



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

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TECHNIQUES TO OVERCOME BARRIERS



TECHNIQUES TO OVERCOME BARRIERS

- ✓ With communication strategies, one can overcome barriers in communication
- ✓ They are four major types
 - Nonverbal Communication Strategies
 - Active Listening Strategies
 - Verbal Communication Strategies
 - Written Communication Strategies



TECHNIQUES TO OVERCOME BARRIERS

- ✓ Nonverbal Communication Strategies
 - Body Language
 - Posture
 - Tone
 - Eye Contact
- ✓ Active Listening Strategies
 - Feedback mechanism
 - Instantaneous encouragement using gestures or verbal cues (nodding of head or using uh-huh etc.)
 - Avoiding interruption and enhancing focus
- ✓ Verbal Communication Strategies
 - Limiting distractions
 - Practicing empathy and acknowledging others' statements
- ✓ Written Communication Strategies
 - Proofreading and editing
 - Usage of appropriate grammar

PERSONAL BARRIERS

- LINGUISTIC BARRIERS
- PSYCHOLOGICAL BARRIERS
- EMOTIONAL BARRIERS
- PHYSICAL BARRIERS
- CULTURAL BARRIERS



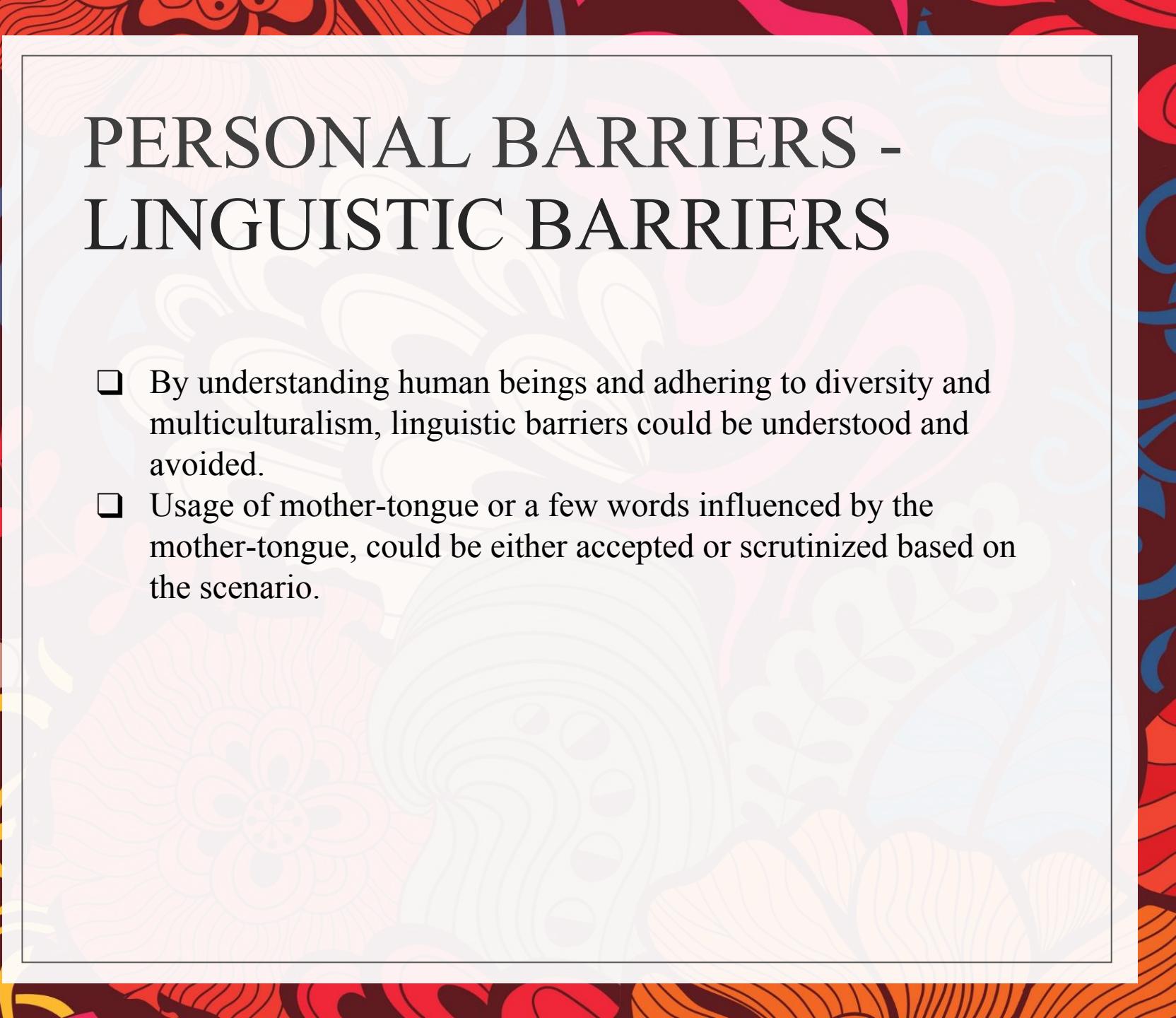
ORGANIZATIONAL BARRIERS



- ATTITUDE BARRIERS
- PERCEPTION BARRIERS
- PSYCHOLOGICAL BARRIERS
- TECHNOLOGICAL AND SOCIO-RELIGIOUS BARRIERS



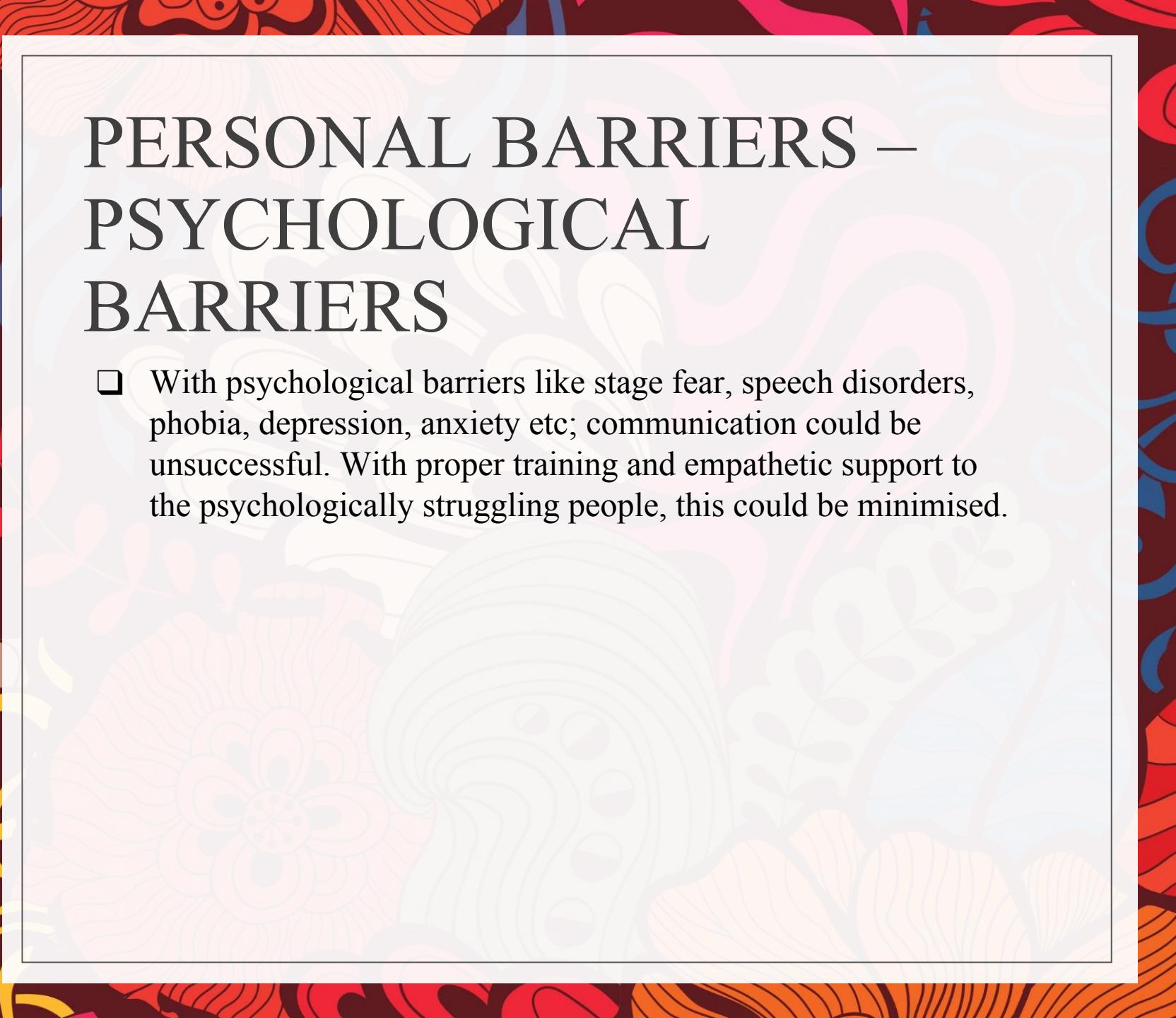
PERSONAL BARRIERS - LINGUISTIC BARRIERS



- By understanding human beings and adhering to diversity and multiculturalism, linguistic barriers could be understood and avoided.
- Usage of mother-tongue or a few words influenced by the mother-tongue, could be either accepted or scrutinized based on the scenario.



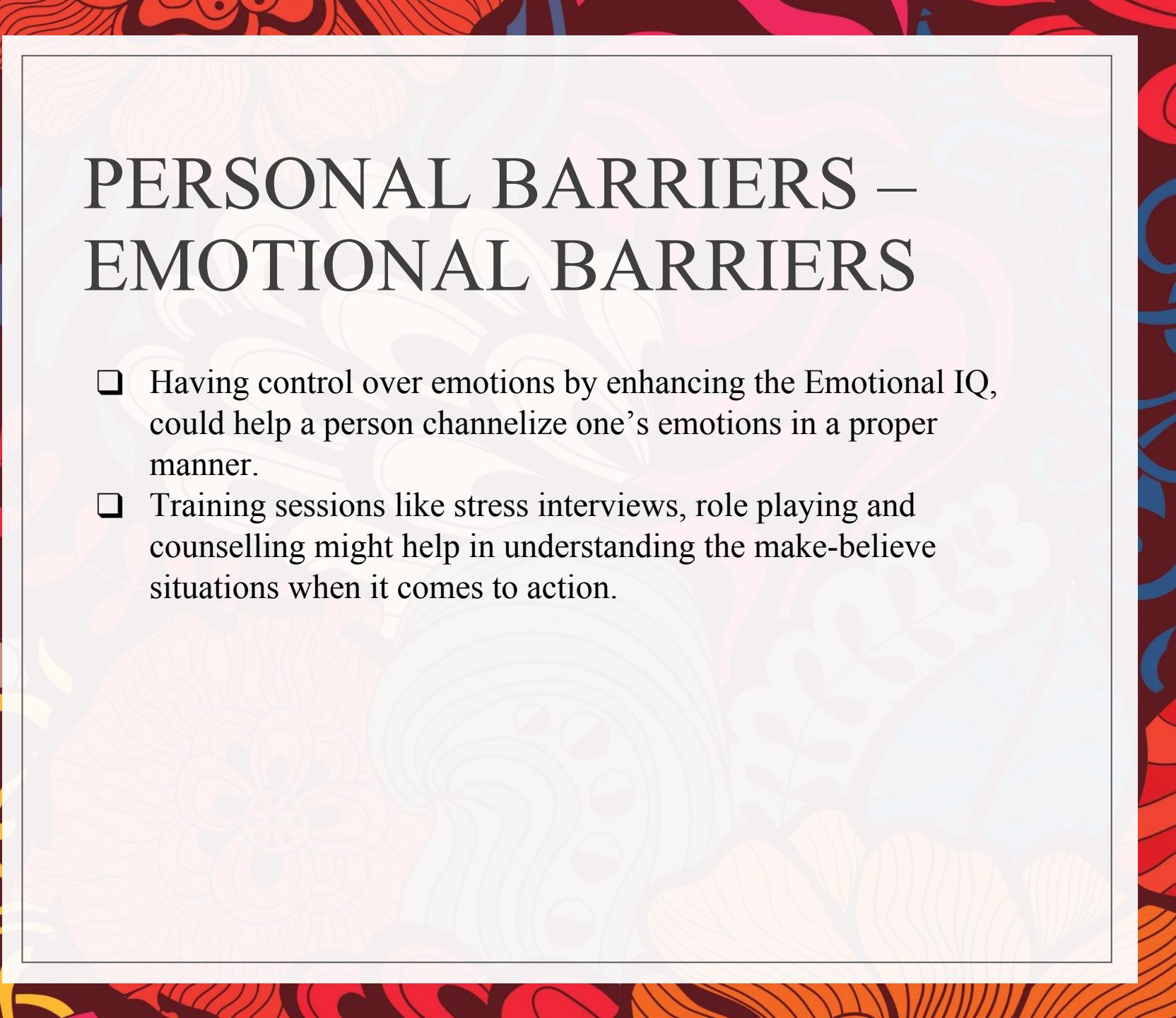
PERSONAL BARRIERS – PSYCHOLOGICAL BARRIERS



- With psychological barriers like stage fear, speech disorders, phobia, depression, anxiety etc; communication could be unsuccessful. With proper training and empathetic support to the psychologically struggling people, this could be minimised.



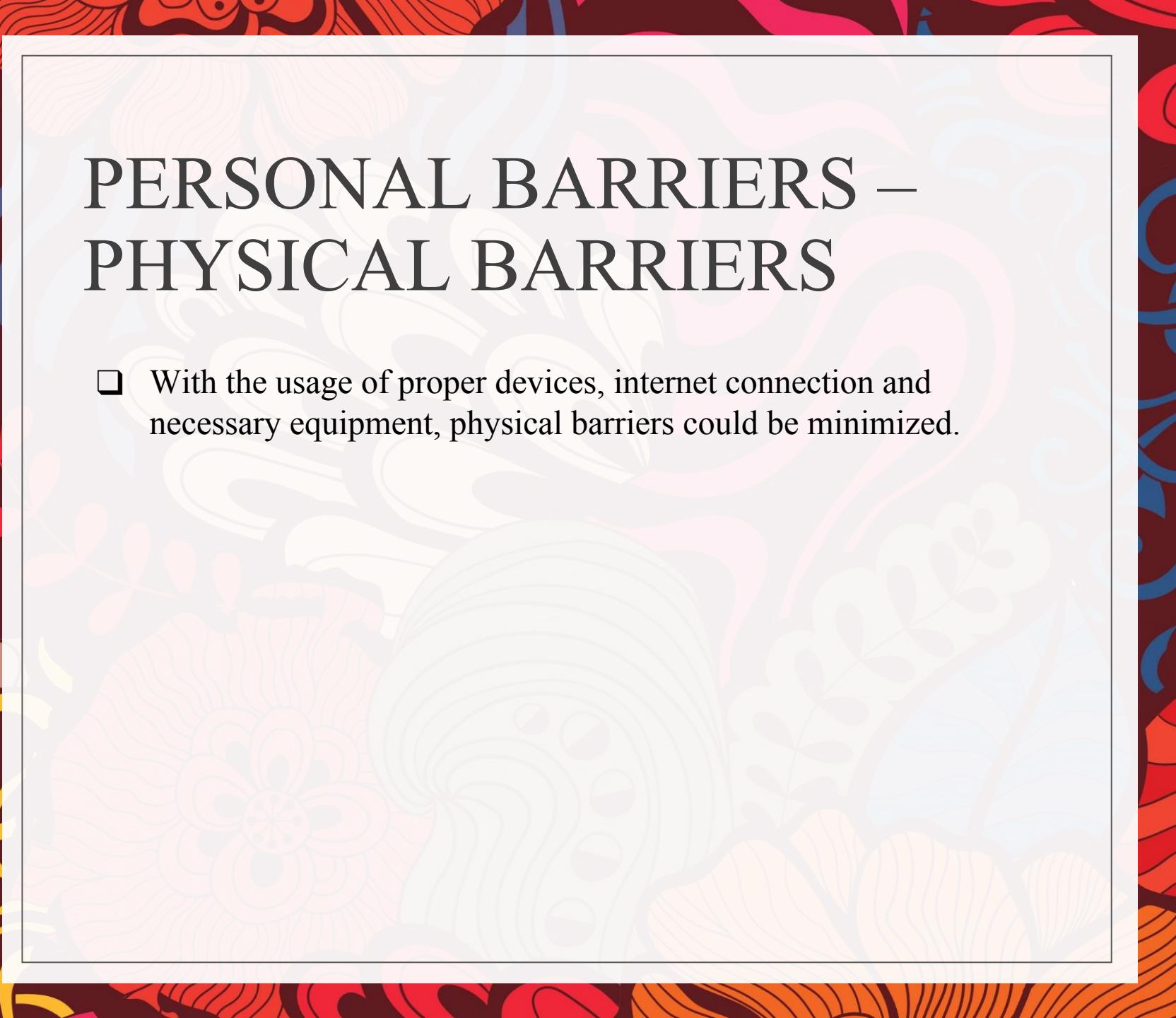
PERSONAL BARRIERS – EMOTIONAL BARRIERS



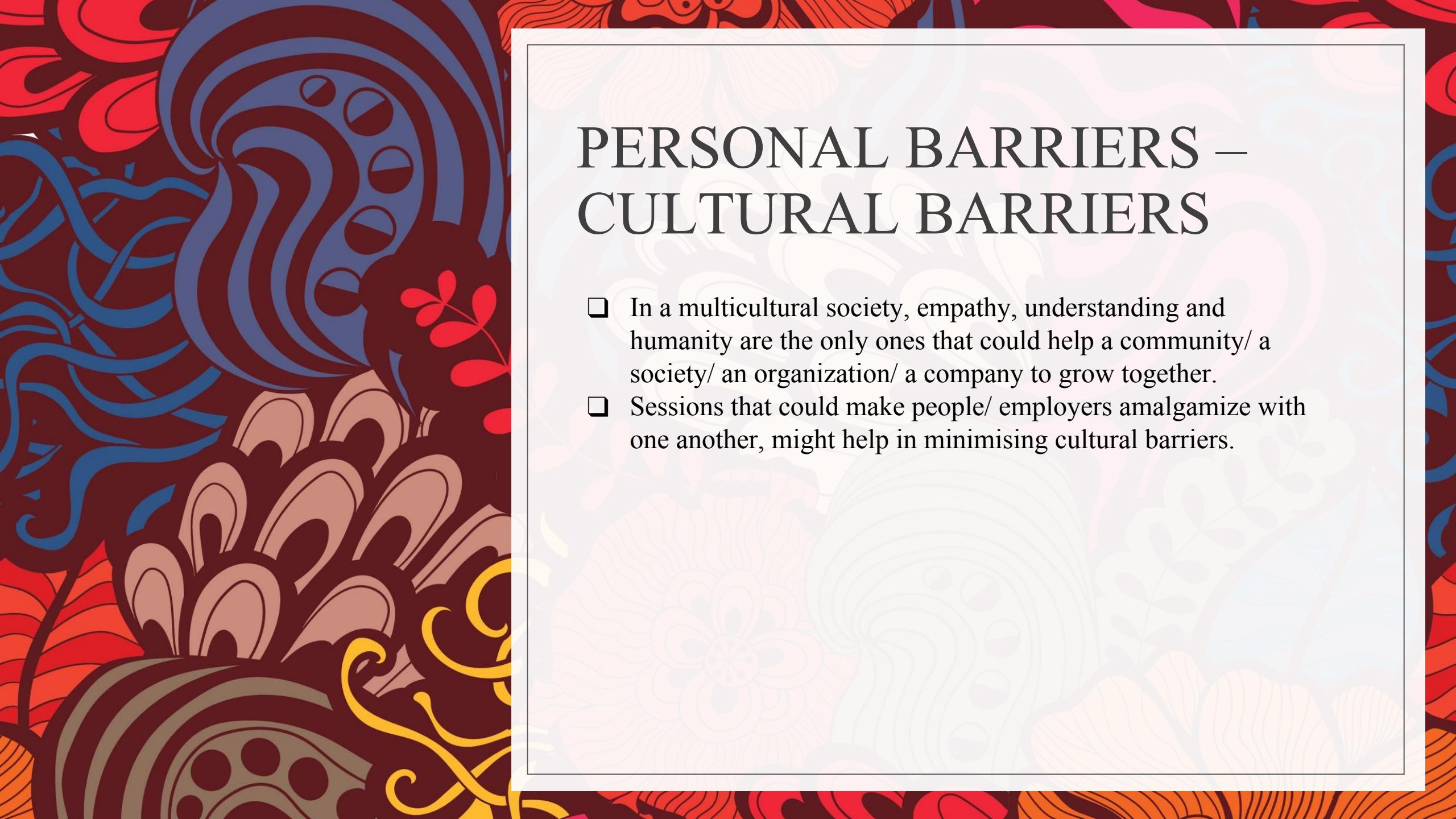
- Having control over emotions by enhancing the Emotional IQ, could help a person channelize one's emotions in a proper manner.
- Training sessions like stress interviews, role playing and counselling might help in understanding the make-believe situations when it comes to action.



PERSONAL BARRIERS – PHYSICAL BARRIERS



- With the usage of proper devices, internet connection and necessary equipment, physical barriers could be minimized.



PERSONAL BARRIERS – CULTURAL BARRIERS

- In a multicultural society, empathy, understanding and humanity are the only ones that could help a community/ a society/ an organization/ a company to grow together.
- Sessions that could make people/ employers amalgamize with one another, might help in minimising cultural barriers.



ORGANIZATIONAL BARRIERS – ATTITUDE BARRIERS

- With introverts, extroverts, ambiverts and omniverts in a society or an organization, people get to understand different types of behavioural patterns.
- Sessions such as counselling, workshops explaining ‘dos and don’ts’ of workplace behaviour and role play sessions on ‘how inconsiderate behaviour or otherwise makes a difference’, etc; could be used to eliminate attitude barriers.

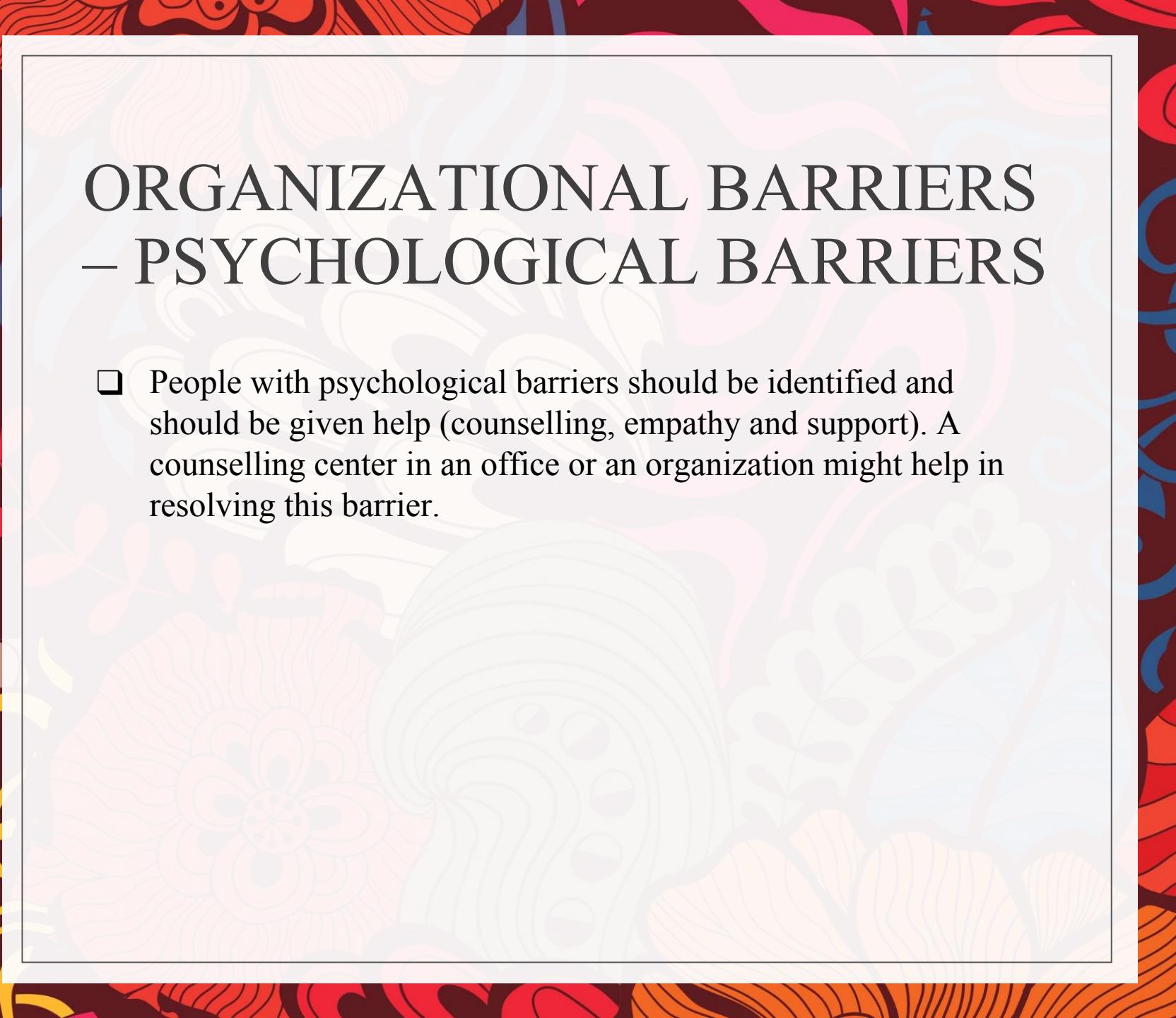


ORGANIZATIONAL BARRIERS – PERCEPTION BARRIERS

- All the messages must be easy and clear.
- Usage of jargons in an unwanted scenario should be avoided
- Usage of bombastic language should be avoided



ORGANIZATIONAL BARRIERS – PSYCHOLOGICAL BARRIERS



- People with psychological barriers should be identified and should be given help (counselling, empathy and support). A counselling center in an office or an organization might help in resolving this barrier.



ORGANIZATIONAL BARRIERS – TECHNOLOGICAL AND SOCIO-RELIGIOUS BARRIERS

- Technologically sound equipment alongside workshops that explains the importance of technology (software/hardware) might help in minimizing this barrier. Updating oneself and helping or growing as a team (teamwork) could resolve this barrier.
- Just like cultural barriers, Socio-religious barriers could be reduced by enhancing one's understanding, empathy and acceptance of the growing multicultural, multiracial and multigender scenario.



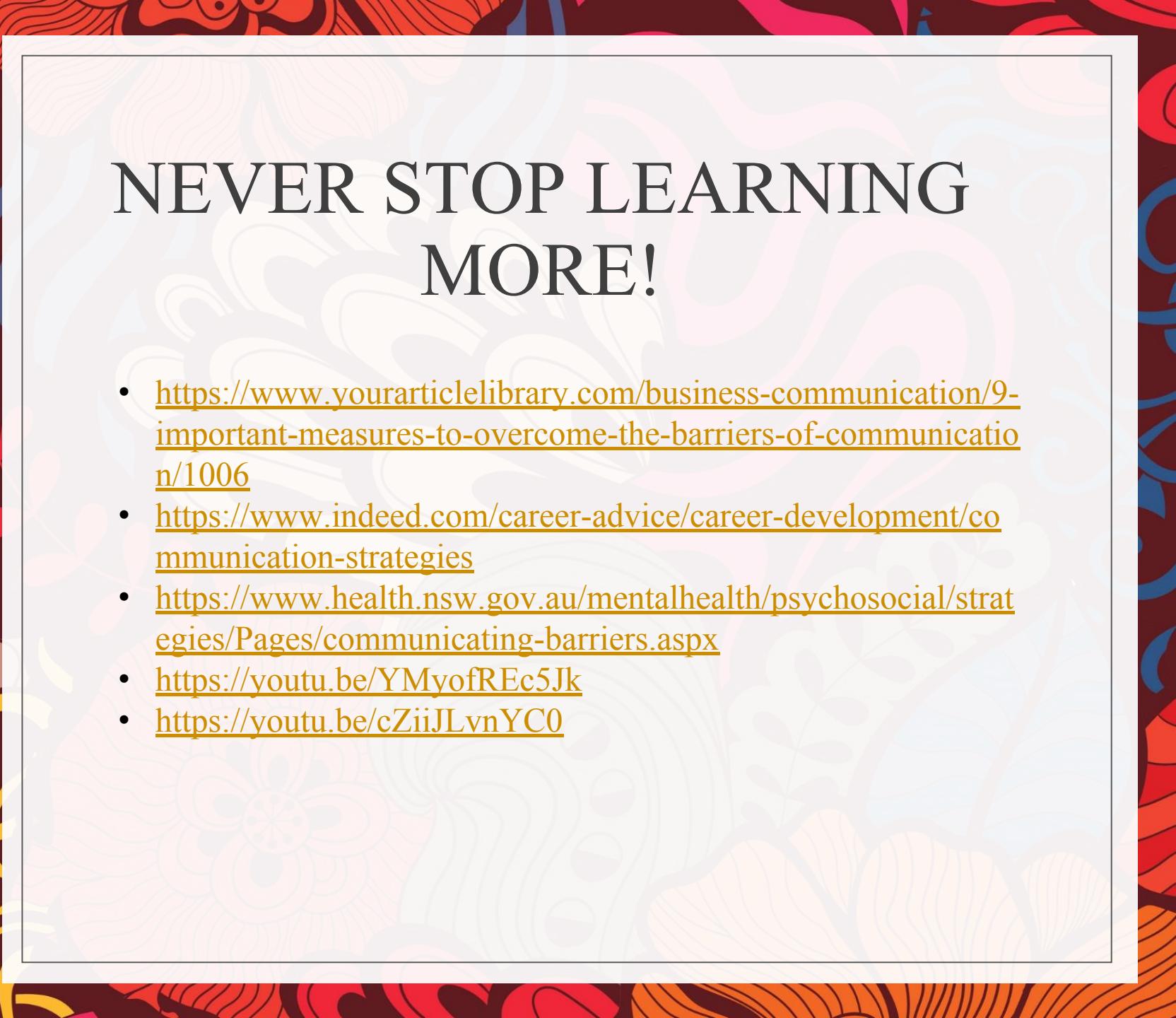
**TIME TO PLAY!
GAME SESSION**



TIME FOR QUESTIONS!



NEVER STOP LEARNING MORE!



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- <https://www.health.nsw.gov.au/mentalhealth/psychosocial/strategies/Pages/communicating-barriers.aspx>
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