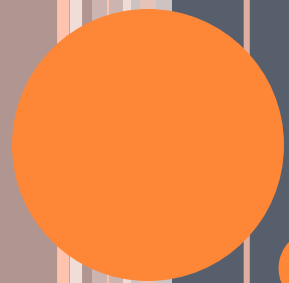
Learn Goal setting

Interview tips

Confidence building

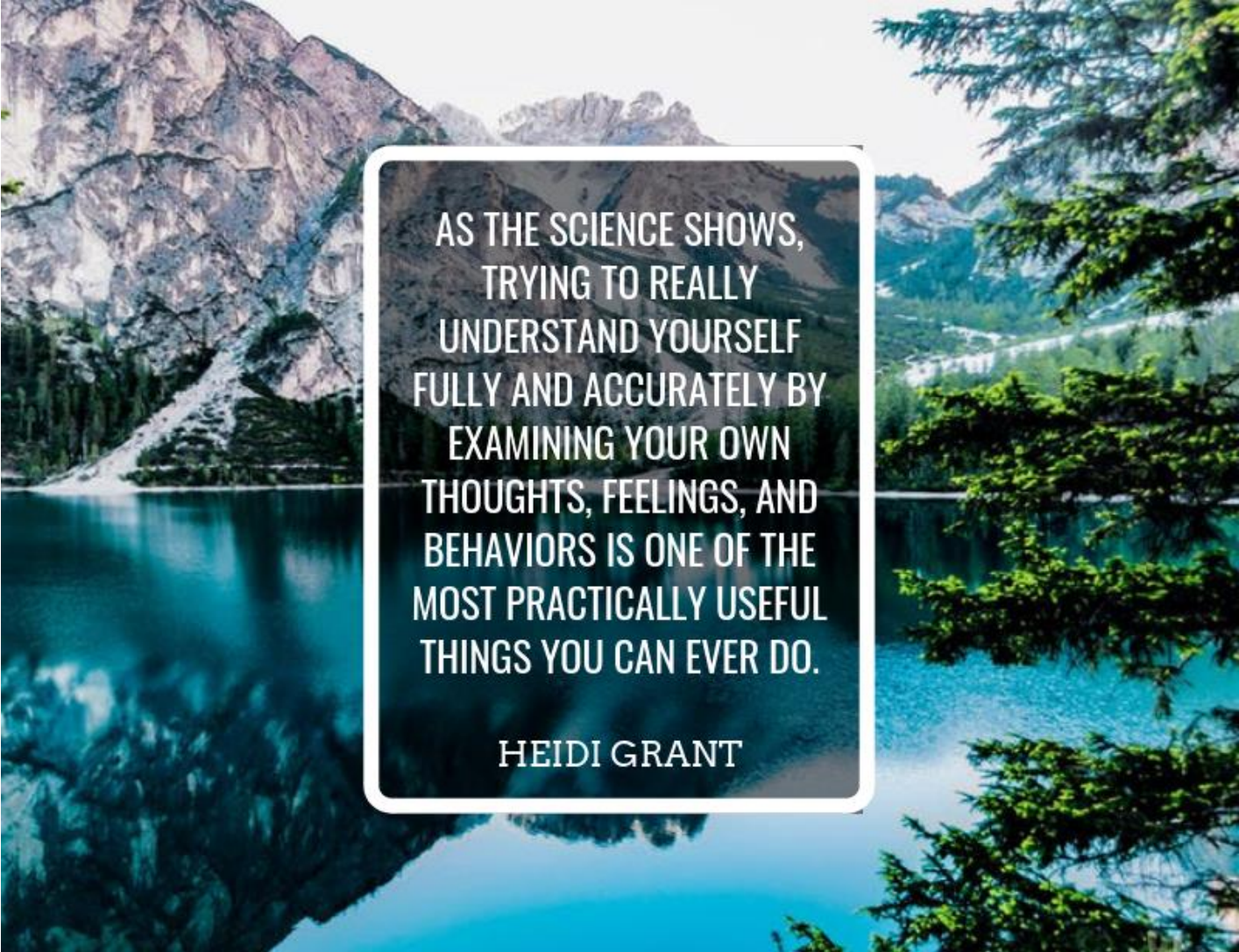
Know thyself





KNOW THYSELF

WHY KNOW THYSELF?



AS THE SCIENCE SHOWS,
TRYING TO REALLY
UNDERSTAND YOURSELF
FULLY AND ACCURATELY BY
EXAMINING YOUR OWN
THOUGHTS, FEELINGS, AND
BEHAVIORS IS ONE OF THE
MOST PRACTICALLY USEFUL
THINGS YOU CAN EVER DO.

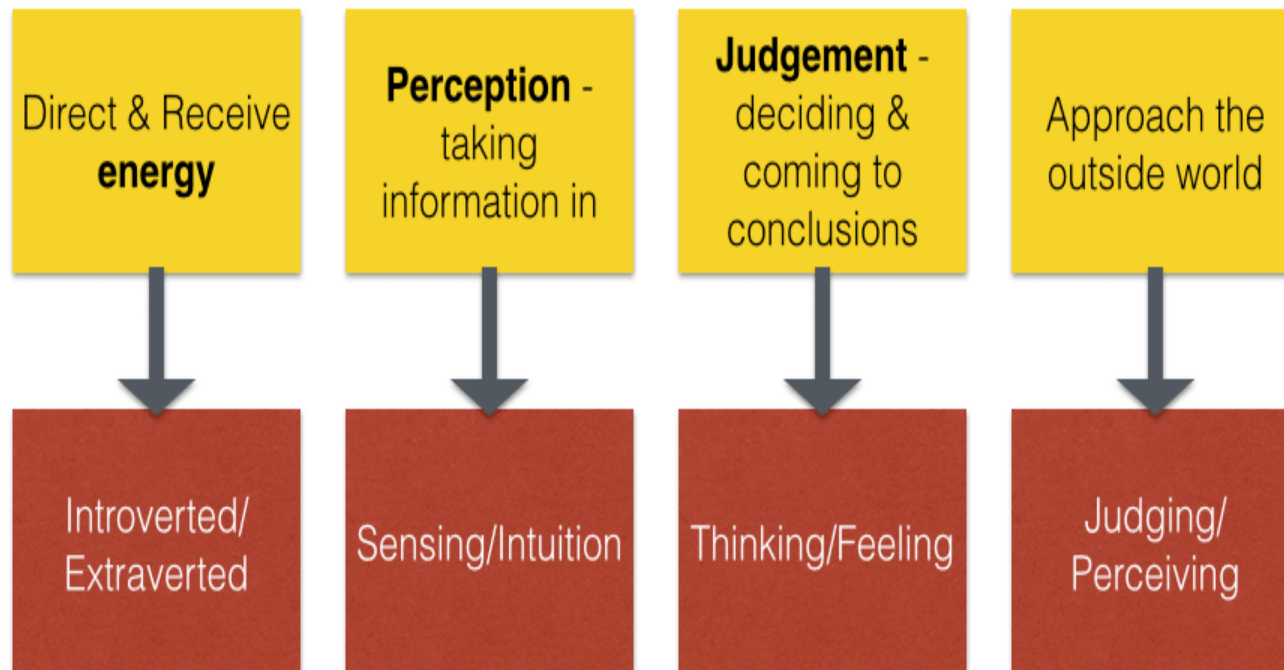
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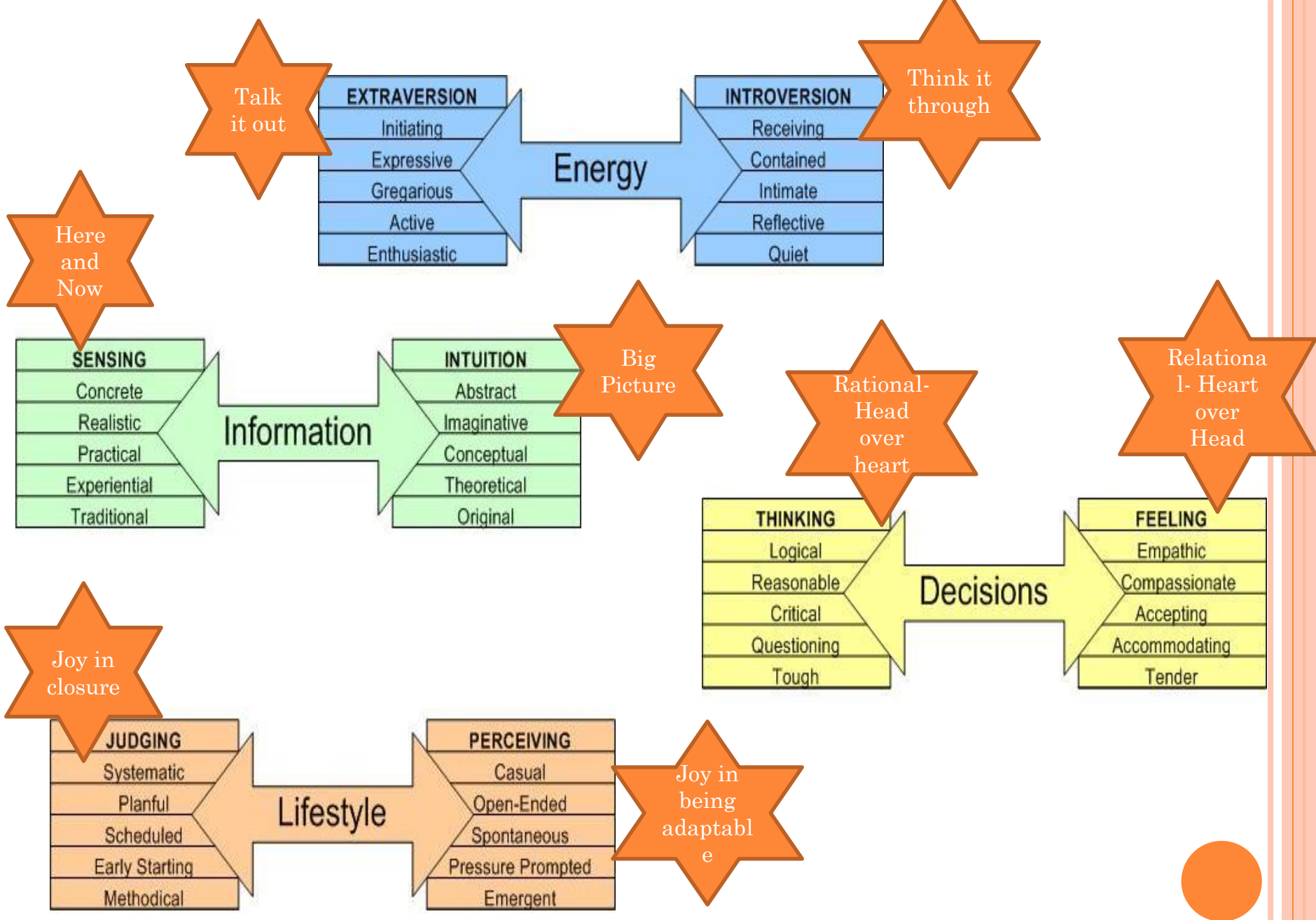




MBTI EXPLAINED

4 Parts to Personality

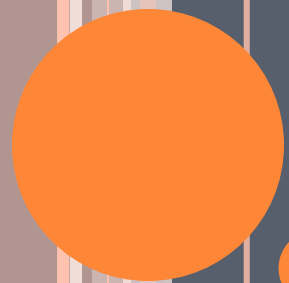




YOUR HOME WORK

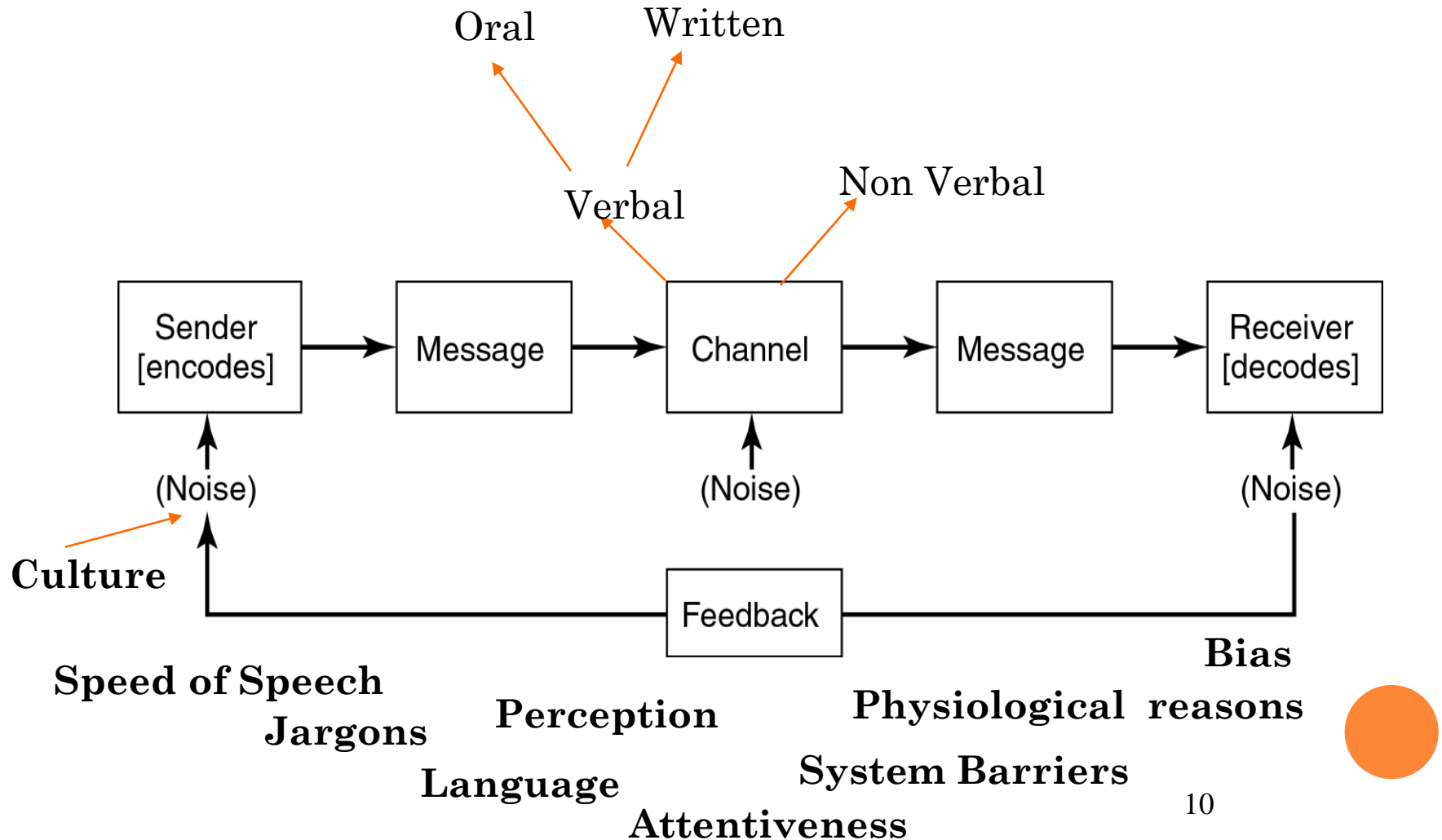
- Start reading people from MBTI lense.
- Don't be judgmental, be more compassionate
- Alter your actions and reactions basis this understanding.
- Pay more attention to what's your pain area to become a well rounded personality.





COMMUNICATION SKILLS

THE COMMUNICATION PROCESS MODEL



NON VERBAL COMMUNICATION

- Paralanguage
- Body language
- Gesture
- Physical Appearance, artifacts
- Kinesics
- Haptics- Touch
- Proxemics- how you use Space
- Facial expression
- Chronemics- How you use time
- Silence



Body Language

How people stand could say a lot about what they're thinking and feeling

Arms Akimbo

Putting your hands on your hips with elbows out could say that you are displaying dominance, authority, or self-confidence.

Feet Facing Directly Towards Someone

Facing someone with feet forward could say that you are interested in what someone is saying.

Mirroring

Mirroring someone or imitating someone else's body language could say that you are interested in that person and also comfortable with their presence.

Shaking your Legs

Moving your legs a lot could say that you are nervous, impatient or anxious.

Lowering your Head

Lowering your head could say that you're ashamed of something, or that you're shy, or maybe hiding something, like the truth.

Power Posing



Arched Eyebrows

Raised Eyebrows could say that you are intrigued with what the person is saying.

Direct Eye Contact

Looking into a person's eyes could say that you are interested in what they are saying.

Blinking too much

Blinking your eyes too much could say that you are nervous or anxious.

Even how you sit could communicate a particular behavior. You could come across as being extremely confident and relaxed, or unsure and timid.



Squinting

Squinting your eyes could say that you feel threatened or unhappy.

Arms Crossed

Crossing your arms in front of you could say that you are uncomfortable or defensive.



PARALANGUAGE

Pitch

Inflection

P ac in g

Volume,

Emphasis

Tone



CHECK YOUR TONE

Is it possible for you to do this for me?

The meeting is with management today!



COMMUNICATION GAME

LISTEN ATTENTIVELY,

AND,

FOLLOW THE INSTRUCTIONS



LISTENING AND DRAWING

- Draw an egg shape
- Draw a circle touching the egg shape
- Draw a small circle inside the circle you have just drawn
- Draw THREE straight lines inside the egg shape
- Draw TWO small triangles touching each other just on border of the circle
- Draw FIVE lines coming out of the egg shape's right side.
- Draw two lines coming out of the bottom of the egg shape
- Draw two short lines coming out of the lines you have just drawn.
- Write YOUR NAME on the bottom right

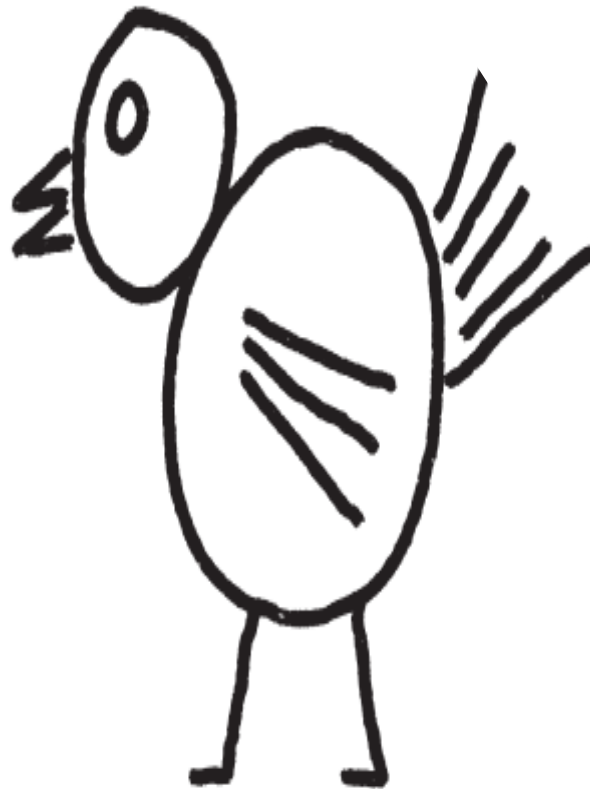


LISTENING AND DRAWING

- Draw an egg shape
- Draw a circle touching the egg shape on THE LEFT SIDE, TOWARDS YOUR NORTH WEST DIRECTION
- Draw a small circle inside the circle you have just drawn; LIKE A ROUND EYE SHAPE
- Draw three straight lines inside the egg shape; DIAGONAL , with LEFT SIDE UP
- Draw two small triangles touching each other just on border of the circle's LEFT SIDE ; LIKE HORIZONTAL 'M' SHAPE
- Draw two long lines coming out of the egg shape; AT THE BOTTOM of the EGG, LIKE AN INVERSE CAPITAL 'L'.
- Draw FIVE lines coming out of the egg shape's right side, OUTSIDE BUT TOUCHING THE EGG SHAPE
- Write 'YOUR NAME' on the bottom right



THE PICTURE



YOUR NAME



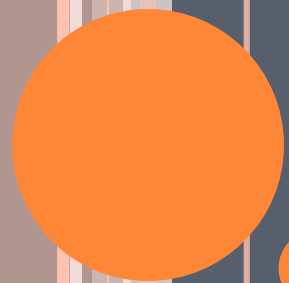
LEARNING

INSTRUCTIONS VS SPECIFIC INSTRUCTIONS

CONTEXT AND OBJECTIVE CAN HELP

NEED OF ASKING QUESTIONS





CONFIDENCE BUILDING



Are you Confident?

Hmm...ahh..well..Maybe Yes!



WHAT IS CONFIDENCE?

The degree to which you “**think**” and “**feel**” your actions will achieve positive results.”



HOW TO BE CONFIDENT?

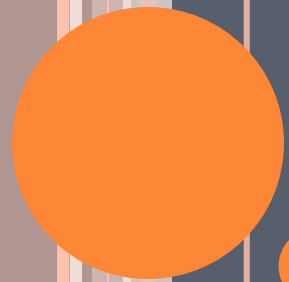
- Accurate **Self-Assessment**
- Engage in **Positive Visuals**
- Take **Criticism** Productively
- Experience a Confidence Building Event/
celebrate **micro successes**
- Get Familiar with your own fears, things you
don't understand, recognize your **weak spots**
- Play on your **strengths**- Talent, Achievements
and Advantages
- No dependence on outcome, **focus on action**



PHYSIOLOGY OF CONFIDENCE

- Power pose-
 - >Stand straight, shoulders back
 - >Even distribution of your weight on the floor
 - >Deep breathing
 - >Smile
- Mirror technique
- Circle of excellence





LEARN GOAL SETTING

WHAT IS GOAL SETTING

“Aristotle speculated that purpose can cause action”

- A goal can be any objective that you set for yourself and push yourself to achieve.
- **Goal setting** is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality



Introduced by:
Erin Madsen

*Start with naming
the goal, and then
work down the
pyramid*

S.M.A.R.T

WHAT

WHY

3 reasons

HOW

9 ways to get it done

Goal Setting Pyramid

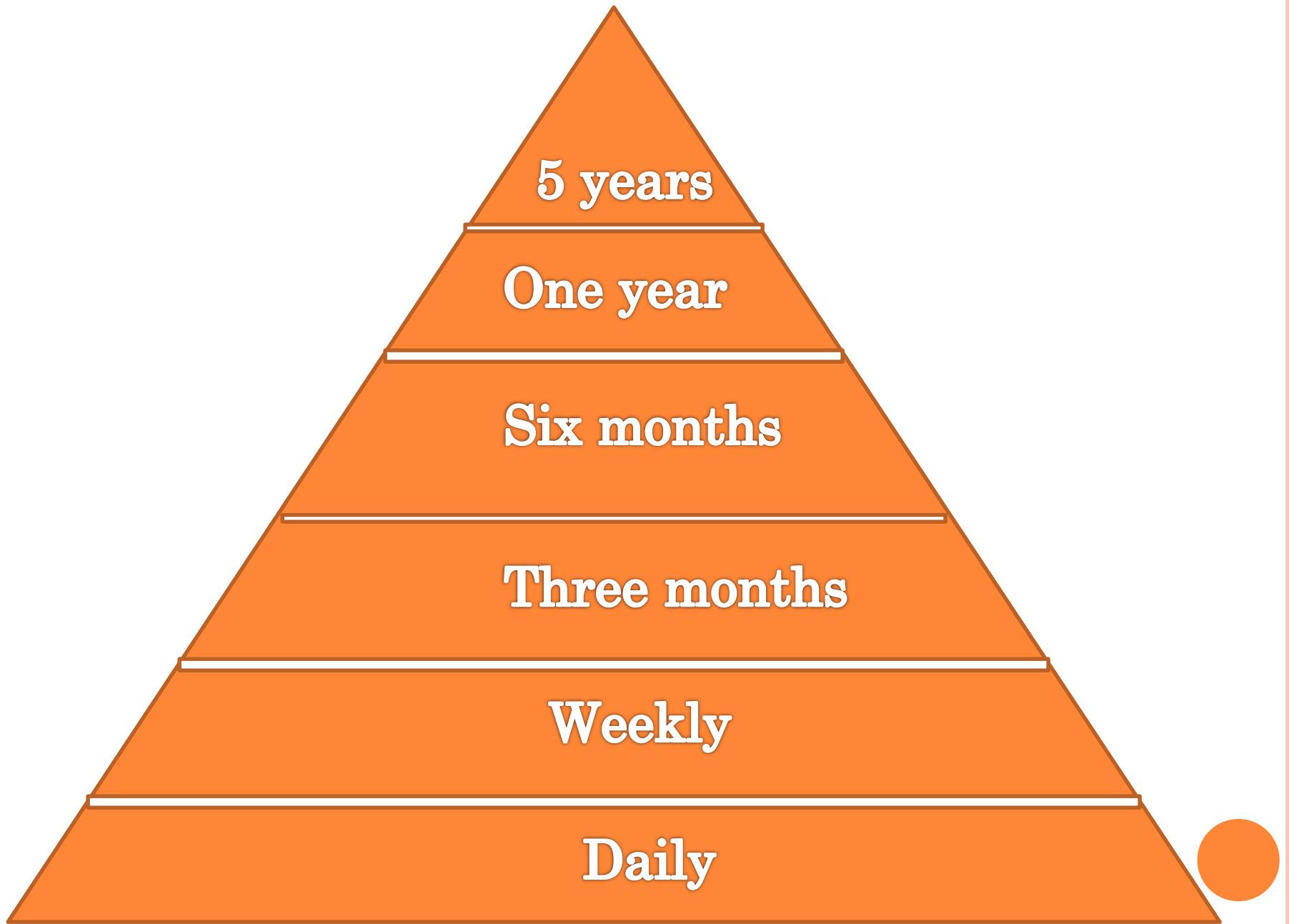


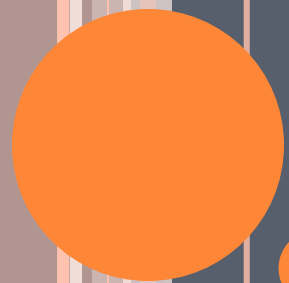
GOAL SETTING ACTIVITY FOR 'WHAT'

- **Question 1 - What matters most to me?**
- **Question 2 - What am I great at? What do I love?**
- **Question 3 – What is my unique value proposition?**
- **Question 4- What does my dream life look like?**

Apply Pareto- Identify the best 20%, which will result in 80% of your success.







INTERVIEW TIPS

INTERVIEW TIPS

- Reach before scheduled time
- Dress appropriately
- Research about the company
- Understand the Job role well for which you have applied
- Be inquisitive and ask questions related to the job applied
- Relax – We all are humans!



INTERVIEW TIPS

- Build the bridge- create emotional bridge by sharing personal information and highlighting your values, in addition to your technical skills and experience.
- Use storytelling
- Read a lot about what is happening around and show passion for your subject.
- Self awareness- Strengths and weaknesses
- Bring closure; Three key points which makes you believe you are a great fit



STRENGTHS AND WEAKNESS ASSESSMENT

- 1- list of Skills needed to succeed in your chosen career
- 2- list down your Strengths
- 3- list down your Weaknesses



THINK ABOUT...

- What am I good at?
- What have others complimented me about?
- What others had to help me with on more than one occasion?
- Which projects and tasks seem to drain my energy?
- Which projects have I spent hours on without getting tired?
- What are my hobbies, and why do I like doing them?





THANK YOU



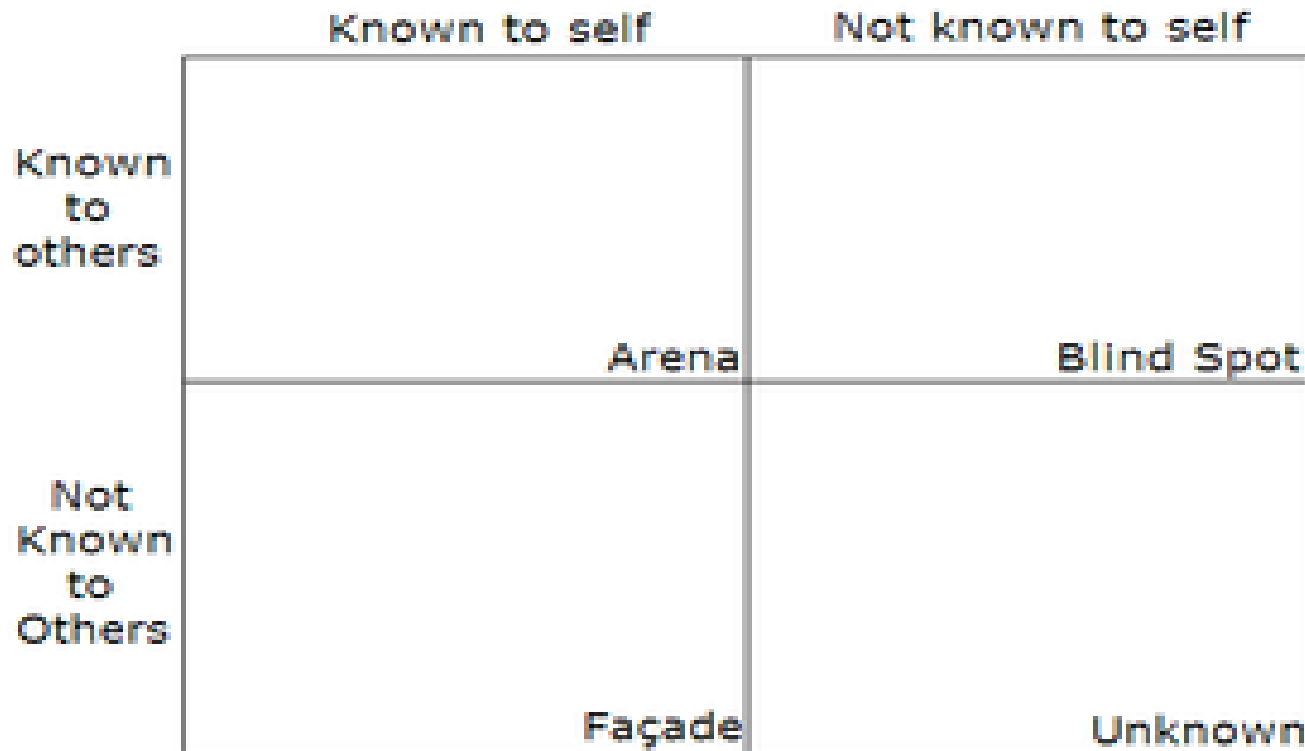


BACKUP SLIDES



JOHARI WINDOW

- Developed in 1955 by Joseph Luft and Harry Ingham
- Also denoted as feedback/disclosure model of self-awareness



Johari Window model

