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Personality Development Through Communication Skill.

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In this World, no two individuals are the same. Every individual has been endowed with distinct personality this own characteristic way of behaving, responding to emotions and perceiving the things and world around him. You might like going out for parties but your friend may prefer to relax at home going through his/her favourite book. Here comes the role of personality. What an individual sees in his childhood days and very specifically his/her growing days from his personality. Hence personality is nothing but aggregate conglomeration of memories and incidents in an individual's entire life span. In a layman's language how we behave in our day to day lives reflects our personality. Personality being the condition of being a person is the sum of qualities and disorder of character of behaviour. Personality is the collective and enduring pattern of thinking, feelings and behaviour and encompasses nearly every aspect of human experience. Subsequently, our personal masquerades have an indelible impact on our well being and personality development enhances and grooms the outer and inner self of a person. Personality development with communication skill plays an essential rote not solely in an individuals professional, but personal lives too. Saying what you mean sounds so simple. But we all too often try to communicate and get lost in translation despite our best intentions. Consequently, misunderstandings, frustration and conflicts ensue.

Fortunately, we all can learn how to develop our personality with effective communication skill to communicate more clearly and effectively to enable ourselves to connect with others. Communications is not merely confined to exchange of information. It is a deliberate or unintentional transfer of knowledge. Every Second of life people are communicating either verbally or non verbally. It has been assumed that facial language contributes 55% total communication, 38% Para linguistic and 7% spoken language. Being a two way street, it is more than the composition of words a combination of set of skills including non-verbal communication, engaged listening managing stress in the moment, the ability to communicate assertively and the capacity to recognize and understand your emotions and those of person you are communicating with Effective communication is the glue that helps you deepen your connections to others. Effective communication is a learned skill, it is rather, more effective when it's spontaneous rather than formulaic. Effective communication skill plays an integral role in having one's personality.

Not all people are blessed with excellent communication skills. They acquire the same with time and practice communication rarely matters level and type of

personality. Unless people develop or sharpen an effective way of communicating to outsiders or give an excellent exposure there are always lags in their personality development. One's attitude, behaviour and personality can be noticed and evaluated by the communication skills he possesses. So personality development occurs only when his potential becomes compatible to real output he makes.

- **Personality and Communication:**

Undoubtedly, there are numerous factors that contribute to the development and shaping of a personality as heredity, environment, child rearing gender difference and in few cases certain unique situation certain Genetically inherited physical and mental capacities have an impact on how others see you and subsequently how you see yourself. Environment affects imbibing of values, beliefs and expectations due to socialization. Good rapport with others as children grow will enable them to receive message from caregivers and other adults as to what is appropriate for them. So if a person aspires to remove the evil effects of some bitter experiences she/he has to communicate, get counselling to uplift one's spirit. Communication is a medium upon which anyone's personality is reflected. With the help of communication now anybody can develop winning personality and change his or her future as in every aspect of our life, a good personality holds a great value. Whether you are a blowing or budding professional, an established career person, or perhaps a home maker. Therefore, by following these you can kill two birds with a single stone: **improve your speech and develop your personality.**

Following are the Key strategies to improve communications:-

- **Be an engaged listener.**

Effective communication is less about talking and more about listening. Listening well does not merely mean understanding the words or the information being communicated, rather understanding the emotional/intentional of the speaker.

When one truly listens, he/she is engaged with what's being communicated you'll hear the subtle intonations in the speaker's voice.

Communicating by being a keen listener lowers stress and supports physical and emotional well being for this.

- **Have a complete focus on the speaker,**

His body language, tone of voice, and nonverbal clues as tone of voice conveys emotion, so if you are thinking about other things, checking text messages or doodling, you are almost certain to miss the nonverbal cues and emotional content behind the words being spoken, so stay focussed.

- **Favouring your right ear**

Can assist your better detect the emotional nuances of what the communicator is saying it will be easier to pick on the higher frequencies of human speech that contains the emotional contents of what's being said.

- **Set Aside Judgements :**

The most difficult communication when successfully executed, can lead to most unlikely and deep connection with someone.

- **Avoid repeating the speaker's vibration by saying :-"Is this what you mean".**

- **Being Attentive to non-verbal cues:**

Developing the ability to understand and use non-verbal communication can help you connect with others and express what you really mean, navigate challenging situations and build better relationships at home and work.

- **Open body language:**

Arms uncrossed standing with an open stance or setting on the edge of your seat can effect communication. Rather adjust your non verbal cues according to context.

- **Staying Calm under pressure:-**

Bringing your senses to the rescue and wrapping up with a summary with a sense of humour can prove you to be a personality possessed with good communication skill. Effective communication is about understanding the other person not about winning an argument or forcing your opinions on others. For this, express your negative thoughts positively and accept complements graciously and receive your feed back.

- Identify your trouble spots.

- Do quickly run out of things to say ?

- Aim reluctant to talk about myself.

- Practice your newly acquired assertiveness skill by saying the same statement about yourself. Remember assertiveness & like any new skill requires time and practice..

Common communication to avoid at all cost.

So communication can make or break our world. Bad communication leads to broken relationships and it is also a part of reason why we don't have world peace. Following are the few communications mistakes that can be omitted with good practice.

- **Not giving Eye Contact:** How many of us are guilty of starting at our phone when someone is talking to us. So why not like by golden rule and give other people the same courtesy we ourselves want to be given.

- **Interrupting** : It's not a very nice message when say. "What I have to say is more important than what you have to say"

- Making Assumptions Prior to hearing complete message.

Don't do that We dislike people make assumptions about what we say, so don't do that to other people either.

- Attacking Other's character instead of what they say. Don't tear people's self-esteem down rather Build them up.

- Letting the things district you, phone, attitude, Judgments distract us from paying attention. So Be Mindful when given into these distractions.

- Availing Using 'We' Language. People speak with 'me' Vs 'you' language. Stern need to reframe and perceiving yourself as a part of team.
- Attempting to Win an argument: Acknowledging our mistake does not give away our power. It shows our honesty.

Conclude, communication is at the core of almost every thing we do. If we want to build better personality with good communication skill, a good first step is identifying and availing these common problems.

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