

Uqeqesho 1: Ukuhambisa Unxibelelwano

I Purpose

I drill isifundisa ukuhambisa unxibelelwano komnye umntu ukuze amkele kwaye aqonde le nto uyicelayo okanye umxelele ukuba ayenze. Ngenxa yokuba uthethe into komnye umntu ayithethi ukuba uya kuyiva okanye ayiqonde. Unxibelelwano lwakho kufuneka lucace kwaye lube phezulu ngokwaneleyo ukuze luqondakale.

Isikhundla

Wena nomnye umntu nihleli malunga neemitha ezintathu, bajongana.



Imiyalelo

I drill yenziwa ngolu hlobo lulandelayo:

Fumana incwadi yamabali elula kakhulu, enjenge *Alice eWonderland*, eyona yeyona ilungileyo onokuyisebenzisa ukuba ungayifumana, apho kukho iindawo ezininzi ebalini apho unxibelelwano lusetyenziswa khona. Ngamanye amagama, isicatshulwa sencwadi sithi “Uthe...” kwaye “Wathi...”

Wena: Khetha ibinzana encwadini. Funda ibinzana ngokuvakalayo kulo mntu ukufutshane nawe, kodwa yiyeke indawo ethi *utshilo* okanye *utshilo*.

Umzekelo, ibinzana kwincwadi *u Alice eWonderland* lithi:

“Hayi, ndiza kujonga kuqala,” watsho.

Xa ufunda eli binzana naloo mntu ukunye naye, uya kuthi, “Hayi, ndiza kujonga kuqala.”

Uqala ngokuzifundela eli binzana. Emva koko cinga eli binzana kwaye uzenzele eyakho ingcinga. Emva koko bhala eli binzana nomnye umntu ngokungathi licebo lakho. Xa usizisa kumntu ngakuwe, oko kuya kuvakala kuyindalo, kungathi yinto oyifundayo ngokuvakalayo. Kumele ukuba kube phezulu ngokwaneleyo kuye ukuba akuve kwaye kucace ngokwaneleyo ukuba akuqonde.

I Coach: Xa wanelisekile ukuba le nto ithethwa ngumfundi ifikile apho ukhoyo kwaye uyayiqonda, yithi, “Kulungile.”

Cela umfundi ukuba aphindaphinde naliphi na ibinzana elingafikanga apho ukhoyo de waneliseke ukuba liyenzile. Am acknowledge kwaye uthi, “Kulungile.”

Wena: Xa u coach esithi “Kulungile,” khetha elinye ibinzana encwadini kwaye uqhubeke ne drill, uphinda la manyathelo.

I Patter

U coach uthi “Qalisa” ukuqalisa i drill, “Kulungile” ukuba unxibelelwano lufunyenwe okanye “Yiyo leyo” ukuba unxibelelwano alufunyanwa. “Yiyo leyo” ikwasetyenziswa ukumisa ingxoxo okanye ukuphelisa umsebenzi. Ukuba iseshoni ye drill iphelile ngenxa yengxoxo, u coach kufuneka athi “Qala” kwakhona ngaphambi kokuba iqale kwakhona.

Isiphelo

I drill yenziwa de kube nganye yezi zinto zilandelayo iyenzeka:

1. Uziva ukuba uyakwazi ukuhambisa unxibelelwano ngokukhululekileyo ngokungathi yingcinga yakho.

2. Unxibelelwano lwakho lufunyanwa ngomnye umntu kwaye uyaqonda.
3. U coach wakho wanelisekile unokwenza njalo.