

Soft Skills

Skills not taught in schools

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EMESCO

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1. Attitude is Everything

*It is the ATTITUDE not the APTITUDE that determines
the ALTITUDE of the person in the life*

- Jessie Jackson

In a small village in the valley, lived a man who was always happy, kind, and well-disposed to everyone he met. He always smiled, and had a kind and encouraging word to say whenever necessary. Everyone who used to meet him felt better, happier and elated. People regarded him as a great friend.

One day a villager asked him, “What is the secret of your behaviour and how do you manage negative emotions and always be so kind and helpful.” Then the man replied “When you make peace with yourself, you can be in peace with the rest of the world. If you can recognize the spirit in yourself, you can recognize the spirit in everyone.

Our body is like a computer, and the brain is hardware, thoughts are software. The computer works as per the programmes that are in the software. In the same manner if your thoughts are under your control, you become strong and firm. Your habits and thoughts are the

tools and programs that control your personality. Become free from being negative programmed, and then the inner good and happiness that resides within you will be revealed.”

No matter how many resources we have, no matter how rich we are, we will never achieve our goal until and unless we develop a positive mental attitude. Attitude is the only positive way to guarantee the outcome of our goals to achieve success.

Most of the clients I meet in my office perceive themselves as not much capable of higher studies. Some of them even believe they are not worth of doing anything as they belong to a rural background and are not intelligent like the urban guys and girls. When I was in my teens I too had the same feelings until I read a book ‘How to stop worrying and start living’ by Dale Carnegie. This book helped me to convert my negative mental attitude into a positive mental attitude.

Thomas Jefferson said “Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude” In my counseling sessions to students I teach them exactly the same and I advise them to follow these 3 important steps to update and change their attitude for a better future.

Affirmation

The positive self-suggestions are known as Affirmations. These affirmations are very powerful weapons to develop positive attitude. These affirmations are given in this book at the end.

Usually we tend to give negative suggestions to our subconscious mind as we are living in a world of uncertainty. Affirmations repeated several times each day, serve to re-program our subconscious with positive thinking. An affirmation is made up of words charged with power, conviction and faith. Once you send an affirmation and aspire well, the universal power conspires with your sub conscious mind and inspires your conscious mind to jump into action and make it happen. When it is done properly, this triggers positive feelings that, in turn, drives everything in a positive manner.

WOW

Watch our words. Nobody can make you feel inferior without your permission. What we speak reflects what we believe about ourselves. If we find ourselves speaking negatively and discouragingly about our circumstances, it is time that we need to change our attitude and alter the way we think and communicate. Positive attitude talk is a way to override your past negative programming by erasing or replacing it with a conscious, positive internal voice that helps you face new challenges.

The Power of Visualization

In the counselling sessions the therapists teach the techniques of visualization through hypnosis, yoga and other meditation exercises to visualise success and positive mental attitude. The average student visualises that he is receiving a gold medal; an average athlete performs excellently and receives a medal and so on. Nelson Mandela has written in his autobiography extensively on how visualization helped him maintain a positive attitude while being imprisoned for 27 years. "I thought continually of the day when I would walk free. I fantasized about what I would like to do when free. Visualization helps us either consciously or subconsciously to enhance and focus our skills. That will help us to develop a positive mental attitude.

Attitude is everything that our success or failure depends upon. Successful men act as though they have accomplished or are enjoying something. Soon it becomes a reality. Act, look, feel successful, conduct yourself accordingly, and you will be amazed at the positive results.

Attitude

The scorpion and the frog story

Once upon a time a scorpion wanted to cross a river. On the bank he saw a frog and asked if the frog would give him a ride to the other side.

“Oh no,” says the frog, “If I carry you on my back you will sting me.”

“But why would I sting you when we would both surely perish,” replied the scorpion.

The frog eventually conceded that the scorpion had a point, and agreed to the request.

Half way across, the scorpion stung the frog, and they both began to drown.

“But why did you break your word and sting me, knowing it would be certain death for us both?” cried the frog.

“Because it is in my nature.” said the scorpion.

The greatest discovery of all-time is that a person can change his future by merely changing his attitude

- Oprah Winfrey