

Keep Moving
Movement

2021

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Session 3



COMMUNICATION
is my **SUPERPOWER!**





Part: 1

2 mins

Communication is all around us

Which song is your favorite? Why?

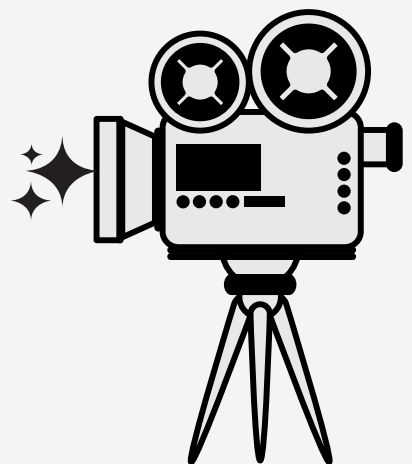
Mine is...."Teri Mitti mein mil jawaan..." It creates in me tremendous patriotism. Every time I hear that song, I wish to do something for the country.



Any movie that you love?

I love the Ocean's 11/12/13/8 movies - George Clooney, Brad Pitt, Matt Damon, Julia Roberts, all of them in one movie. Slick editing, great music, fantastic dialogues. It tells me two profound things.

- Never panic.
- Always plan ahead of your competitors.



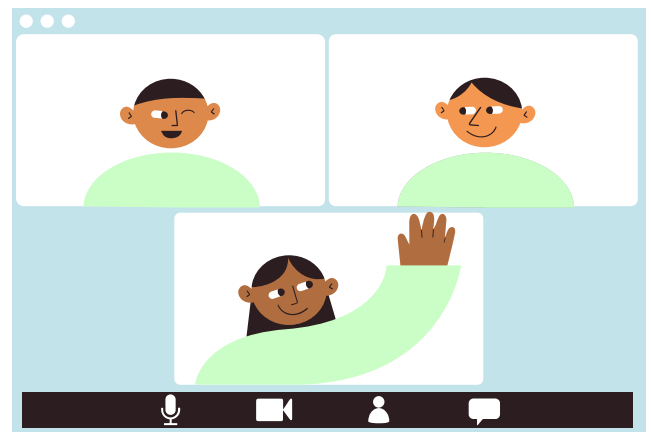
Movies and songs are different channels of communication



Do you know we communicate ALL the time?

For example,

- When your camera is ON, you are communicating something.
- When it is Off, you are communicating something.
- When you share your thoughts you are communicating.
- When you do not share you are communicating.





Part: 2

2 mins

Do you think communication is IMPORTANT? Why?

- If we want to interact with a friend, do you need to communicate?
- If you need help, do you need to communicate?
- If you desire to eat a food of your choice, lets say, Pav Bhaji, do you need to communicate?
- You wish to make friends, do you need to communicate?
- You wish to play / travel, do you need to communicate?

KMM is largely communication, isn't it?

Imagine, the teacher sitting in front of the screen and the students sitting in front of the screen without communication.

- Teaching, learning is communication.
- Can you imagine a life without communication?
- What kind of a life would it be?



Part: 3

6 mins

What are the different types of communication?

There are four types of communication: verbal, nonverbal, written and visual. While many situations use one singular type of communication, you may find that some communications involve a blend of several different types at once. For example, sending an email involves only using written communication, but giving a presentation can involve all four types of communication.



**Verbal
Communication**



**Non-verbal
Communication**



**Written
Communication**

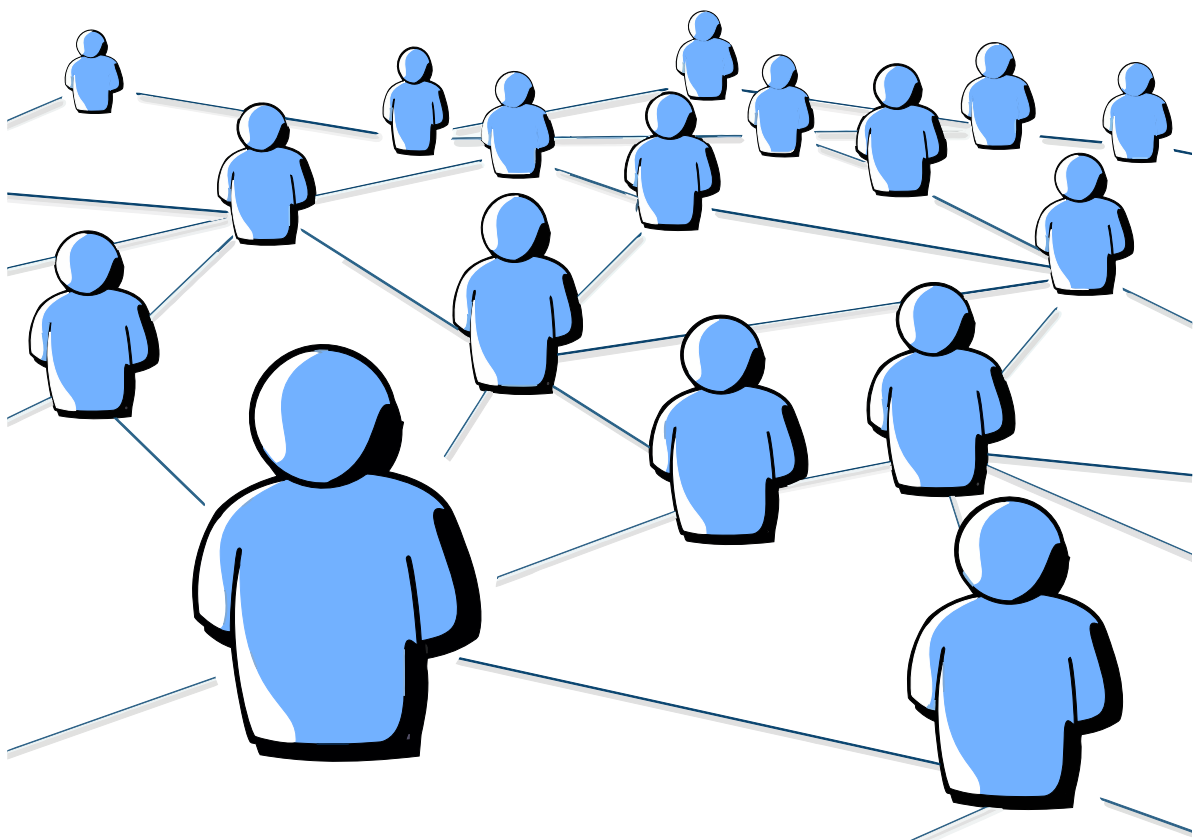


**Visual
Communication**



Verbal Communication

Verbal communication is the most common type of communication. It involves the use of spoken words or sign language to share information. Verbal communication can either happen face to face or through other channels, such as mobile phone, radio and video conferencing. Right now, we are experiencing verbal communication.





Non-verbal Communication

Nonverbal communication involves passive communication through the use of gestures, tone of voice, body language and facial expressions to share your thoughts and feelings. You even communicate non-verbally by the way you dress. Nonverbal communication often supports and adds to verbal communication. For example, the tone of your voice and your posture can reveal your mood or emotions to those around you.





eg. I have my first crush. I invited her to a restaurant. If I am sitting with my back to the wall and looking around the hotel, my interest is less in her. I am telling the whole world, see I have a girlfriend. If I sit facing the wall, my whole focus is her, it means my interest in her is high. The way I am sitting is communicating my focus and interest.

Someone says a Hi to me. I reply with a hi. How I reply makes a difference. The non verbal cues are different. (Demonstrate - Different kinds of reply to a 'hi')





Written Communication

Written communication includes communicating through letters, text messages, emails, social media and books. Businesses may prefer written communication because it has fewer chances of distortion. For example, exams are largely written forms of communication.





Visual Communication

Visual communication uses graphs, charts, photographs, maps, and logos to share information. It is mostly used in combination with verbal or written communication in order to simplify the information. For example, using slides and flow charts during a presentation makes it easier for the audience to grasp complex data.



The pdfs we share are visual communication, isn't it?



THE POWER of Communication!

To be a CHAMPION in communication, be a champion in ALL FORMS of communication.

When you are a master in communication, YOU make things happen. If you are weak in communication, things happen to you. We are not leaders, we become followers.





Part: 4

14 mins

Communication has scope for...

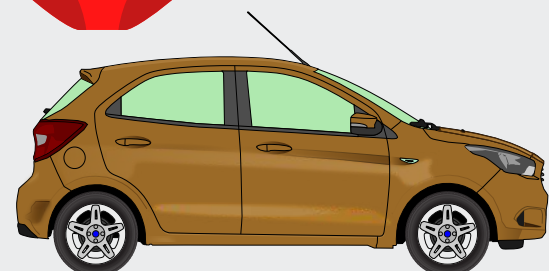
Comedy (3 mins)

- Let's Rock mannn
- Lets hang out
- My father shaves 2 a day. Strange isn't it? There is nothing strange about it. My father shaves at least 20 times a day. Whaaaaaattttttt?



Misunderstandings (2 mins)

- Doosra hath toh aane de
- WhatsApp auto correct
Ford Endeavor= Red Underwear





Inspiring People (6 mins)

- Volodymyr Zelenskiy - Ukraine President
- Netaji Subhash Chandra Bose
- South Africa and Australia - Jacques Kallis

"I really do not want my pictures in your offices, for the President is not an icon or an idol. Hang your children's photos instead, and look at them each time you are making a decision." - Zelensky, Ukraine's New President



(3 mins)

Any experience in your life where communication played an important role?

We had lost hope in humanity. You have rekindled it.



Part: 5

7 mins

What are the barriers to communication?

FEAR of loss
FEAR of hurt
FEAR of getting rejected.



Assumptions

They won't agree.
They won't listen.
They don't like me.
Koi fayda nahi hoga.



Solution

Act out of desire to gain and not out of fear of loss.
The beggar asked the king -"Will you give me your elephant?"





Part: 6

10 mins

Some Tricks



Tone is as important as words - I did not say I ate that banana

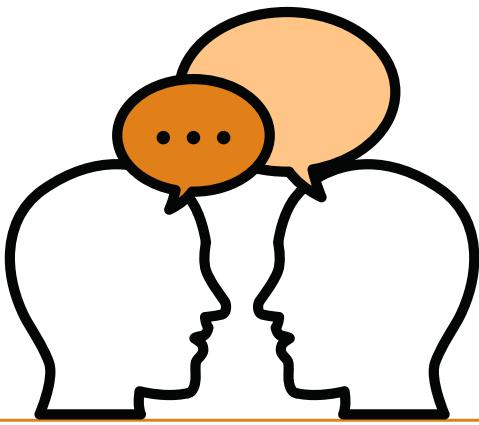


Positive communication creates a deeper impact than negative communication



Your most important communication happens with yourself





How we communicate largely determines what we experience in life. It influences how much money we make, every relationship we have and where we go in our career.

Our income will be limited if we are unable to pitch our product to a client, ask for a desired salary in an interview or request a raise from management.

On the other hand, the depth of our relationships will be constrained if we don't have the confidence to approach new people or have the ability to resolve conflict and express ourselves.

Communication should never be your weakness.
Make communication your **SUPER POWER**



Part: 7

2 mins

Brain Tattoos

