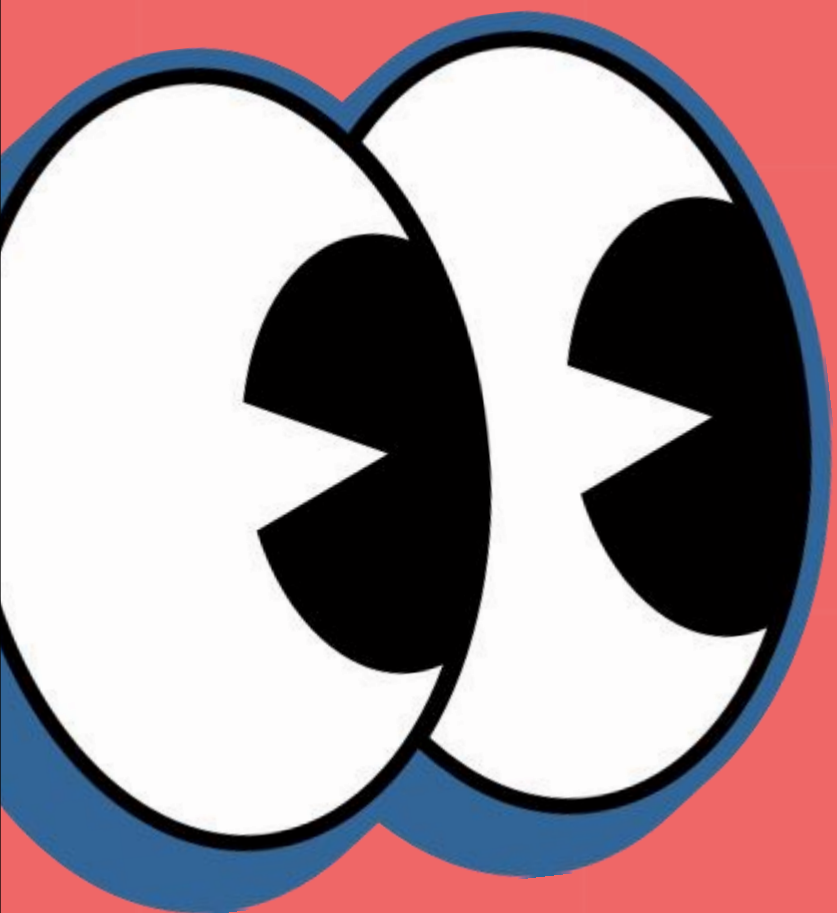




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ATTITUDE



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- Attitude is from the latin word 'Aptus' which means ability.
- Attitude is defined as persistent tendency to feel and behave in a particular way towards some objects, person or events.



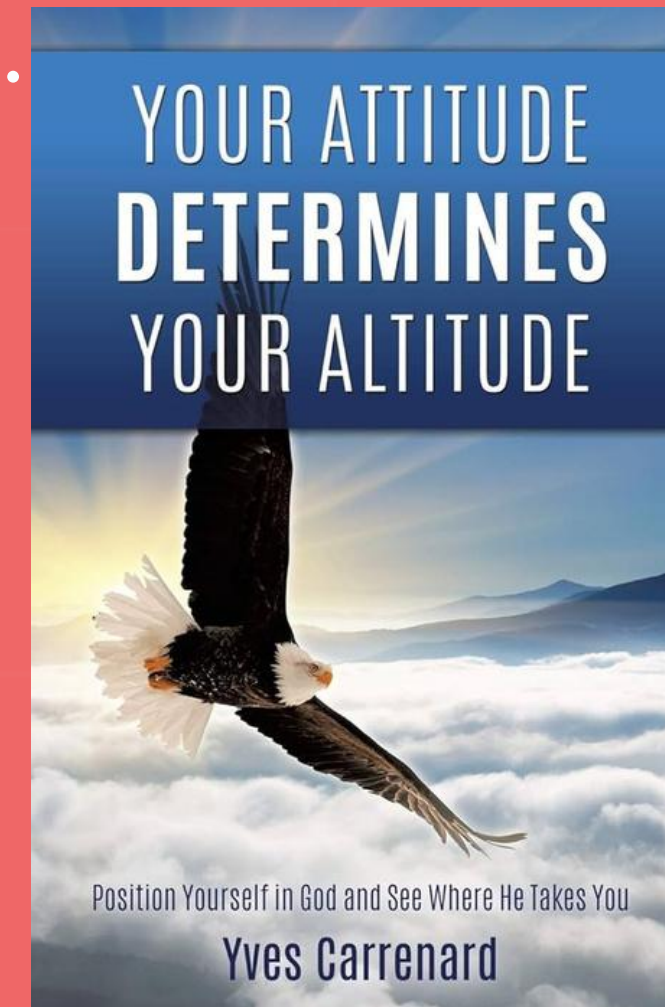
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*“All Birds find shelter during a rain.
But Eagle avoids rain by flying above
the Clouds.*

*Problems are common, but attitude
makes the difference!!!”
— APJ Abdul Kalam*



It's a viewpoint , a mindset or a way of valuing life.

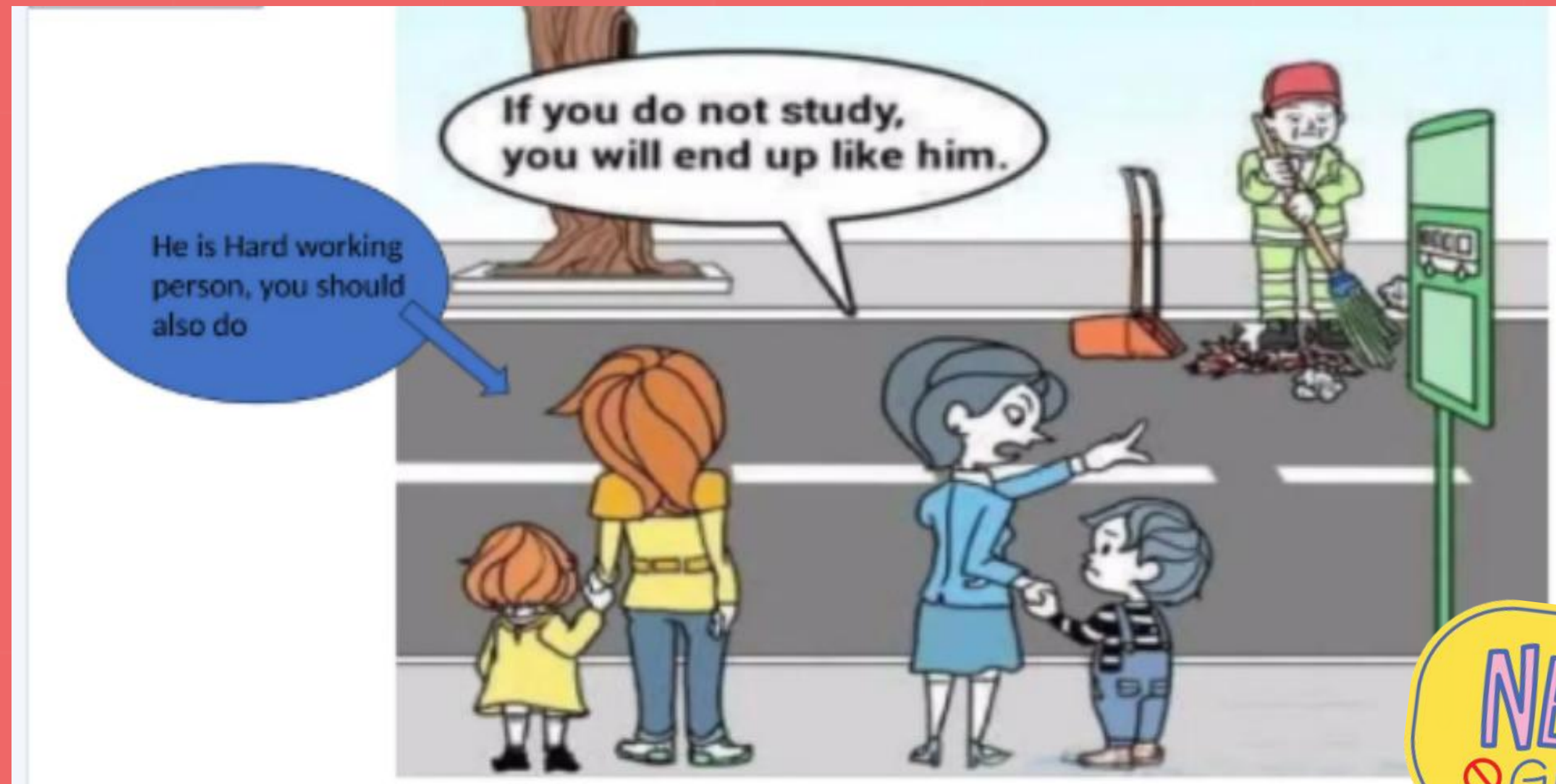


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ATTITUDE ARE EVALUATE STATEMENTS

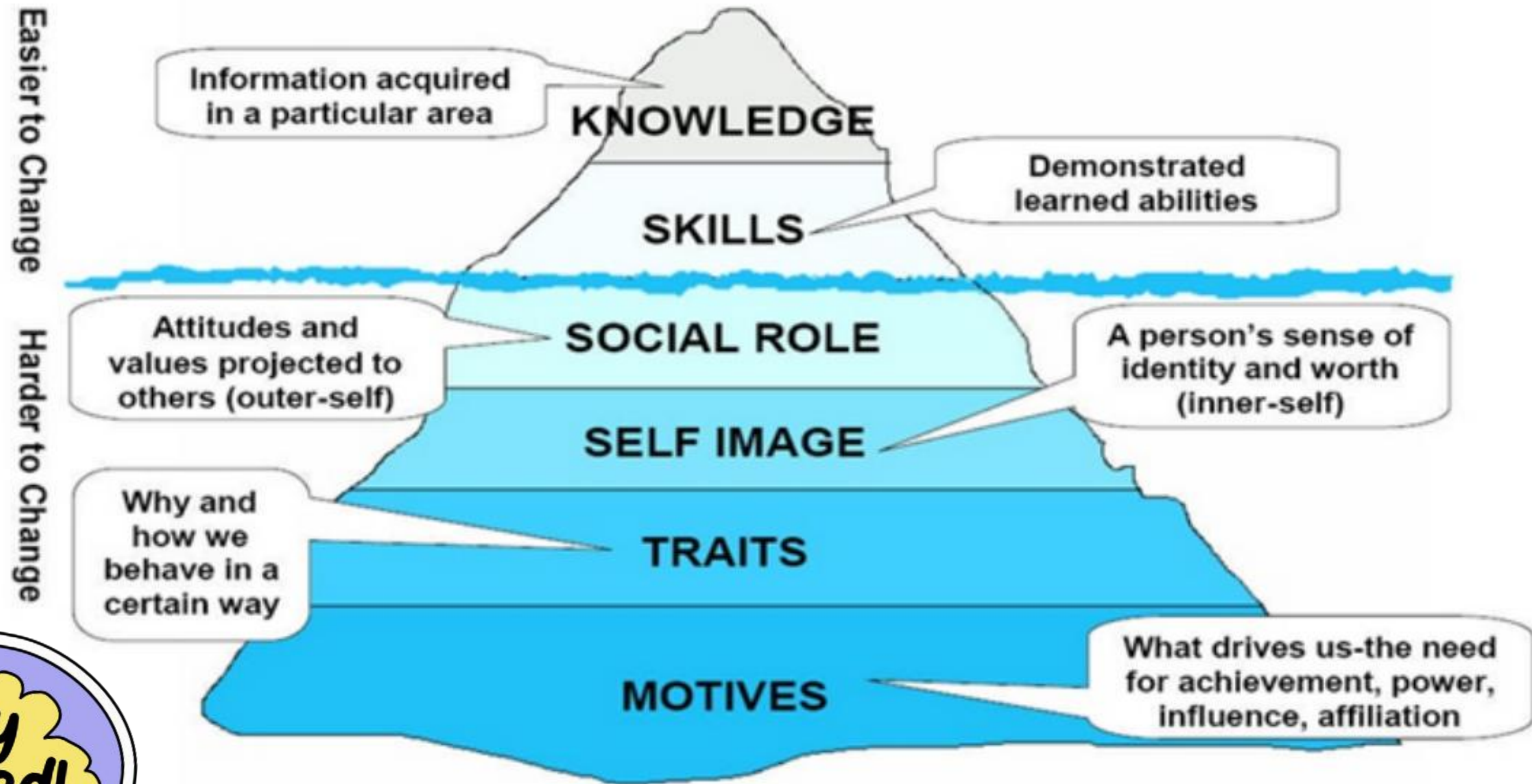
Attitude reflect how one feels about something

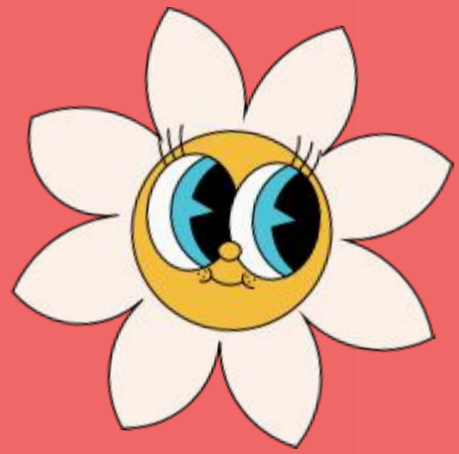


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ICEBERG MODEL OF COMPETENCIES





THREE CONCEPTS OF ATTITUDE



1. Cognitive – Belief of something

Example: My Job is interesting

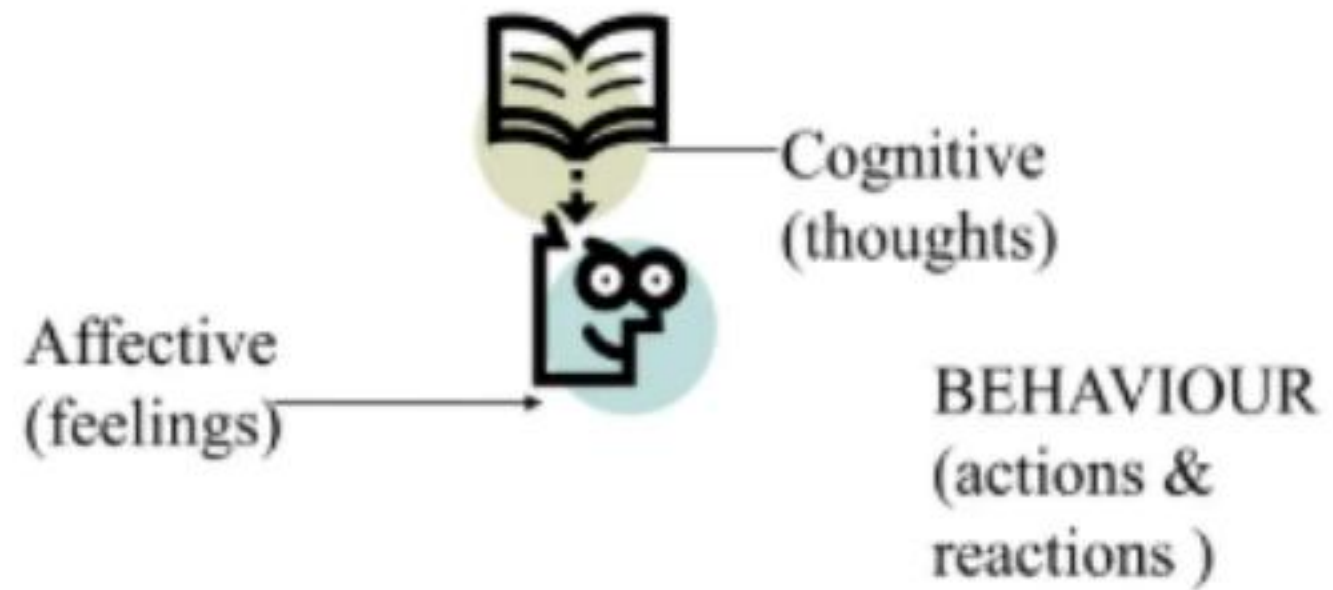
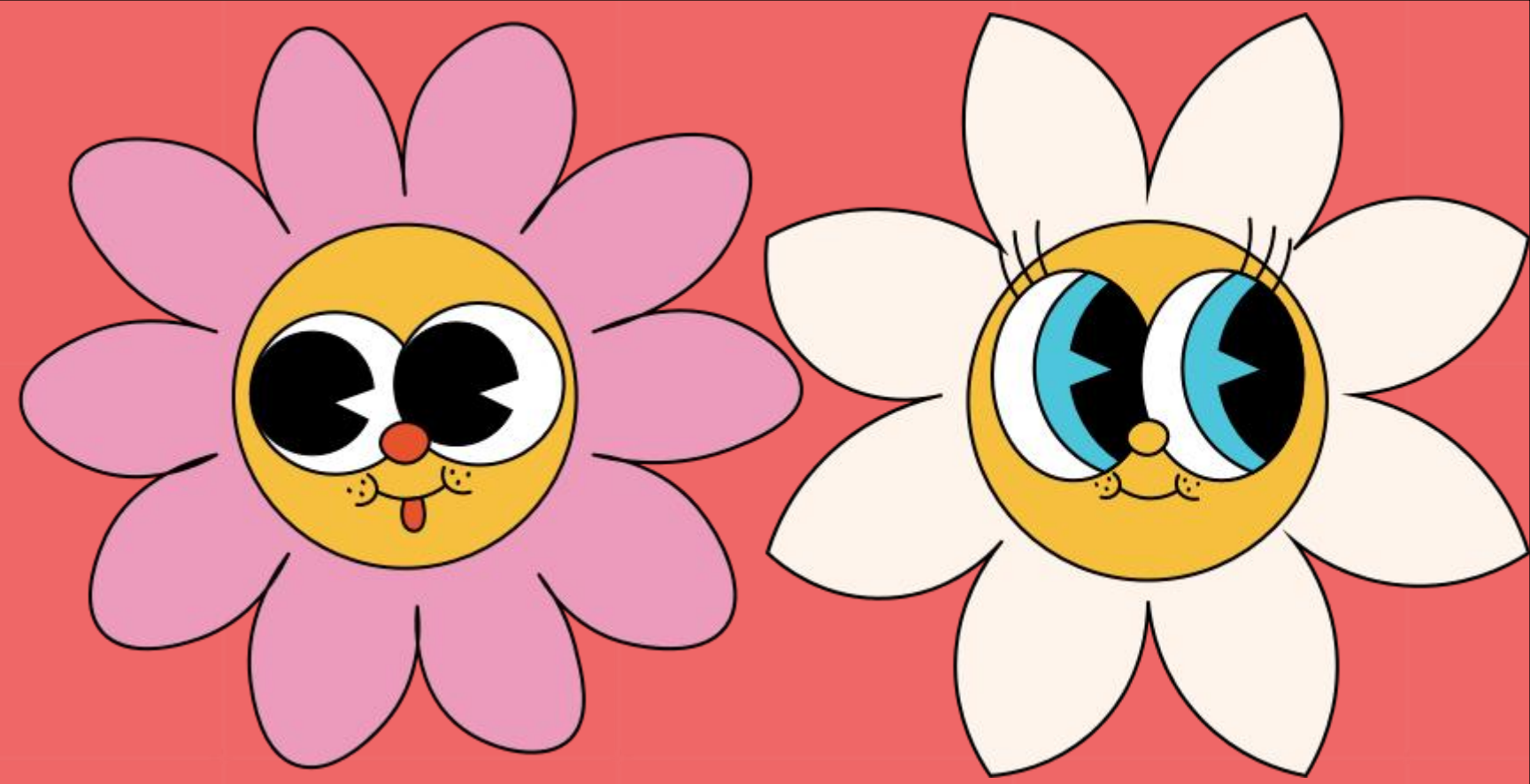
2. Affective – Feeling or emotion segment of something

Example: I love my Job

3. Behavioral – An intention to behave in a particular way towards something or someone. Actions and reactions

Example: I am going to get work early with a smile on my face

This is how attitude works



Cognitive



Knowledge/Belief

Affective



Feeling

Behaviour



Behaviour

Factors Affecting Attitude

These are called the triple Es of attitude.

1.

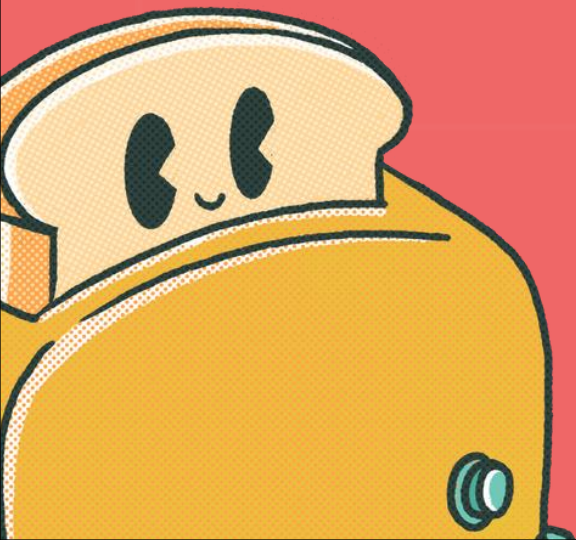
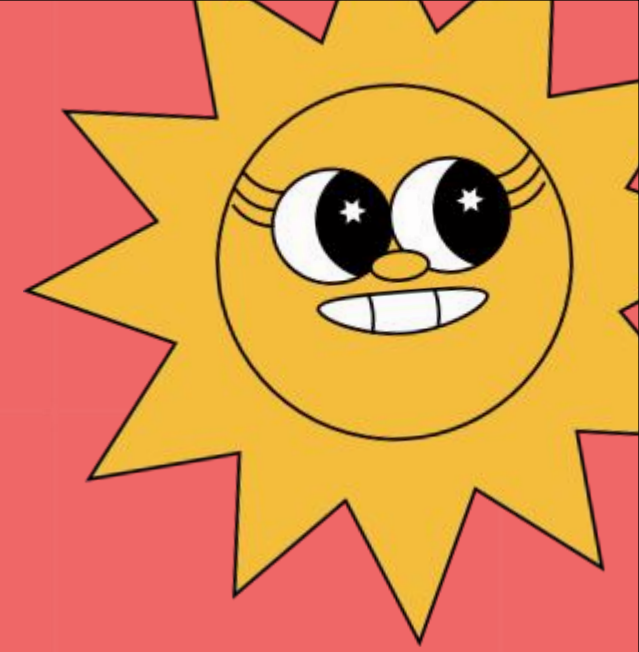
Environment

Environment consists of the following:

- Home: Parents, Siblings, relatives, Neighbours and friends.
- School: Teachers, school staff, seniors, juniors.
- Work place: Colleagues, superiors and subordinates.
- Media: Television, newspapers, magazines, radio, movies
- Cultural background
- Religious background
- Traditions and beliefs
- Social environment: Attitude is greatly shaped by influence and association
- Political environment

All of these environments create a culture. Every place, a home, organization or a country has a culture.

In countries where the government and political environment is honest, generally you will find that the people are honest, law abiding and helpful. And the reverse is true too. In a corrupt environment, an honest person has a tough time whereas in an honest environment, the corrupt one has a tough time. In a positive environment, a marginal performer's output goes up. In a negative environment, a good performer's output goes down



Factors Affecting Attitude

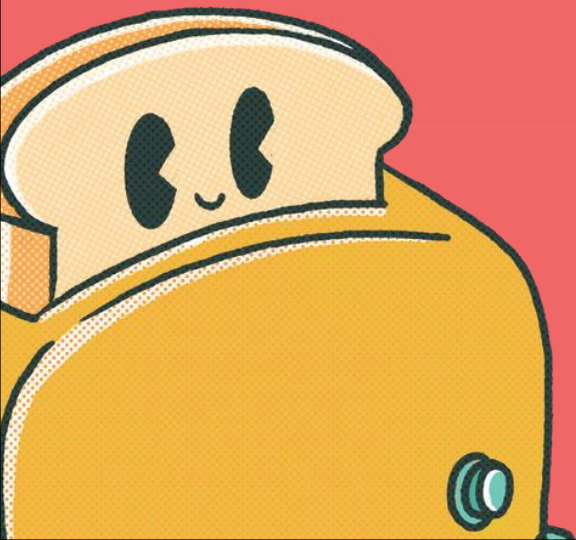
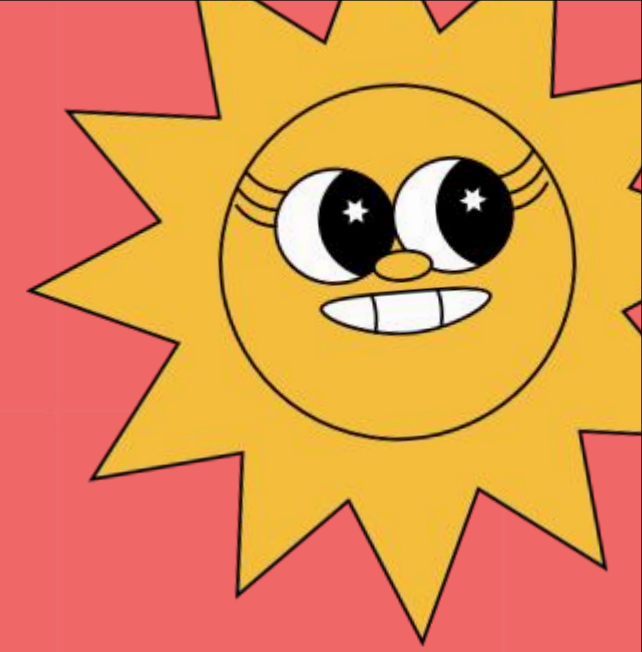
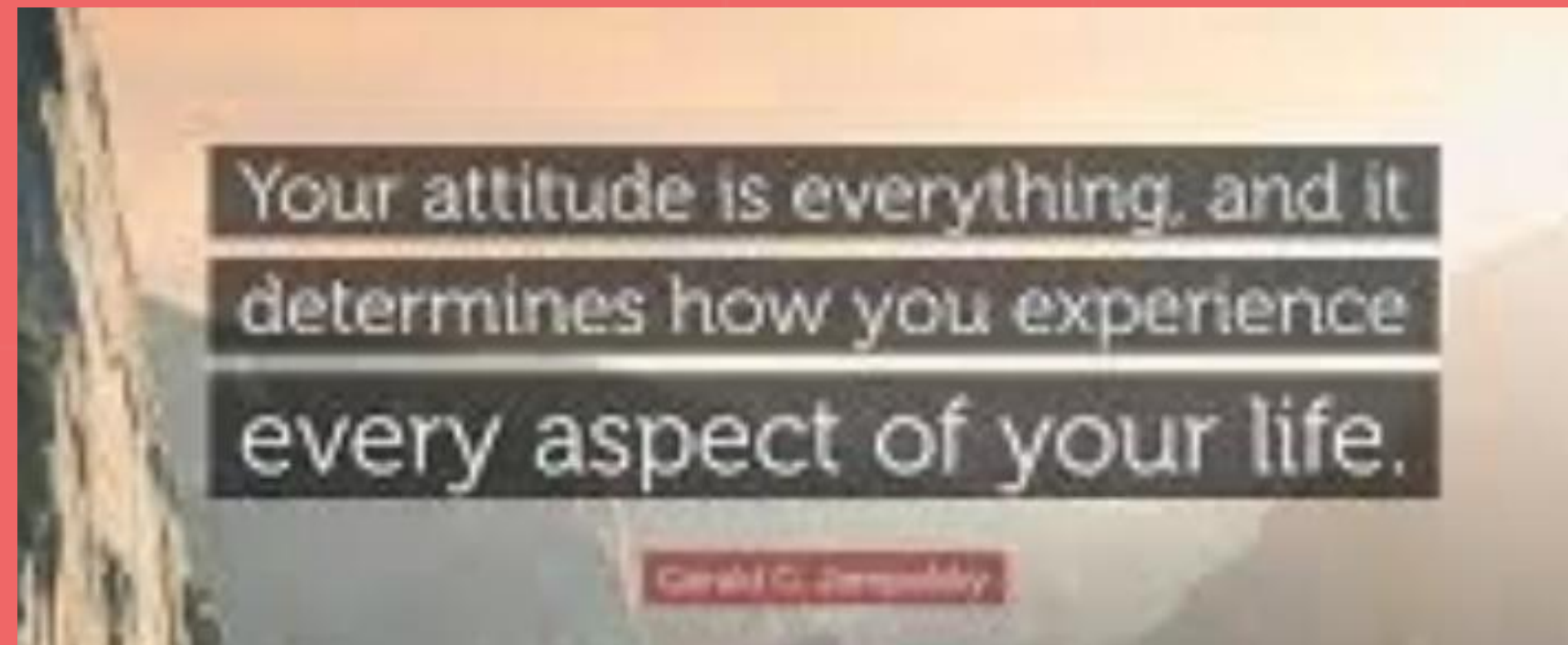
These are called the triple Es of attitude.

2.

Experiences

As we interact with objects, human beings develop attitude. With work experience, people learn attitude. Loyalty, commitments and performance are influenced by the attitude of a person.

- Our behaviour changes according to our experiences with people and events in our life. If we have a positive experience with a person, our attitude toward him becomes positive and vice versa.



Factors Affecting Attitude

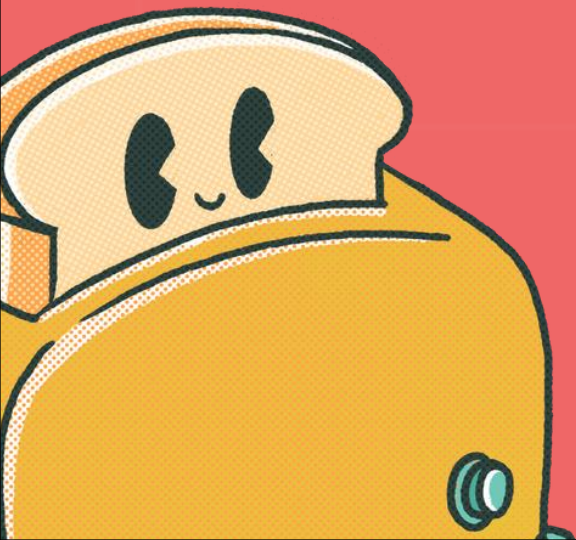
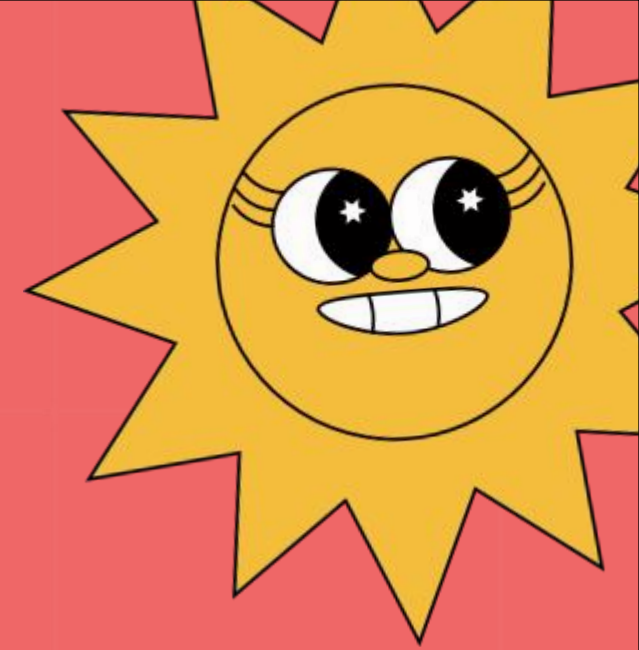
These are called the triple Es of attitude.

3.

Education

Person learns new knowledge and experience from his/her education and it helps to development of his/her attitude.

- It refers to both formal and informal education, not just academic qualifications. Knowledge strategically applied translates into wisdom, ensuring success.
- We are drowning in information but starving for knowledge and wisdom. Education ought to teach us not only how to make a living but also how to live.



POSITIVE ATTITUDE:



- A positive attitude helps you to cope more easily with the daily affairs of life. It brings optimism into your life and makes it easier to avoid worry and negative thinking. It will bring constructive changes into your life and make you happier, brighter and more successful.
- People with positive attitudes have certain personality traits that are easy to recognize. They are caring, confident, patient, and humble. They have high expectations of themselves and others. They anticipate positive outcomes. A person with a positive attitude is like a fruit of all seasons. He is always welcome.

It means positive thinking, it is optimism and maintaining positive mindset.

“A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst and it sparks extraordinary results.” – Wade Boggs.





The Benefits of a Positive Attitude:



The Benefits of a Positive Attitude:

These are many and easy to see. But what is easy to see is also easy to miss. To mention a few, a positive attitude

- increases productivity
- fosters teamwork
- solves problems
- improves quality
- makes for congenial atmosphere
- breeds loyalty
- increases profits
- fosters better relationships with employers, employees, and customers
- reduces stress
- helps a person become a contributing member of society and an asset to their country
- makes for a pleasing personality



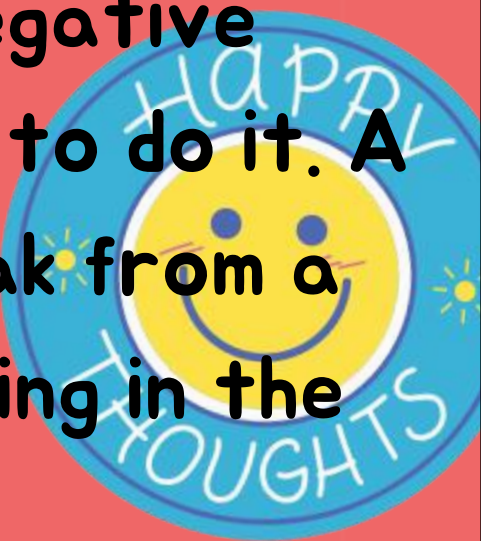
Steps to build a Positive Attitude:

Step 1: Changing the Focus and Looking for the Positive:

We need to become good finders. We need to focus on the positive in life. Let's start looking for what is right in a person or situation instead of looking for what is wrong. Even in paradise, fault finders will find faults. Most people find what they are looking for. If they are looking for friendship, happiness and the positive, that is what they get. If they are looking for fights or indifference, then that is what they get. Looking for the positive does not mean overlooking faults.

Step 2: Making a Habit of Doing It Now:

We have all procrastinated at some time in our lives. Procrastination leads to a negative attitude. The habit of procrastination fatigues you more than the effort it takes to do it. A completed task is fulfilling and energizing; an incomplete task drains energy like a leak from a tank. If you want to build and maintain a positive attitude, get into the habit of living in the present and doing it now.



Steps to build a Positive Attitude:



Step 3: Developing an Attitude of Gratitude:

Count your blessings, not your troubles. Take time to smell the roses. It is not uncommon to hear that someone, because of an accident or illness, became blind or paralyzed but won a million dollars in settlement. How many of us would like to trade places with that person? Not many. We are so focused on complaining about things we don't have that we lose sight of the things we have. There is a lot to be thankful for.

Step 4: Getting into a Continuous Education Program:

Let's get some myths out of the way. It is a general belief that we get educated in schools and colleges. "Do we really get educated in schools and colleges?" Generally, there is a consensus that some do but most don't. We receive a lot of information in schools and colleges and that alone is not needed in achieving our goals. We do need information to be educated. But we need to know the true meaning of education.



Steps to build a Positive Attitude:

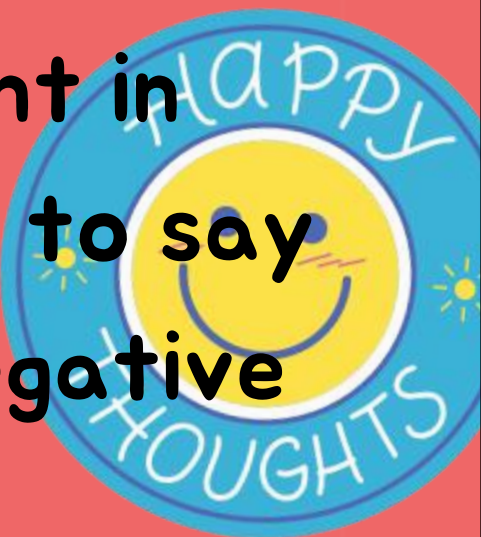


Step 5: Building a Positive Self-Esteem:

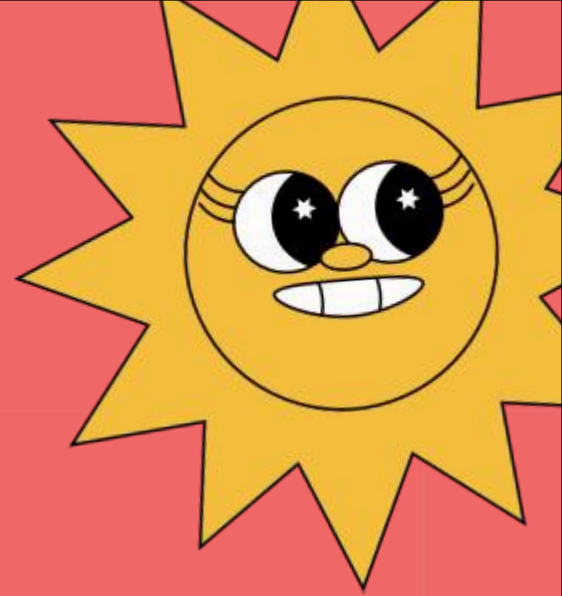
Self-esteem is the way we feel about ourselves. When we feel good within, our performance goes up, our relationships improve both at home and at work. The world looks nicer. What is the reason? There is a direct correlation between feeling and behaviour.

Step 6: Staying away from Negative Influences:

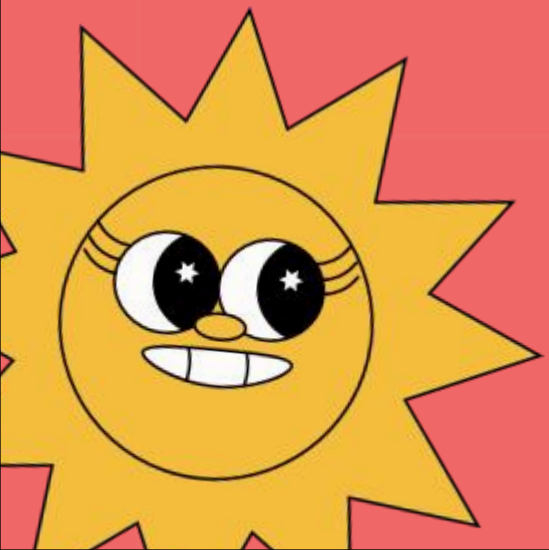
Today's teenagers learn from adult behaviour and the media. They face peer pressure. Peer pressure is not just limited to teenagers; it is also prevalent in adults. It shows a lack of self esteem when people do not have the courage to say "No, thank you," and stay away from negative influences: What are the negative influences?



NEGATIVE ATTITUDE



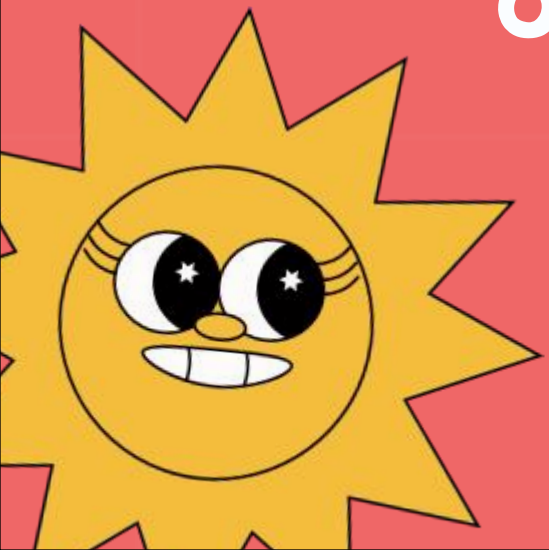
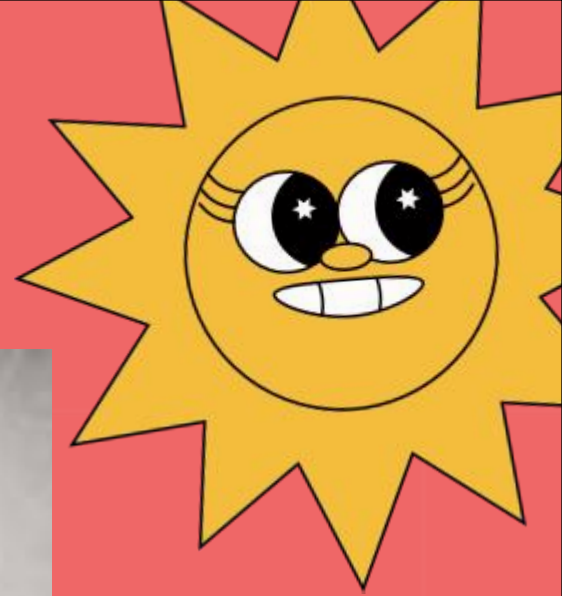
- People with negative attitudes will blame the whole world, their parents, teachers, spouse, the economy and the government for their failures.
- Some people criticize no matter what. It does not matter which side you are on, they are always on the other side.
- They have made a career out of criticizing. They are "career critics." They criticize as if they will win a prize at a contest. They will find fault with every person and every situation. You will find people like this in every home, family, office. They go around finding fault and telling everybody how bad things are and blaming the whole world for their problems.
- All that they are doing is causing more tension for themselves and for others around them. They spread negative messages like a plague and create an environment conducive to negative results. Some people always look at the negative side.



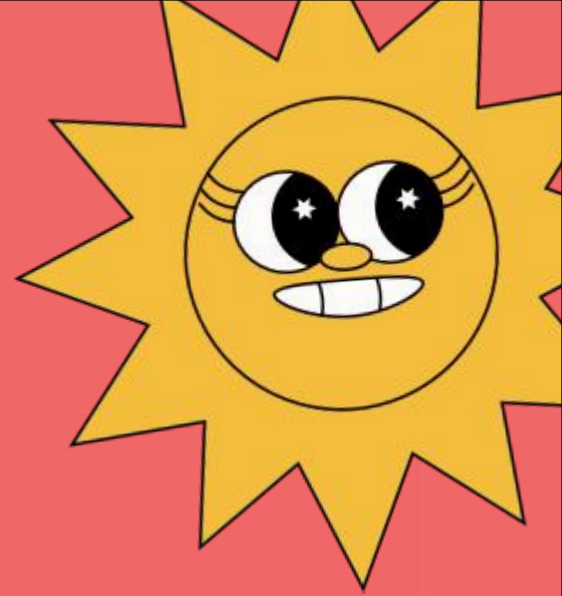
NEGATIVE ATTITUDES

Anger is your biggest enemy

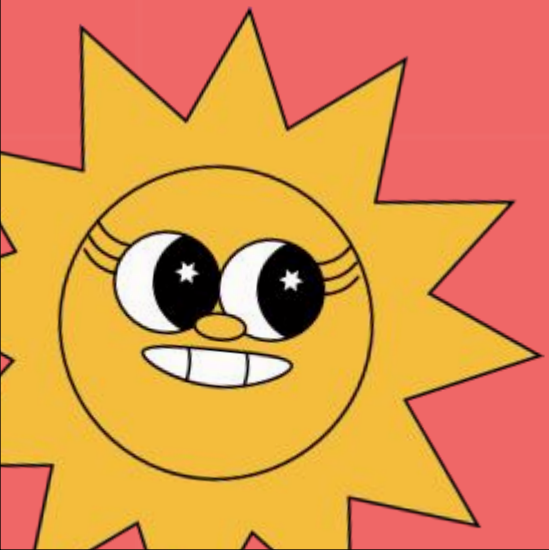
To conquer frustration, one must
remain intensely focused on the
outcome, not the obstacles



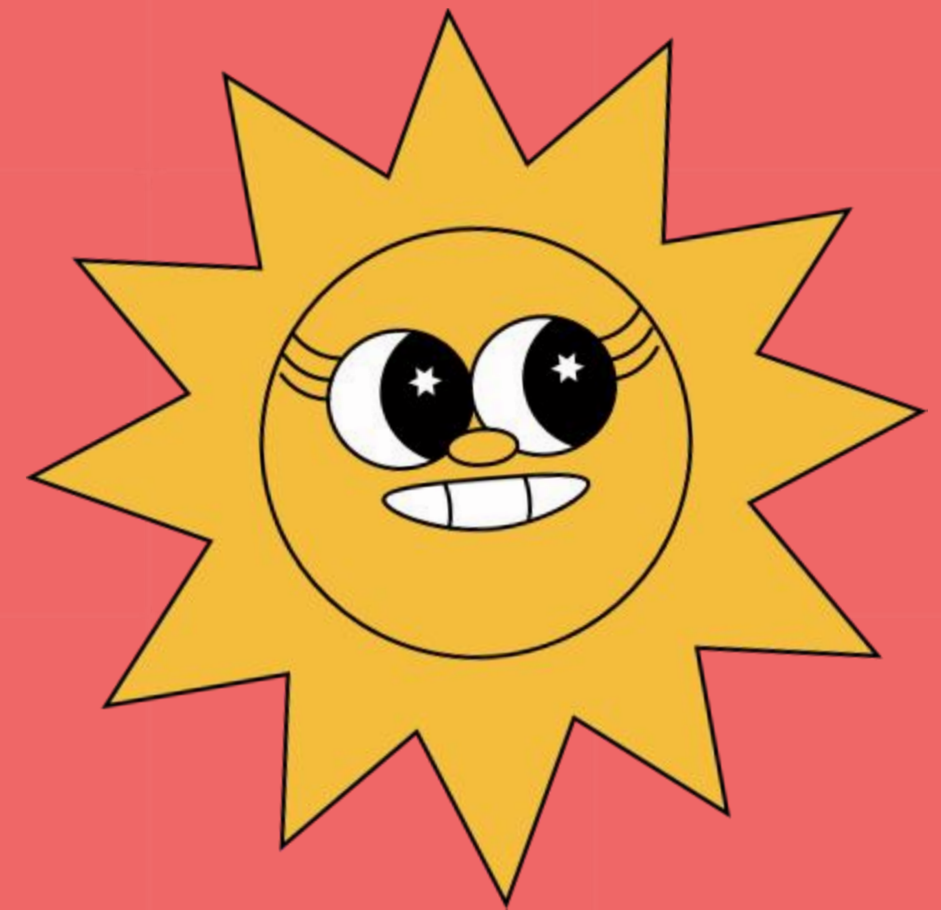
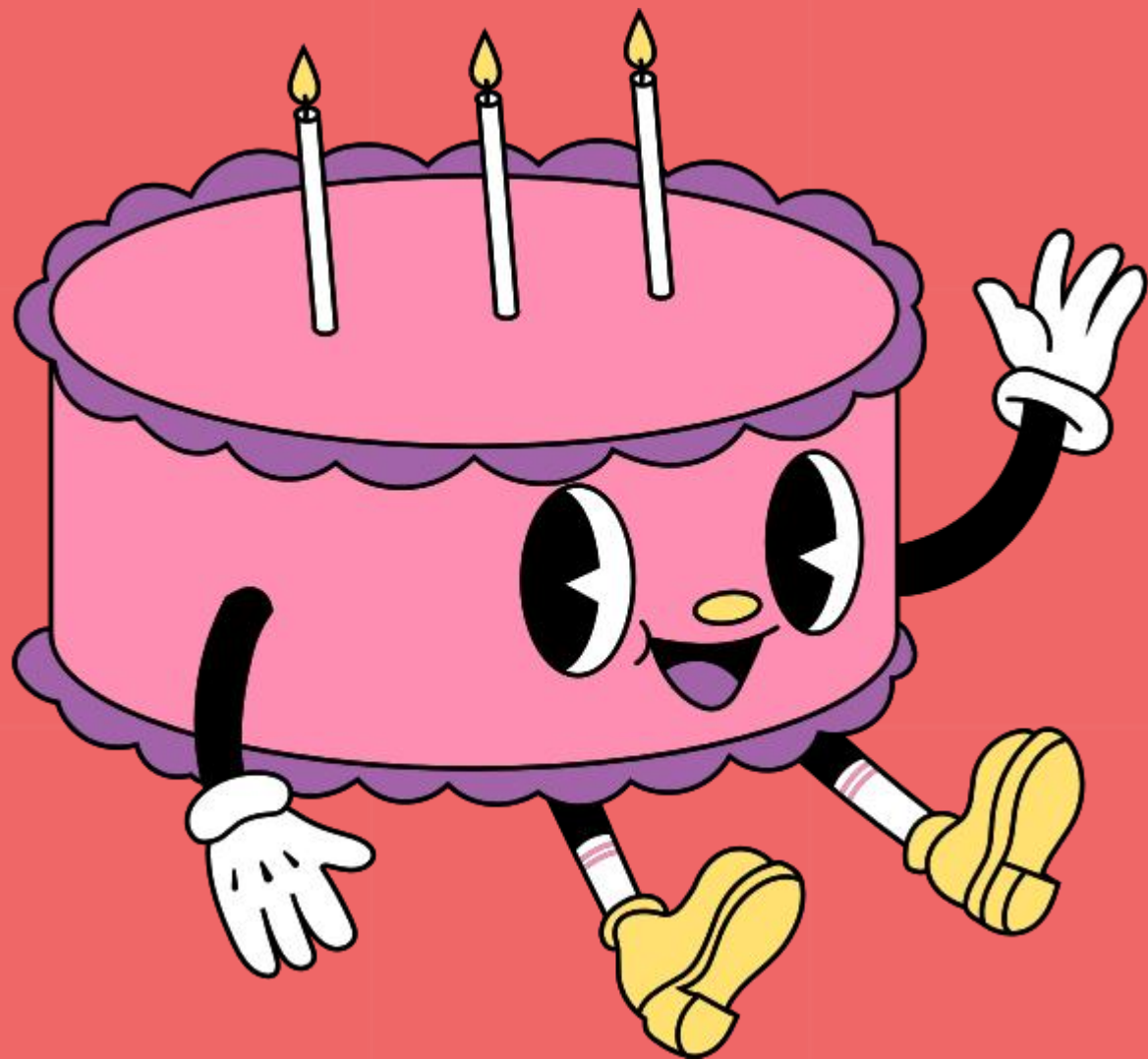
DIFFERENCES BETWEEN NEGATIVE AND POSITIVE ATTITUDES.



S.no	Negative attitude personality	Positive attitude personality
1	They are always part of the problem	They are always part of the answer
2	They always has an excuse	They always has a program
3	Sees a problem for every answers	Sees an answer for every problem
4	Says "It may be possible but it is too difficult"	Says "It may be difficult but it is possible"
5	Says "It was not my fault"	Says "I was wrong"
6	Always apart from the team	Always a part of the team.
7	Sees only problems	Sees all possibilities
8	Says "Life is hard"	Says "Life is filled with experiences"
9	Thinks "People are worst"	Thinks "Good people are there"
10	Always hates the work place	Always work with lovely people
11	They are mostly losers	They are mostly winners
12	Always looks on the negative side	Always looks on the positive side
13	They are always angry, frustrated and stressed.	They are always happier, polite and lovable
14.	Always says "Impossible"	Always says "Possible"
15.	Says "I can't do"	Says "I can do"



Thank You So Much!



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