



Hello Welcome to S T Light

Appreciation is the second skill of communication skill set.

When we talk about “appreciation” the word is simple straightforward and obvious. What is there to talk about? Our parents taught us the words “thank you” when we were toddlers. I remember, my grandmother reminded me to practice this skill, when I was married. Well, what does appreciation really mean?

How does appreciation improve our LS?

Appreciation really means the full understanding, the full knowing of an experience, a situation or a teaching.

Appreciation will help us to discover our obstinacies, which are our stubbornness, inflexibility and our arrogant. Basically, they are our ego.

When we put down our guard, our judgment, we can relax and enjoy the communication and new information can easily flow in. that is a speed learning.

Appreciation connects us with the speaker not only by words, but also by body language, which is just a simple smile, a knob, or an eye contact.

Studies have shown that effective communication is 55 % from the body language, 38 % from the tone of voice; and it is only 7% by reading words.

This is one of the reasons I want to share the information through the video.

Appreciation will improve the elements and factors that mold our character.

Appreciation means we are lower ourselves, and soften our heart. Therefore, we are gentler, kinder, more polite, and more open.

Appreciation is an antidote of complaining, irritating, frustrating and annoying. If we just find thing to complain about, we only see the negative things instead of the positive things. Therefore, learning stops.

Not only should we appreciate the receiving good benefits or happy experiences, we should also appreciate the hardships, problems or misfortunes that come to us. But how can I appreciate a hardship? We must find positive and constructive outcomes from the hardship. That is when we are sincerely looking inward, looking at the problem from different aspect to fully understand it

and finding peace within. We will always learn something positive out of a bad experience. The hardship shapes us and changes us so that we become better people.

In addition, Appreciation helps us to prioritize our life; therefore we can focus to accomplish our commitment.

Now sharing the knowledge with you is one way of showing my appreciation to AWE. If we just aware of this simple skill, we will overcome our ego. Therefore learning is possible.

<http://www.virtualspeechcoach.com/tag/effective-communication-statistics/>