



## Expression

Expression is the third important skill in the communication skill set. After listening we can enhance our skills of expression through appreciation, comments and ideas or ask questions. Thus by way of expression we can create connectivity in our everyday life. Expression helps us to overcome fear of public speaking.

Look at the picture; this was me a few years ago. I am sure many of us are not fond of this task. Well, there are many businesses, and companies offered public speaking courses and trainings.

It is not my place to instruct a public speaking course here, but I want to tell you how expression is an essential learning skill.

Why are people afraid of public speaking? Or what is the obstacle preventing us from expressing ourselves? Well it all boils down to our ego, our character and our silo thinking box. It is because we need to maintain a certain image, not confront others but be nice? We do not want to show our weaknesses, or expose our ignorance in front of others.

However, enhanced ability of expression will gradually change our characters from introvert to extrovert, from shy to amiable, from closed to open. Expression changes our character for the better.

Let me share a story with you. When I first came to Canada, obviously I was new to the language. I was afraid to speak, because people might not understand what I was saying, and they might laugh at me. However, the less I express myself to others, the less I made any improvement in learning English.

### **Contribute by giving ourselves through expression:**

When we express our opinion we are actually contributing to the study group, enhancing the lecture materials, exchanging learning materials, exchanging

information, exchanging of positive energy and exchanging of life forces. All these are possible through expressing oneself.

Connectivity is created by expression. It does not matter if the feedback is good or bad, but the connectivity is important. Speed learning is possible through connectivity and interaction.

That is why we are often asked to do a survey, which is customer's feedback on a service or on a product. Participating in doing the survey is contribution.

### **Learn to speak better from listening to others (considerate)**

Learning to speak better will enhance our skills of expression i.e. be polite and not blunt or arrogant. Philosophers place a high value on the skills of expression they call rhetoric, a topic we shall cover later on.

Communication is a two way street. Both speaker and listener will learn from each other. The speaker not only delivers the message but he should also listen to the audience's feedbacks, comments and body language. A considerate speaker or listener cultivates the openness, the politeness and the attentiveness. Therefore the speaker and listener will find effective ways to express information much more receptively. The entire philosophical tradition relies on mutual debate and dialogue called dialectic. Without dialogue, the conversation becomes a monologue.

Expression is like presenting a gift package which can be more important than the value of the content itself. For example, when we receive or give a present, the artful packaging itself can sometimes override the significance of its content. Also, the time and effort dressing up the present (or the presentation) shows how considerate a giver (or a speaker) is.

In conclusion, when we try to improve our expression, overcome fear of public speaking, contribute more, and learn how to speak in a more effective way, we are in fact practicing to overcome our ego. Therefore, we should step out of our comfort zone, out of our small thinking boxes to express ourselves. Then, we can contribute more to the family, the group and the society.