

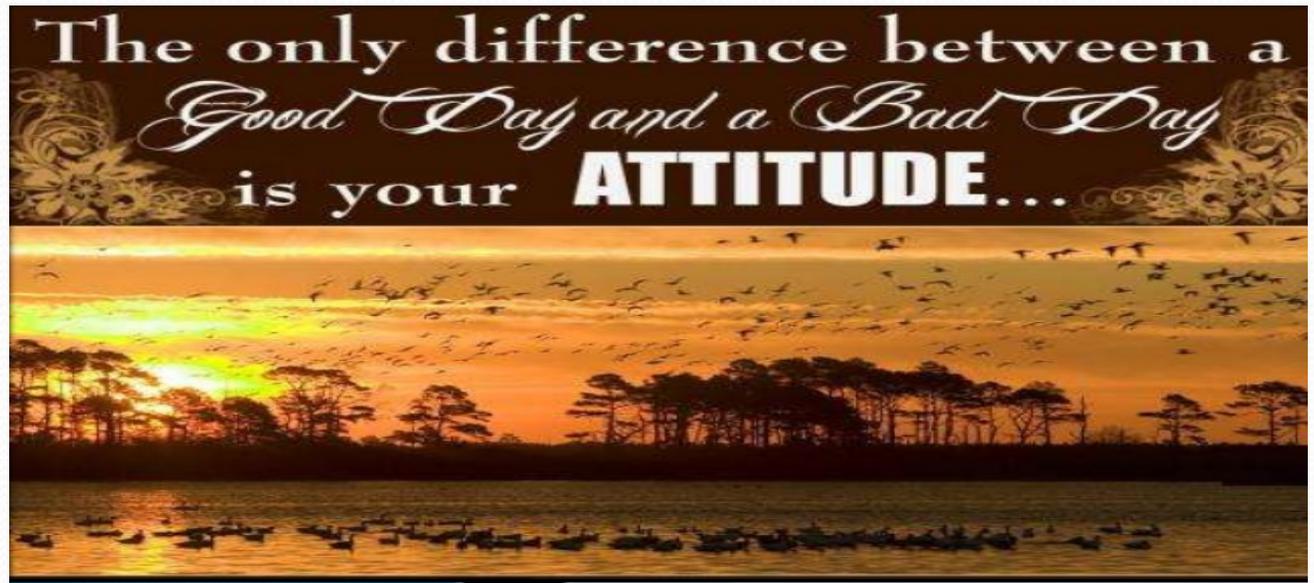
ATTITUDE

“A tendency to respond positively or negatively towards a certain idea, objects, person or situation. Attitude influences an individual’s choice of action and responses to challenges, incentives and rewards”



Attitude Change

1. Classical conditioning: Classical conditioning can be used to create positive emotional reactions to an object, person or event by associating positive feelings with the target object.
2. Operant conditioning: The component consists of the beliefs and information the individual has about the object.



Cont...

3. Listening and thinking: the characteristics of speakers may lead to a temporary or surface shift in attitude.
4. Conflicting belief : people can also change their attitudes when they have conflicting beliefs about a topic.



IMPORTANCE OF ATTITUDE

1. Builds the thinking process: A person who has developed a positive attitude tends to look at every situation in a positive manner.
2. A test of ability : Every individual is faced with challenges big and small. One's attitude showcases whether they are able to face them and live up to the expectations of the situation.



Cont...

3. Taps the potential of the individual: attitudes often allows an individual to take a dip into their own thoughts and tap out one's potential. It gives them the push required to complete a given task at hand.



Needs For Attitude

1. Self control :

self control is the ability to control one's emotions, behaviour and desires in order to obtain some rewards or avoid some punishment.

2. Self discipline :

The attitude helps in achieving self discipline. It is a strong requirement to succeed in life.



Cont..

3. Self confidence:

Self confidence is an attitude which allows individuals to have positive yet realistic views of themselves and their situations.

4. Positive thinking :

The positive attitude leads to positive thinking. It is because of positive thinking people always succeed in life.

**Whenever You get
Pain in your life
Just think about
the full form of PAIN !
(P ositive A ttitude I n
N egative S ituation)**

Cont...

5. Decision making:

The attitude helps a person to approach the problem in appropriate manner and leads to practical solutions.

6. Creativity

Creativity is an attitude. Opportunities for creative expression are extremely important. The attitude helps to develop our abilities to integrate experiences of outside world.

7. Time management :

The right attitude helps in time management. Effective time management result in enhance productivity.



Attitude Components

- Emotional component: The emotional component of attitude describes how the object, person, issue or event makes you feel. Emotions have been described as discrete and consistent responses to internal or external events which have a particular significance for the organism.



Cont..

- Behavioural Component:

The behavioural component describes how the attitude influences your behaviour. It is the outward expression of our emotions



Positive thinking and Positive Attitude

Positive thinking is a mental attitude that fills the mind with positive thoughts, words and images that allow you to grow and gain success in your life.

Positive thinking always expects or anticipates good, favourable and positive results.

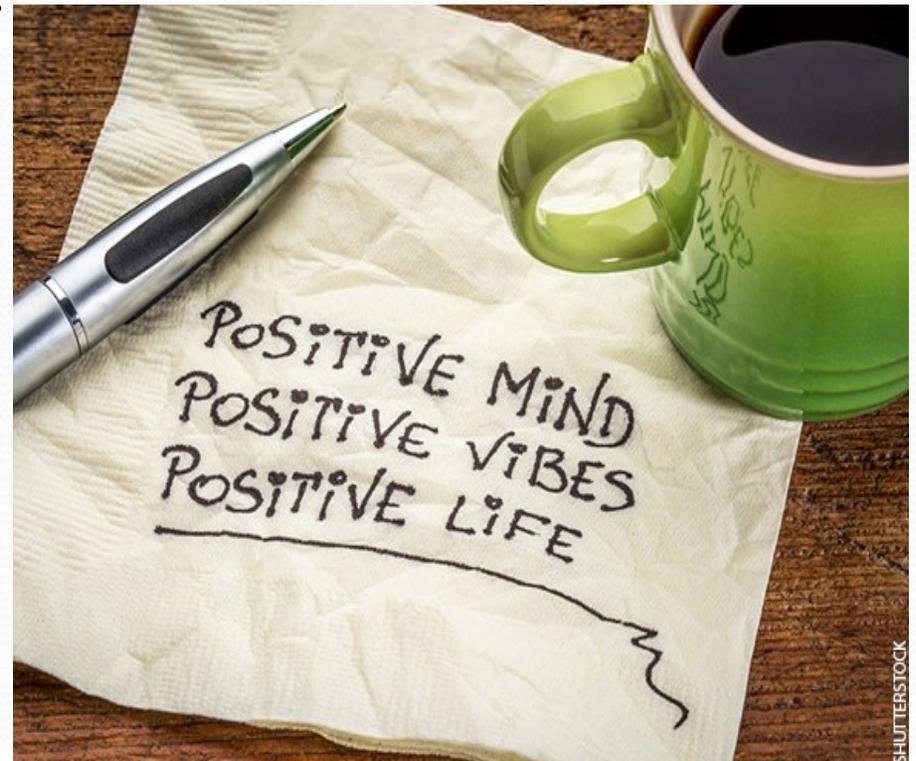


Positive attitude

A positive attitude refers to the ability of an individual to look at the positive details of a given situation.

How to build positive attitude.

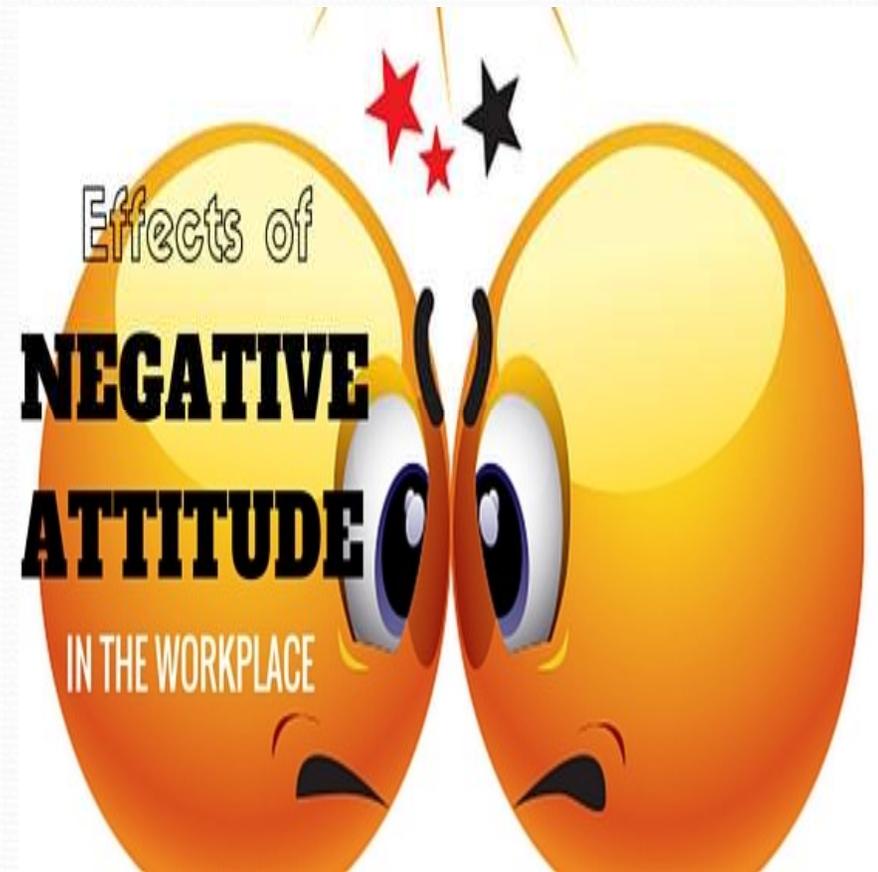
- Think good thoughts
- Look at the brighter side of things
- Take good things from negative criticism
- Believe in yourself
- Make someone smile



Negative Attitude

Effects of negative attitude

- Insecurity
- Lack of belief
- Dislike towards work
- Poor performance
- Difficult to work in a team
- Develop stress
- Creates unpleasant future
- Harmful to other people
- Creates negative circumstances



MEASURES TO OVERCOME NEGATIVE ATTITUDE

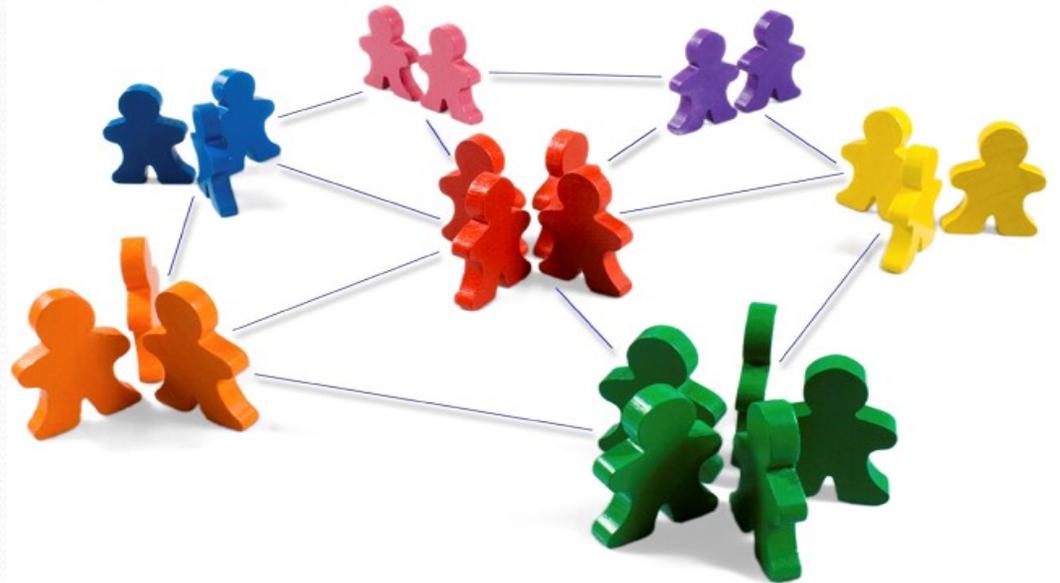
1. Self monitoring
2. Selection/De-selection
3. Professional guidance
4. Changing environment
5. Learn an art
6. Take responsibility
7. Help someone
8. Read positive quotes and thoughts



INTERPERSONAL RELATIONSHIP

Interpersonal relationship refers to a strong bonding among individuals working together in the organization.

A strong bond between two or more people refers to interpersonal relationship.



SIGNIFICANCE/IMPORTANCE OF INTERPERSONAL RELATIONSHIP

- It helps to reduce stress.
- It creates a pleasant working environment
- It helps in decision making
- It helps to have positive culture in an organization
- It helps to reduce the conflicts
- It motivates to perform better
- It helps in team building



FORMS OF INTERPERSONAL RELATIONSHIP

- Interpersonal relationship can exist between the individuals working together in the same organization.
- It can be between people working in the same team.
- It can be with family members.



Cont..

- Interpersonal relationship can be with relatives.
- It can be between friends.
- It can also develop in a group for ex: the relationship of students with their teacher.



REQUISITES OF GOOD INTERPERSONAL RELATIONSHIP

- Individuals in an interpersonal relationship must share common goal and objectives
- They should have similar interests.
- They should have similar thinking.
- Individuals in a interpersonal relationship must respect each other's views and opinions.
- It is important for an individual to be honest to maintain good interpersonal relationship

Cont...

- Trust is a vital element in building interpersonal relationship.
- Compromise and look out for positive outcome.
- Work for every ones benefit



TIPS TO IMPROVE INTERPERSONAL RELATIONSHIP AT WORKPLACE

- Be professional at work place
- Avoid interfering in others task
- Do not spread baseless rumours at workplace
- Communicate correct information to others
- Do not share all your secrets with your co workers
- Avoid personal tensions at work
- A team leader should not scold any of his team members in front of others
- Stay away from nasty politics at workplace.

TIPS TO ENHANCE INTERPERSONAL RELATIONSHIP

- Non verbal communication
- Listening skills
- Gain trust
- Interact regularly
- Communicate appropriately
- Show respect
- Avoid arrogance and jealousy



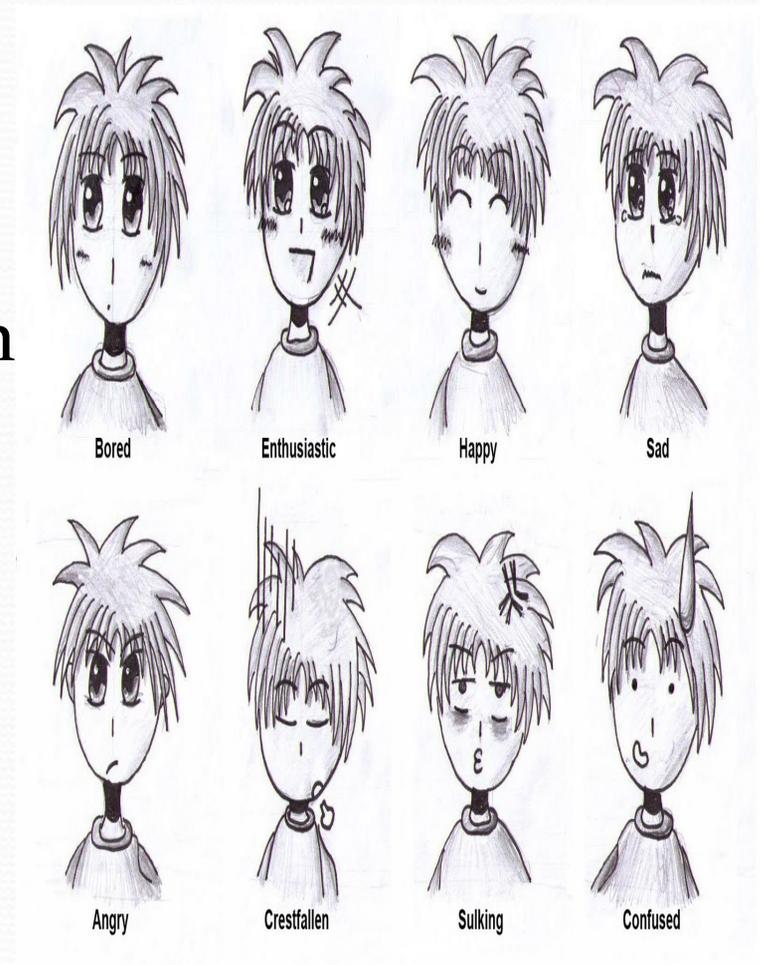
EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to identify, use understand and manage emotions in positive ways to relieve stress, communicate effectively overcome challenges and defuse conflicts.



IMPORTANCE OF EMOTIONAL INTELLIGENCE

- Self confidence
- Self improvement
- Self awareness
- Adapt to changing environmen
- Social awareness
- Relationship management
- Stress management
- Leadership quality



THE EFFECTS OF EMOTIONAL INTELLIGENCE

- Performance at workplace
- Health issues
- Impact on mental health
- Relationships building
- Control anger
- Self motivation
- Effective communication