



Aleksandra
Zielazna-Pawlukiewicz

Effective communication with student

part 4



Effective communication with student

part 4

Course Outline

- Module one
30.11.2021 g.17:00-19:00
- Module 2
07.12.2021 g.17:00-19:00
- Module 3
09.12.2021 g.18:00-20:00
- **Module 4**
14.12.2021 g.17:00-19:00



Effective communication
with student

part 4

Presentation Agenda

- Small talk
- Flash back
- Assertiveness definition
- UFO
- FUKO
- Foundations of proper communication
- Homework
- Surprise





Effective communication with student – part 3

Attribution failure

:)





12x37

FAST BRAIN

SLOW BRAIN

ASSERTIVE COMMUNICATION



ASSERTIVE COMMUNICATION

*Freedom of self-expression
while respecting the freedom
of another human being.*

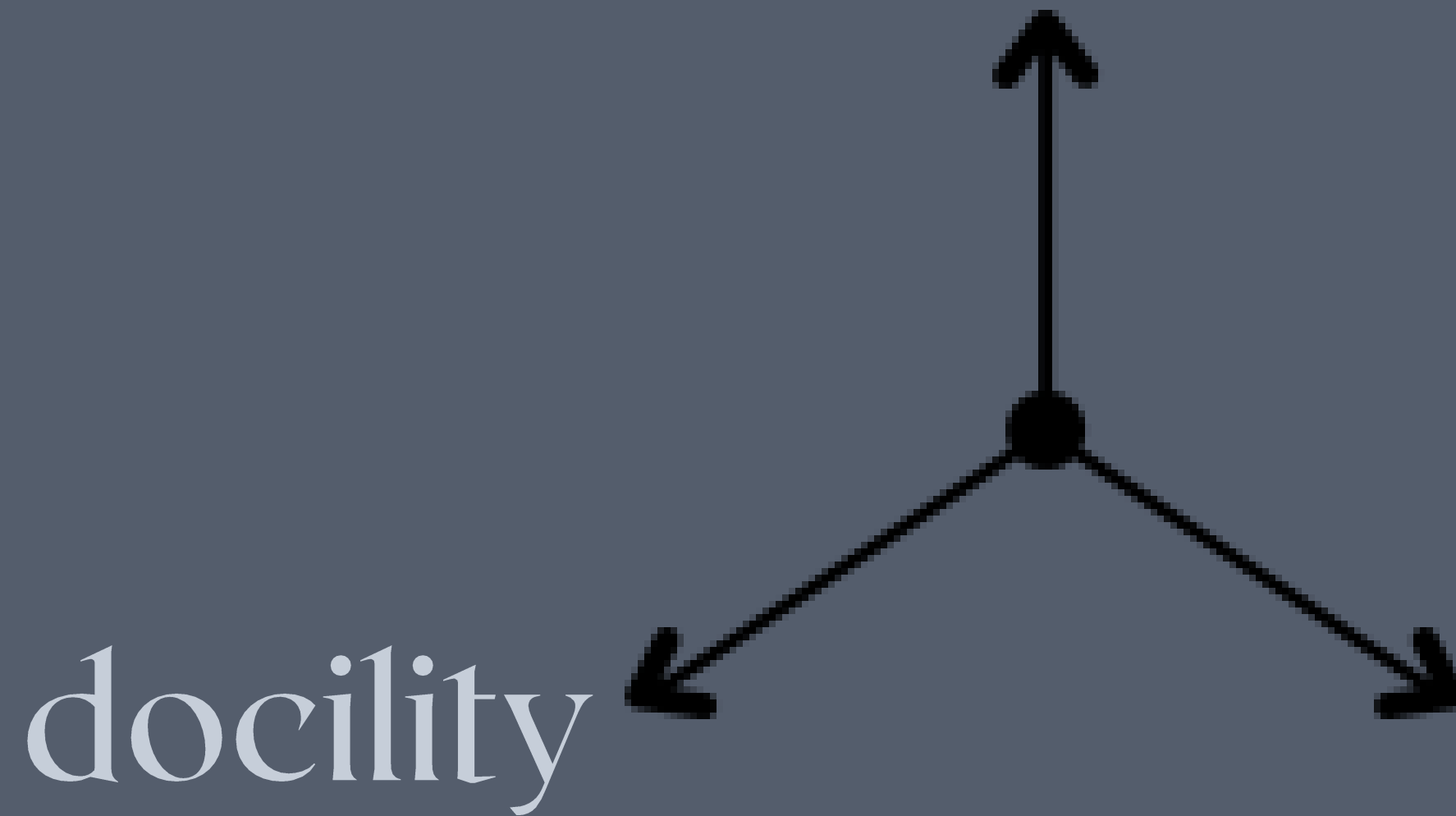


ASSERTIVE COMMUNICATION

Freedom to express your beliefs
without intending to hurt another
person.

Kamila Rowińska

Communication axis



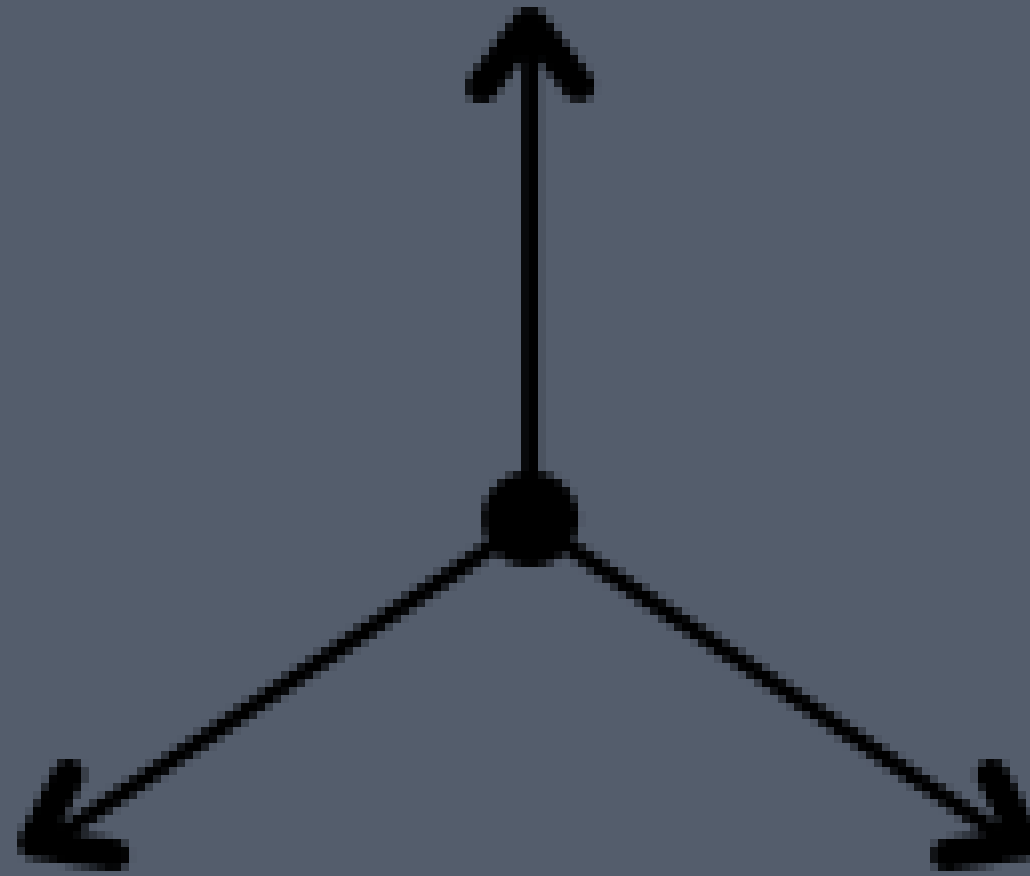
Docility

*When you respect
other people's feelings
more than your own*

Communication axis

agresion

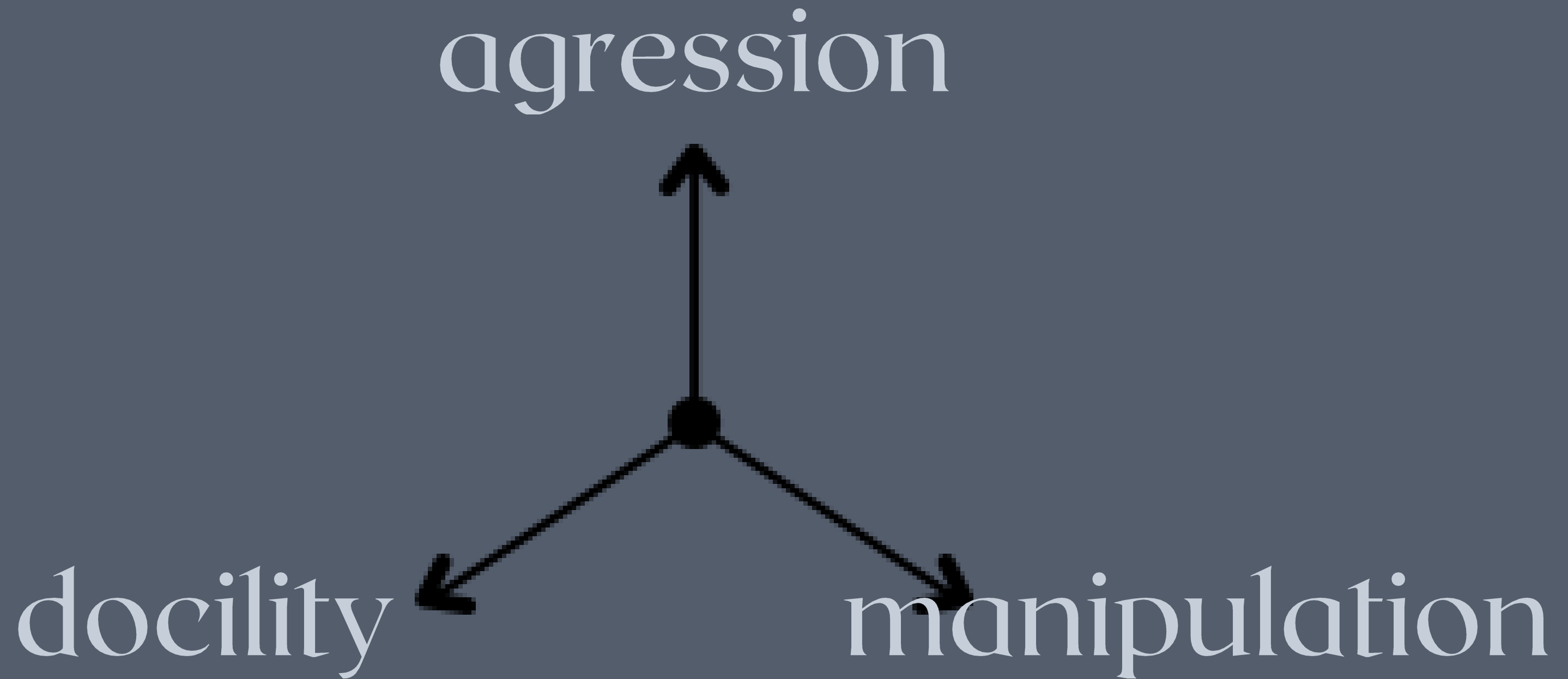
docility



Agression

*When you respect
only your own feelings
and don't respect
other people's feelings*

Communication axis



Manipulation

a form of influencing
people in such a way
that it unconsciously and willingly
pursues the manipulator's goals

Effective communication with student – part 4

Communication axis



Assertivness

What do you need to stay assertive?

Mission

Values

Emotions

Effective communication with student - part 4

Training makes masters



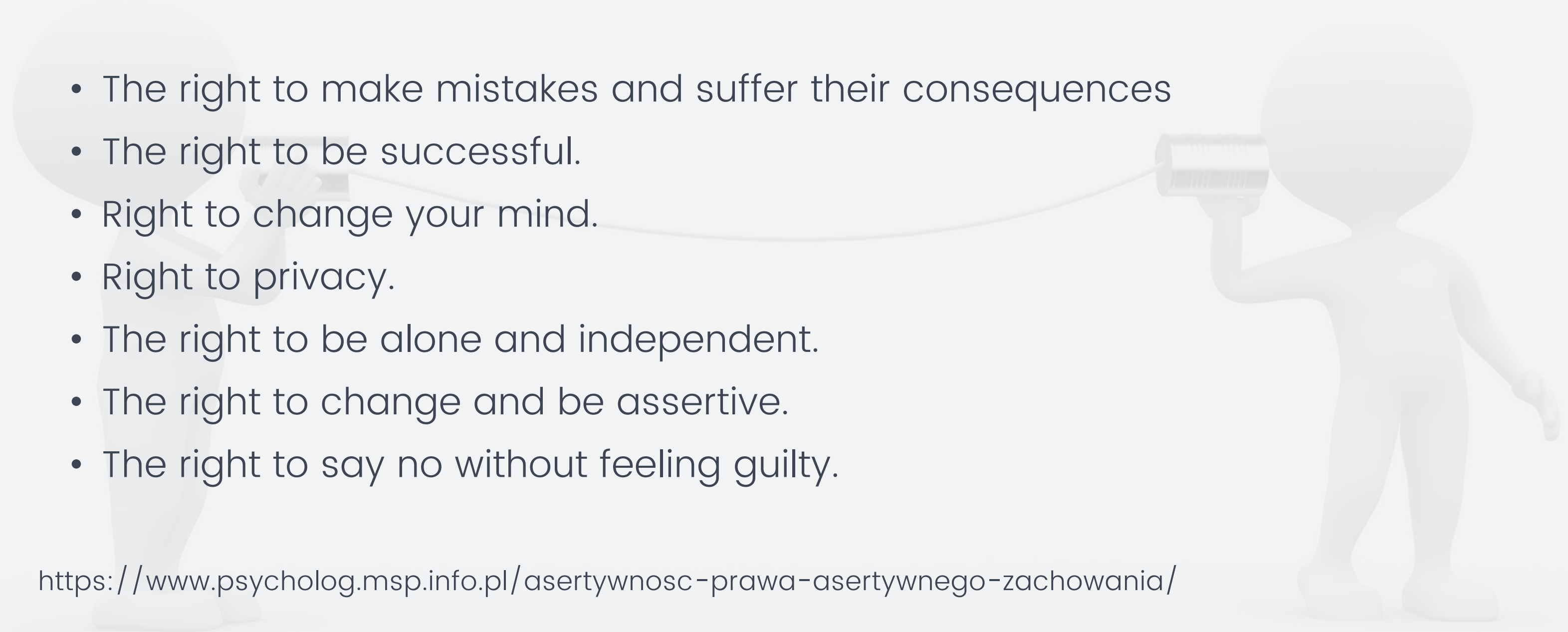
HUMAN RIGHTS IN COMMUNICATION

- The right to demand what we want
- The right to own opinion, feelings, emotions and to express them appropriately.
- The right to express opinions that do not have a logical basis and that we do not need to justify (for example, intuitive thoughts and remarks)
- The right to make your own decisions and deal with their consequences
- The right to choose
- The right not to know or understand anything

HUMAN RIGHTS IN COMMUNICATION

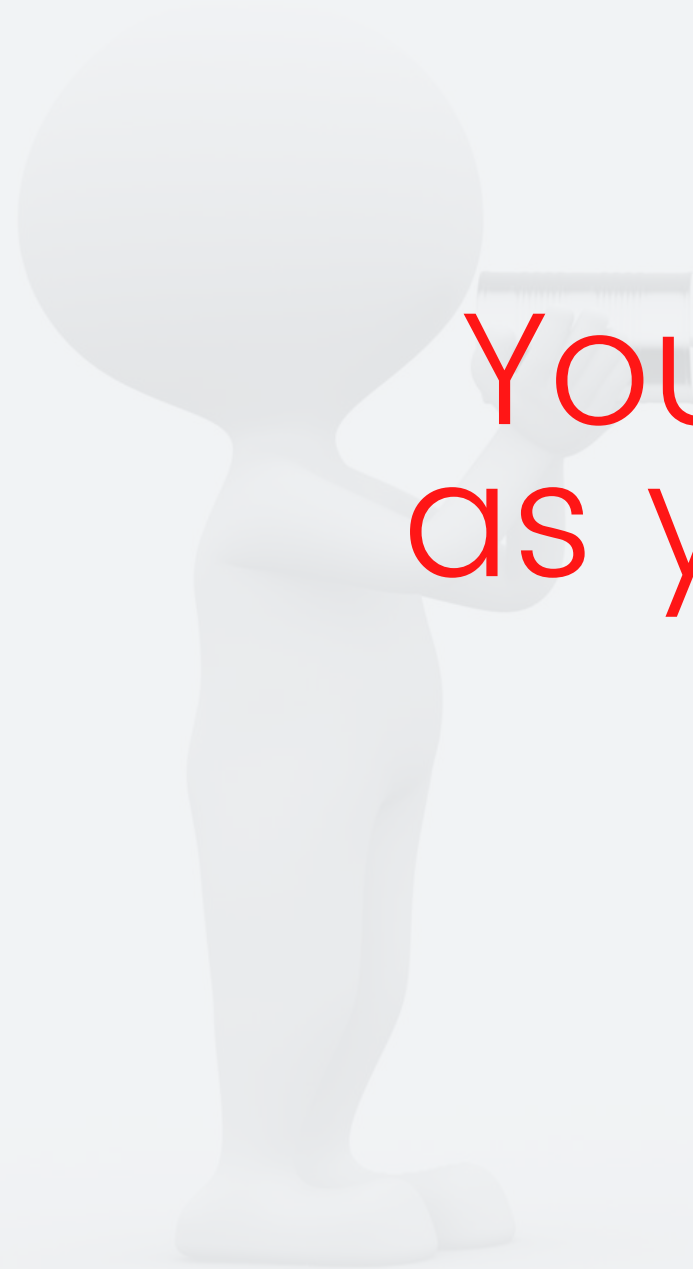
- The right to make mistakes and suffer their consequences
- The right to be successful.
- Right to change your mind.
- Right to privacy.
- The right to be alone and independent.
- The right to change and be assertive.
- The right to say no without feeling guilty.

<https://www.psycholog.msp.info.pl/asertywnosc-prawa-asertywnego-zachowania/>



HUMAN RIGHTS IN COMMUNICATION

You have the rights as long
as you gave the same rights
to your interlocutor.



DICTIONARY

radość

szczęście

zadowolenie

podekscytowanie

spełnienie

jest mi miło

docenienie

miłość

błogosławieństwo

wyjatkowość

joy

luck

satisfaction

excitement

fulfillment

it's nice

appreciation

love

blessing

uniqueness



DICTIONARY

smutek

rozczarowanie

złość

zdenerwowanie

bezzradność

niedocenienie

nieszanowanie

ignorancja

bezsilność

zszokowanie

sadness

disappointment

anger

nervousness

helplessness

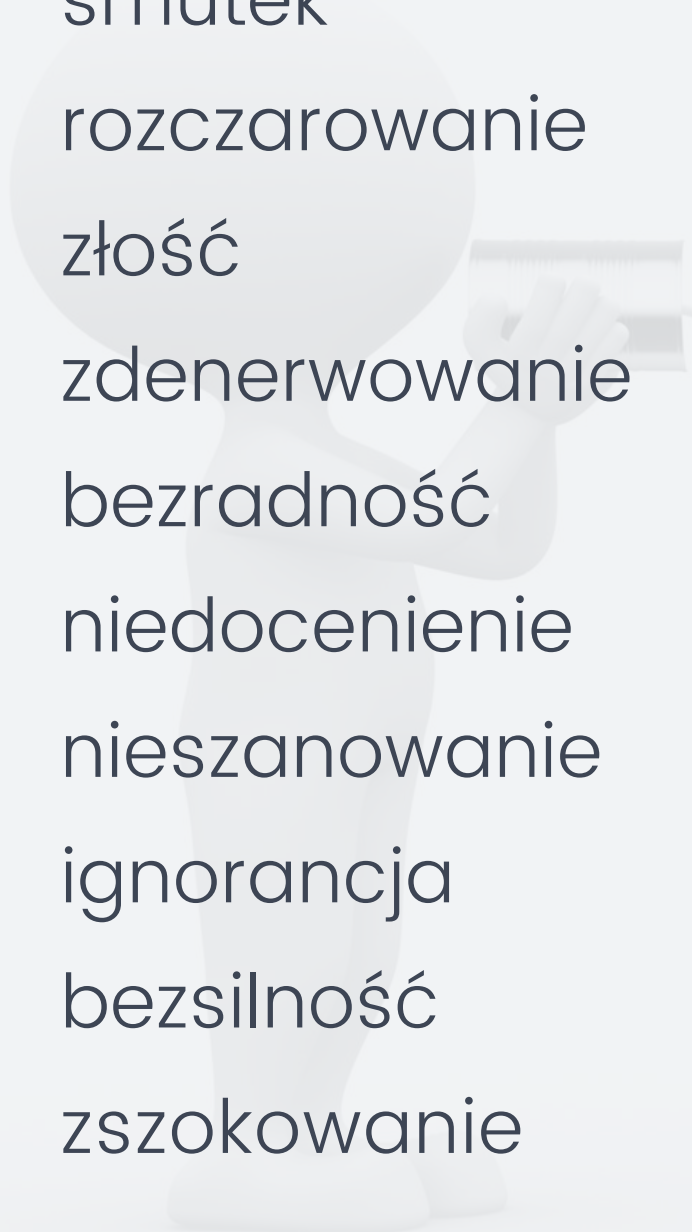
underestimation

disrespect

ignorance

helplessness

shocking



UFO

Fakty - Facts

Uczucia - Feelings

Oczekiwania - Expectations

FUKO

Fakty - Facts

Uczucia - Feelings

Konsekwencje - Consequences

Oczekiwania - Expectations

YOU vs ME

Why you put your nose into my business?

Vs

I expect you to respect my right to provide my business how I want.

**LESSONS
LEARNED**





50%

Z N I K Ź K I

na personalny proces
coachnigowy
dla

TWOJE
IMIĘ I NAZWISKO




Warunki skorzystania z bonu:

1. Przed przystąpieniem do procesu coachingowego Klient odbywa 30 minutowe darmowe spotkanie wprowadzające celem zapoznania się z metodą i potwierdzenia chęci uczestnictwa.
2. Niniejszy bon może zostać odstąpiony innej osobie po uprzednim przerejestrowaniu bonu.
3. Niniejszy bon podarunkowy umożliwia skorzystanie ze zniżki na cały proces coachingowy obejmujący 6 spotkań. Nie można wykorzystać bonu zniżkowego do opłacenia mniejszej ilości spotkań.

Zapraszam do kontaktu

**ALEKSANDRA
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HOME

WORK



THANK
YOU! 😊