

Training 1: Ukuhambisa UkuXhumana

Injongo

Le-drill ikufundisa ukuletha ukuxhumana komunye umuntu ukuze athole futhi aqonde lokho okucelayo noma omtshela ukuthi akwenze. Ukuthi usho okuthile komunye umuntu akusho ukuthi uzokuzwa noma akuqonde. Ukuxhumana kwakho kudingeka kucace futhi kuzwakale ngokwanele ukuze kuqondwe.

Isikhundla

Wena nomunye umuntu nizihlalele cishe ngamamitha amathathu, nibhekene.



Imiyalelo

Le-drill yenziwa ngale ndlela elandelayo:

Thola incwadi yezindaba elula kakhulu, enjenge *Alice in Wonderland*, okuyiyona engcono ukuyisebenzisa uma ungayithola, lapho kunezindawo eziningi khona endabeni lapho kusetshenziswa khona ukuxhumana. Ngamanye amazwi, umbhalo wale ncwadi uthi “Uthe...”

Wena: Khetha ibinzana encwadini. *Fundela lo muntu ibinzana ngokuzwakalayo, kodwa ushiye lokhu okuthi uthe.*

Isibonelo, ibinzana elisencwadini *u-Alice in Wonderland* lithi:

“Cha, ngizobheka kuqala,” kusho yena.

Lapho ufundela lowo muntu ongakuwe lelo binzana, ubungathi, “Cha, ngizobheka kuqala.”

Uqala ngokuzifundela wena ibinza. Ngemuva kwalokho cabanga ibinzana futhi ulenze umcabango wakho. Bese usho ibinzana komunye umuntu kungathi kungumbono wakho. Uma uyihambisa kumuntu ongaphesheya kwakho, kufanele kuzwakale kungokwemvelo, hhayi njengokuthile okufunda ngokuzwakalayo. Kumele futhi kube phezulu ngokwanele ukuba akuzwe futhi kucace ngokwanele ukuba yena akuqonde.

I-coach: Uma wenelisekile ukuthi lokho okushiwo ngumfundi kufikile lapho ukhona futhi uyakuqonda, yithi “Kuhle.”

Yenza ukuba umfundi aphindaphinde noma imuphi umusho ongafikanga lapho ukhona uze waneliseke ukuthi ufikile. Bese emeu-acknowledge bese uthi “Kuhle.”

Wena: Lapho i-coach ethi “Kuhle,” khetha elinye ibinzana encwadini bese uqhubeka ne-drill, uphinda lezi zinyathelo.

Patter

I-coach ithi “Qala” ukuqala i-drill, “Kuhle” uma ukuxhumana kutholwa noma “Yilokho” uma ukuxhumana kungamukelwanga. “Yilokho kuphela,” kusetshenziselwa futhi ukumisa ingxoxo noma ukuqeda umsebenzi. Uma isikhathi se-drill siphelile ngengxoxo, i-coach kufanele athi “Qala” futhi ngaphambi kokuthi iqale kabusha.

Umpfumela Wokugcina

I-drill yenziwa kuze kwenzeke lokhu okulandelayo:

1. Uzizwa ukwazi ukuletha kahle ukuxhumana kube sengathi umcabango wakho.
2. Ukuxhumana kwakho kwamukelwa ngomunye umuntu futhi kuyaqondakala.
3. I-coach wakho wenelisekile ukuthi ungakwenza lokho.