



## Module 1.

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→ ek aisi cheez jo aapko lagta hai sach hai, par woh sach nahi hoti

① BREAK THESE 5 MYTHS AROUND COMMUNICATION

→ Inn cheezo ko discuss karna zaroori issliye hai taaki aap iss course ko ache se seekh paaye.

#MYTH 1 - Ek effective communicator banne ke liye aapko English ache se aani chahiye

- Yeh sach nahi hai. Hummein aisa lagta hai sirf English mein hi communicate kiya ja sakta hai.
- Yeh samajhna zaroori hai ki hamara 80% communication hamari body language se hota hai.
- And, bacha hua 20% jiss tareeke se hum bolte hai, words use karte hai.
- Hum most of the time hamare dimaag mein khud ko incapable samajh lete hai aur isse hamara confidence level bahut low hojata hai.
- Aapki audience aapse ache se connect kar paayegi agar aap khud mein bharosa rakhenge aur khud ko confidently conduct karenge.

#MYTH 2 - Introverts kabhi ache communicators nahi bann sakte.

- Introversion aur extroversion aapke confidence se bilkul related nahi hai.  
Woh energy levels ke generation se related hai.
  - ↳ Introverts - Jo logg apne andar se energy generate karte hai, khud ke saath rehkar
  - ↳ Extroverts - Jo logg dusre loggo se energy generate karte hai.
- Iska confidence se koi link nahi hai, yeh sirf ek excuse hai jo hum apne aapko dete hai.





### #MYTH 3 - Communication sirf hamare kahe hue words se hota hai

- 80% communication hamare body language se hota hai and sirf 20% hamare words se.
- Communication visual bhi ho sakta hai. For example, ek photographer apne photo se communicate karta hai, & similarly for a designer, editor, writer or poet.

### # MYTH 4 - Hum confidence ke saath born hote hai, aur agar nahi toh hum kabhi confident nahi bann payenge.

- Confidence consistently practice karne se aata hai.
- Hum practice, preparation aur awareness se confident bante hai.
- Nayi cheez seekhte samay ekdum se confidence nahi aata, shurvaat mein hum sab nervous hote hai.

### #MYTH 5 - Hummein lagta hai ki communication pura ho gaya hai.

- Yeh ek sabse bada myth hai
- Hummein lagta hai ki communication matlab humne apne side se communicate kardiya. Lekin yeh communication ki start hai.
- Communication tab khatam hoti hai jab dusra insaan hum jo bolna chahte hai usko samajh leta hai. Agar woh nahi samjha toh iska matlab yeh hai ki communication khatam nahi hui hai.

- Agar aap inn 5 cheezon ko dhyaan mein rakh kar, ache se aware hokar iss course ko karenge toh aap ache se seekh paayenge.
- Yeh 5 cheezein hi hummein ek acha communicator hone se rokti hai.