

SOCIAL SKILLS

the ways in which we behave and talk when we're around
other people

Presented by Turkish Team

TOPICS

- The Definition of Social Skills
- Connection with Social Skills and Emotional Intelligence
- Defecits of Social Skills
- Benefits of Social Skills



THE DEFINITION OF SOCIAL SKILLS

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.

THE DEFINITION OF SOCIAL SKILLS

Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with others.

What is said is influenced by both verbal language and the way we use it - tone of voice, volume of speech and the words we choose - as well as by more subtle messages such as body language, gestures and other non-verbal communication methods.

CONNECTION SOCIAL SKILLS AND EMOTIONAL INTELLIGENCE

Social skills are one of significant pillars of emotional intelligence to properly manage one's and others' emotions, to connect, interact and work with the others. If empathy is outward driven to the others, social skills are inward driven and focus on how to interact with and leverage the others to reach our goals.

DEFECITS OF SOCAIL SKILLS

Symptoms seen in people with weak social skills can include difficulty in any or all of the following three steps involved in social interaction:

DEFECITS OF SOCIAL SKILLS

PERCEPTION

- Doesn't understand facial expressions or body language
- Is a poor listener and loses the point of what is being said
- Not noticing rejection actions by others

INTERPRETATION

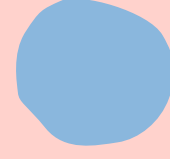
- Is overly literal and doesn't get sarcasm
- Doesn't know how to properly greet people.

RESPONSE

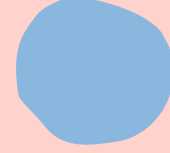
- Shares information in inappropriate ways
- Interrupts or blurts out answers
- Doesn't adapt language to different situations or people

SOCIAL SKILLS BENEFITS

There are many positive effects of solid social skills in our lives such as;



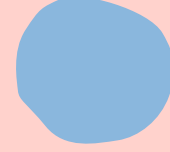
An improved ability to communicate with people



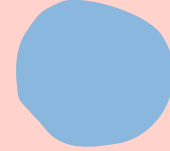
A developed self-awareness



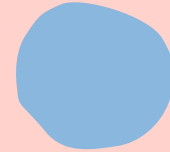
A strengthened cooperative teamwork



Ability to set and achieve individual goals



A Greater active listening skills



Reduced bullying