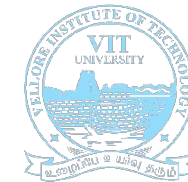


Social Interaction



Commitment, Accountability, Persuasion, Resilience, Self Confidence,
Inspiration, Stress Management in Social Interactions



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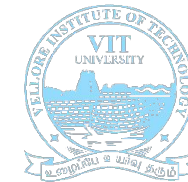
Social Interactions

- Social interactions are reciprocal relationships which not only influence the interacting individuals but also the quality of relationships.
- Social interaction is thus the general process whereby two or more persons are in meaningful contact-as a result of which their behaviour is modified, however, slightly.



Factors that Influence Social Interaction

- Power dynamics
- Social structure
- Group dynamics
- Social status
- Social roles
- Institutions

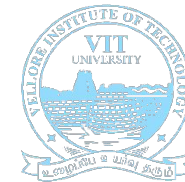


Commitment

- The definition of a commitment is **a promise or agreement to do something.**
- **An agreement or pledge to do something in the future**

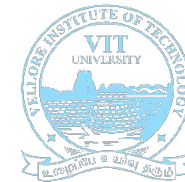
E.g. An example of commitment is marriage.

An example of commitment is going into business with someone.



Tangible Ways to show Commitment

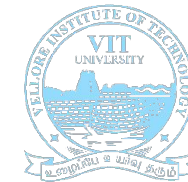
- *Be a Team Player*
- *Professional Development*
- *Put Feedback into Action*
- *Anticipate Your Company Needs*
- *Never Give Up*
- *Show your loyalty, but say no to blandishment and cajolery.*
- *Express respect and appreciation.*
- *Convey honesty and trust.*
- *Work as a team and compromise.*
- *Disagree agreeably.*



Accountability

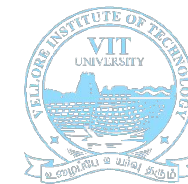
- Accountability is **the acceptance of responsibility for one's own actions**. It implies a willingness to be transparent, allowing others to observe and evaluate one's performance.
- The definition of accountability is taking or being assigned responsibility for something that you have done or something you are supposed to do.

e.g. An example of accountability is when an employee admits an error she made on a project.



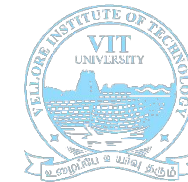
How to Show Accountability

- Establish clear goals and targets
- Focus on the future state
- Ask for help when needed
- Provide honest and constructive feedback



The Seven Pillars of Accountability

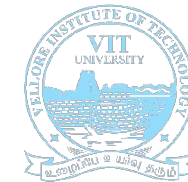
- Character.
- Unity.
- Learning.
- Tracking.
- Urgency.
- Reputation.
- Evolving.



Persuasion

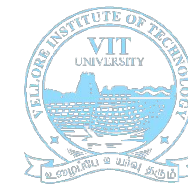
Persuasion can be a powerful force that **affects the decisions and actions that people take**. It is a process in which one person or entity tries to influence another person or group of people to change their beliefs or behaviors.

Another meaning for persuasion is the **act of influencing someone to do something or to change their mind**. For example, good salespeople use persuasion to get people to buy things, just as children use persuasion to get permission to do certain things.



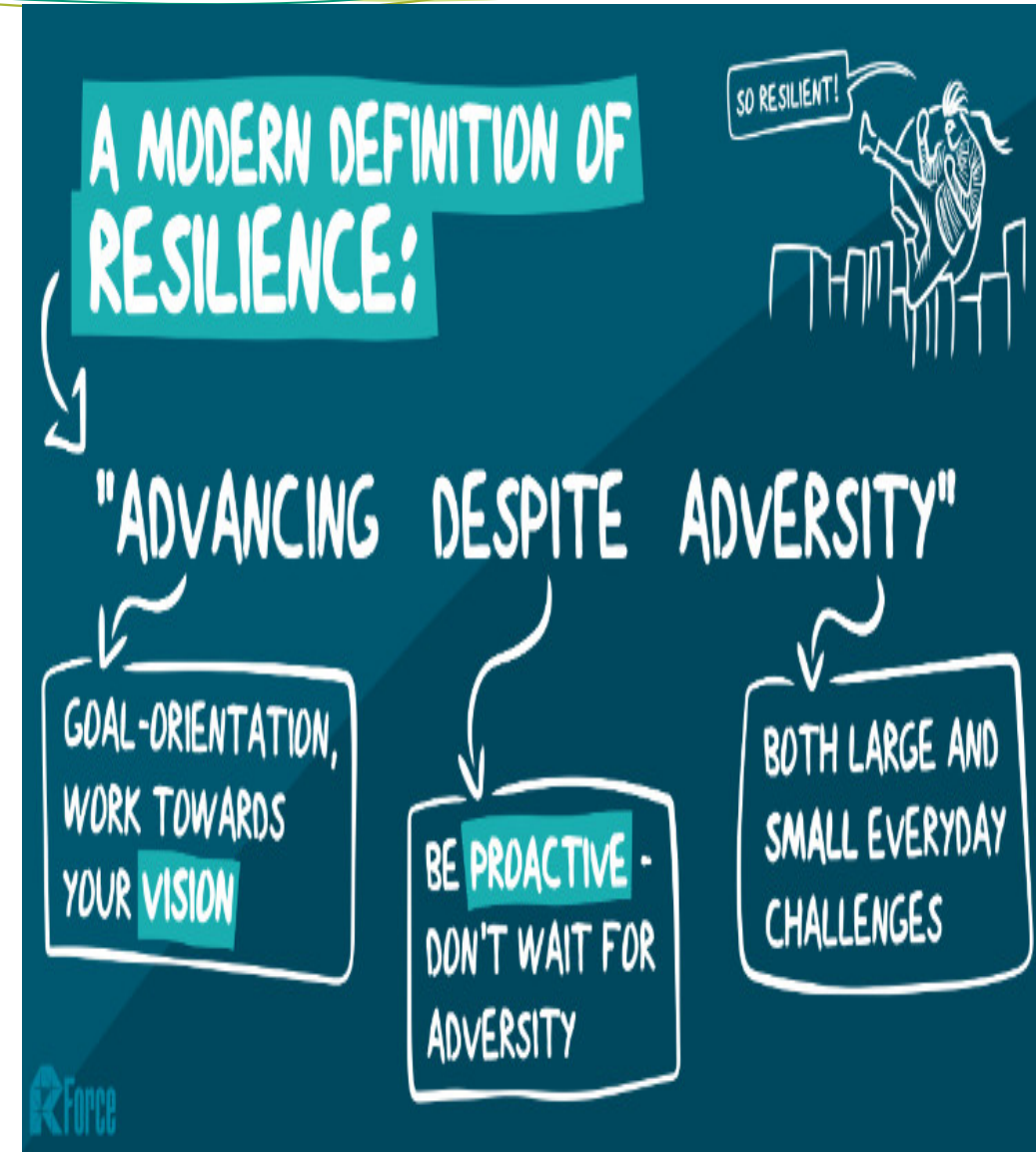
Ways to Persuade

- ❑ Be confident
- ❑ Introduce a logical argument
- ❑ Make it seem beneficial to the other party
- ❑ Choose your words carefully
- ❑ Use flattery
- ❑ Be patient, but persistent



Resilience

- An ability to recover from or adjust easily to misfortune or change.
- The capacity of a dynamic system to adopt successfully to challenges that threaten the function, survival or future development of the system.
- A measure of the persistence of systems and their ability to absorb change and disturbance and still maintain the same relationship between populations or state variables.



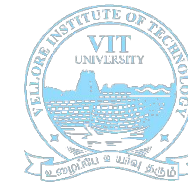
The 7C's of Resilience

- **Competence**
- **Confidence**
- **Connection**
- **Character**
- **Contribution**
- **Coping**
- **Control**



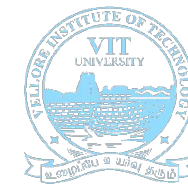
Self Confidence

Self-confidence is **an attitude about your skills and abilities**. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism.



How do you gain self-confidence?

- Recognize what you're good at. We're all good at something, whether it's cooking, singing, doing puzzles or being a friend. ...
- Build positive relationships. ...
- Be kind to yourself. ...
- Learn to be assertive. ...
- Start saying "no" ...
- Give yourself a challenge.



Inspiration

- Inspiration is a feeling of **enthusiasm** you **get** from someone or something, which **gives** you **new** and **creative** ideas.
- Someone or something that gives you **ideas** for doing something:

**Inspiration is when
you feel a deep-
rooted passion and
motivation to do
something.**

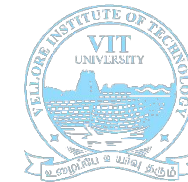
KeepInspiring.me



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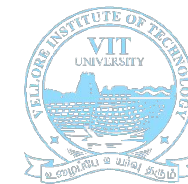
10 ways to inspire others

- Build up those around you
- Be enthusiastic
- Have integrity
- Be empathetic
- Maintain a positive outlook
- Practice gratitude
- Stand your ground
- Set clear goals and strive to achieve
- Have passion
- Challenge them



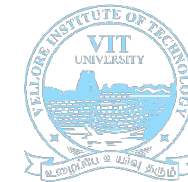
Stress Management in Social Interactions

- Stress management is defined as the **tools, strategies, or techniques that reduce stress and reduce the negative impacts stress** has on your mental or physical well-being.
- Set of techniques and programs intended to help people deal more effectively with stress in their lives by analyzing the specific stressors and taking positive actions to minimize their effects

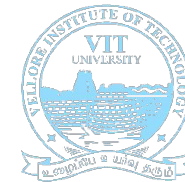


7 Tips for Stress Management

- ❑ Understand your stress
- ❑ Identify your stress sources
- ❑ Learn to recognize stress signals
- ❑ Recognize your stress strategies
- ❑ Implement healthy stress management strategies
- ❑ Make self-care a priority
- ❑ Ask for support when needed



thank you!



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