

Basic communication skill

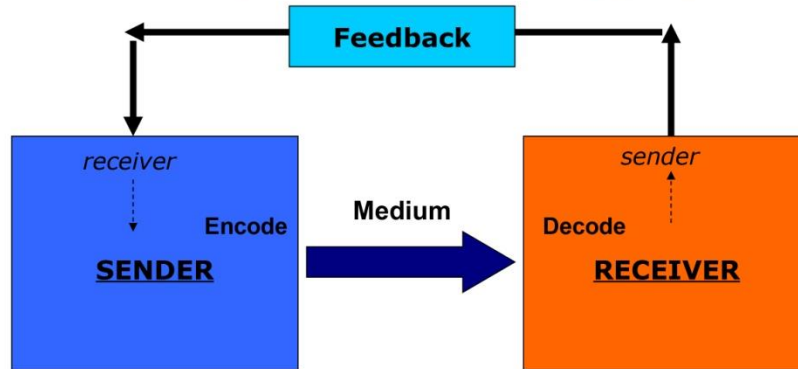
Zayar Hlaing

Editor

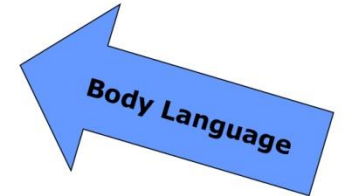
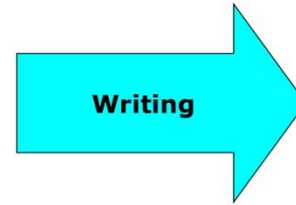
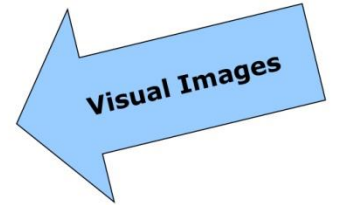
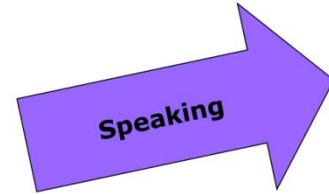
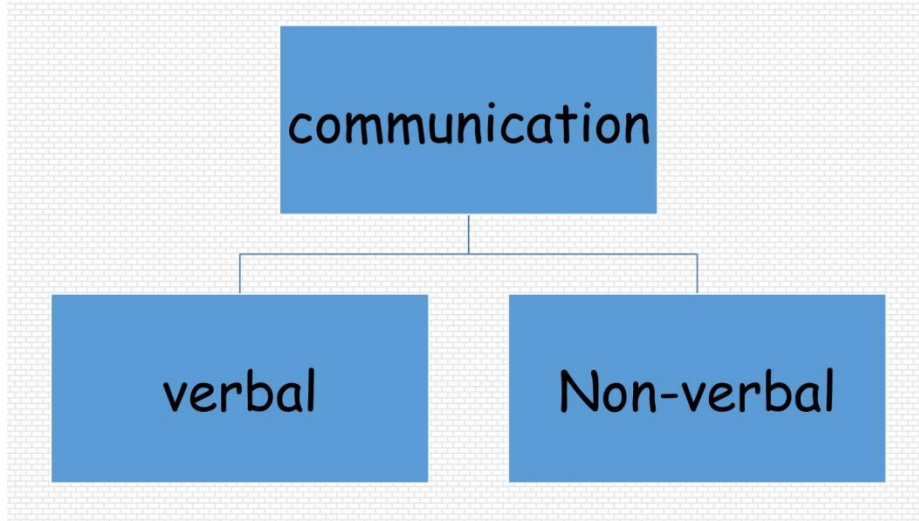
Mawkun magazine

What is communication?

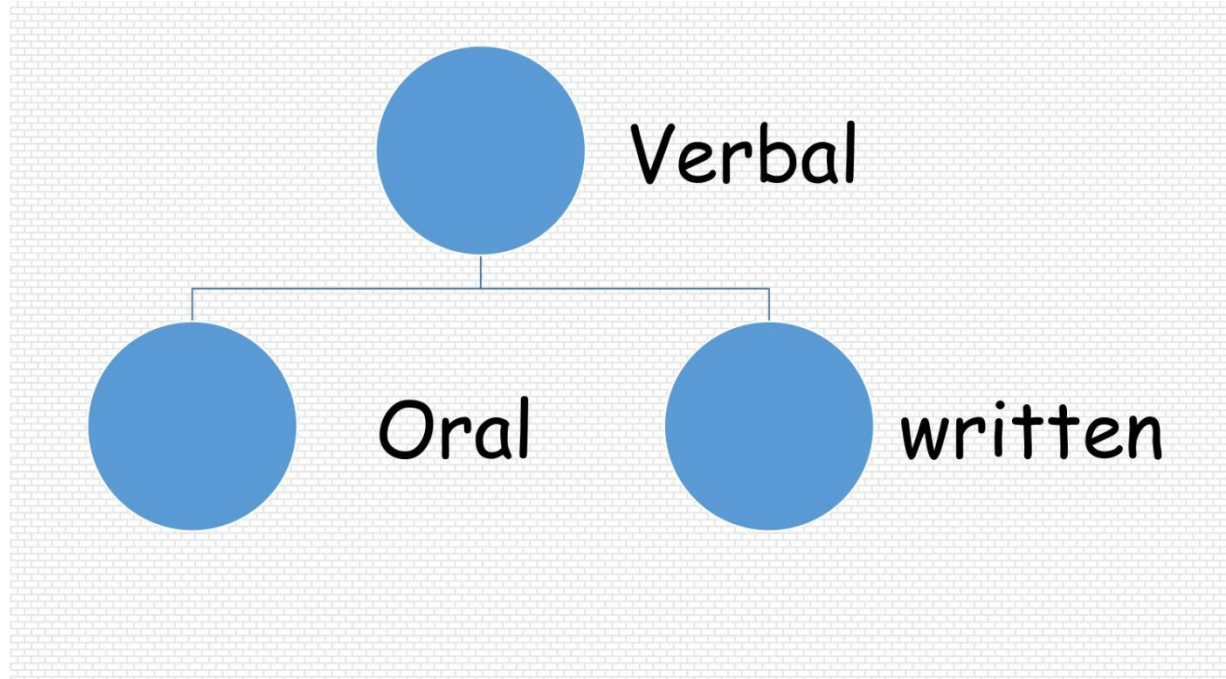
- အချက်အလက်၊ အတွေးအမြင်၊ စိတ်ခံစားမှုတွေကို လူအချင်းချင်းဆက်သွယ်ပေးပို့ခြင်းနှင့် လက်ခံရရှိခြင်းဖြစ်စဉ်



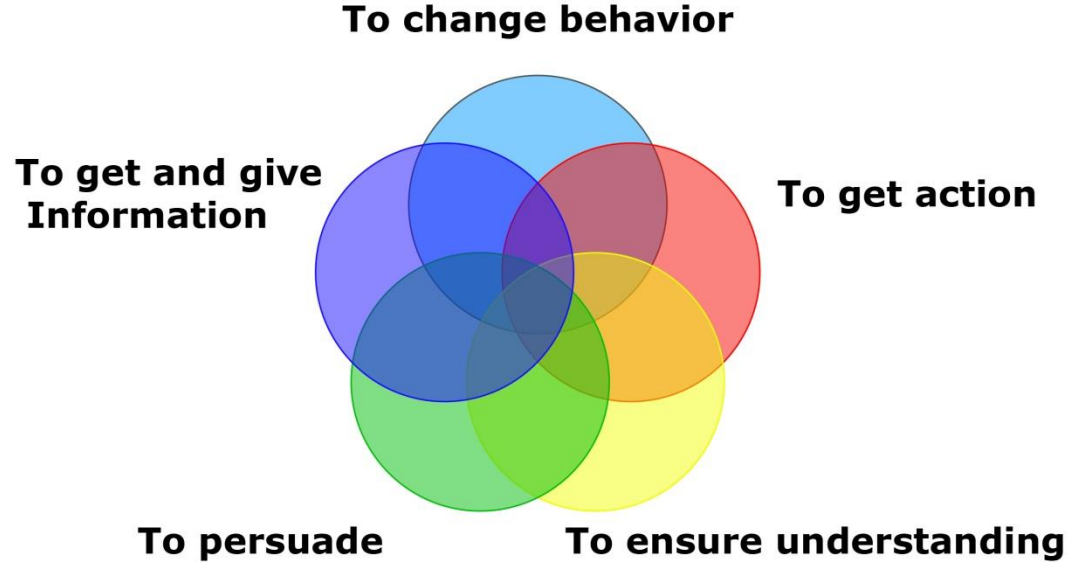
Means of communication



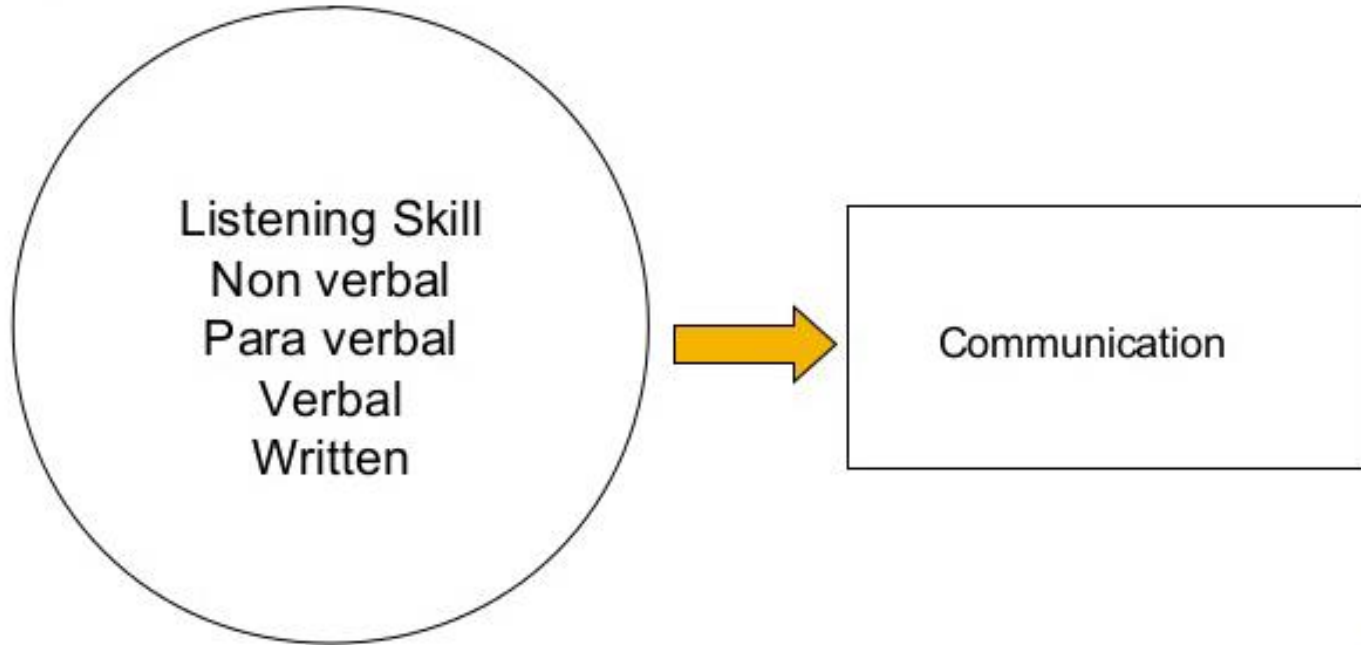
Verbal communication



Communication Goals



Communication skills



Paraverbal

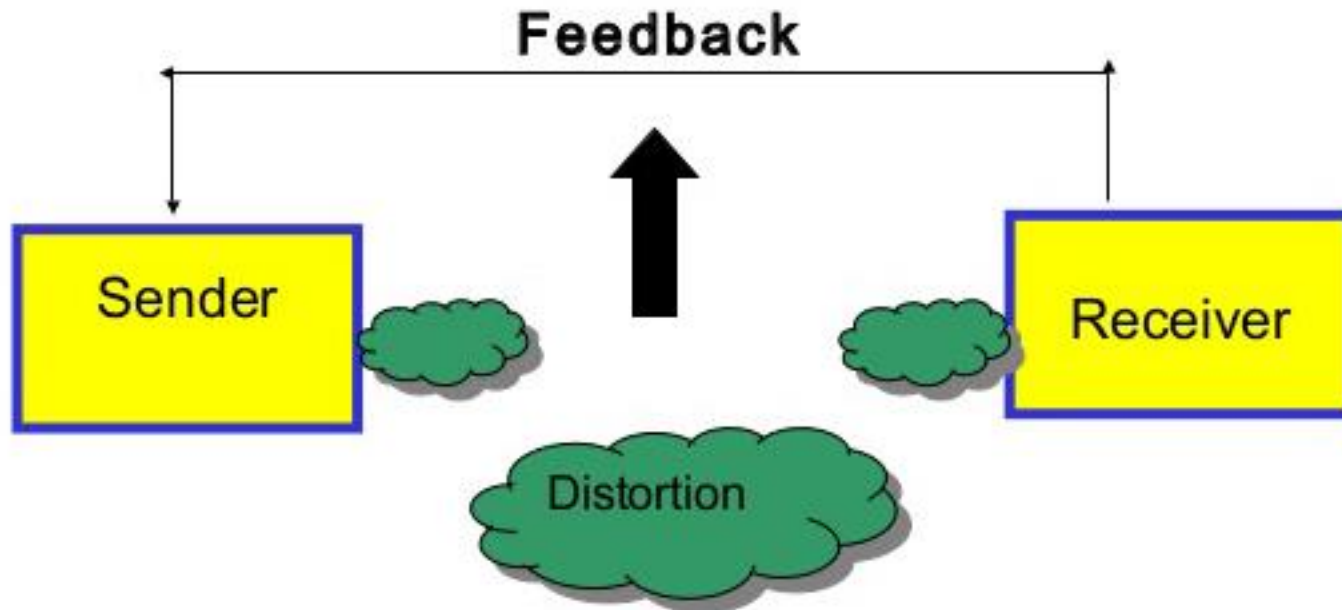
- လေယူလေသိမ်း၊ အသံအနိမ့်အမြင့်၊ အဖြတ်အတောက်၊ အတိုးအကျယ်

"I didn't **SAY** you were stupid."

"I didn't say **YOU** were stupid."

"I didn't say you were **STUPID**."

Barriers to Communication



Barriers to Communication

- Emotional or Psychological barriers
- Environmental barriers
- Attitudinal barriers and false assumption
- Socio culture differences
- Lack of knowledge
- Multitasking while ‘listening’

Good communication

- Eye contact
- Physical attention
- Do not change topic
- Confirm understanding
- Ask questions to clarify
- Body language (show Vs tell)
- Gestures and expressions

Question or Comments!!