

10.1 FUNDA LENDATSHANA

Training 4: Ama-Originations

Izincazelo

Kubalulekile ukuqonda umehluko phakathi *kwe-origination nokuphawula*.

1. *I-origination* yinto omunye umuntu ayishoyo emayelana *naye*, imibono yakhe, imizwa yakhe noma ubunzima bakhe. Isibonelo, “Ngizizwa ngikhathele ngempela ngokuzumayo” kuyi-origination.

2. *Amazwana* isitatimende noma ukuphawula omunye umuntu akushoyo okumayelana *nawe* nje. Isibonelo, “ihembe lakho lihle,” “Izinwele zakho zibukeka zimbi” futhi “Awazi ukuthi wenzani” konke kungukuphawula.

Ama-originations namazwana kuhluka ngokuphelele.

Ama-originations i-coach wakho zimayelana *naye* nokuthi wenza kanjani.

Ukuphawula i-coach wakho kuyizinto ezikhuluma ngawe ezingahambisani nombuzo noma ukuthi wenza kanjani. Ukuphawula okushiwo ngawe ngokushiwo i-coach wakho njengomzamo wokuphendula umbuzo.

Ama-Originations iphethwe. *Amazwana* awanakiwe.

Injongo

Le-drill ikufundisa ukuthi ukwazi ukubona nokuphatha kahle imvelaphi evela komunye umuntu. Le-drill futhi ikufundisa ukuthi ubone lapho omunye umuntu enza umsuka futhi ungathuswa noma uphonswe yiwo, kodwa ukuphatha ukusungula kahle futhi ubuyele embuzweni obuzwayo. Le-drill ikufundisa ukuthi uqaphele amazwana njengokwehlukile kunomsuka futhi unganaki amazwana bese ubuyela embuzweni obuzwayo.

Isikhundla

Wena nomunye umuntu nizihlalele cishe ngamamitha amathathu, nibhekene.

Imibuzo

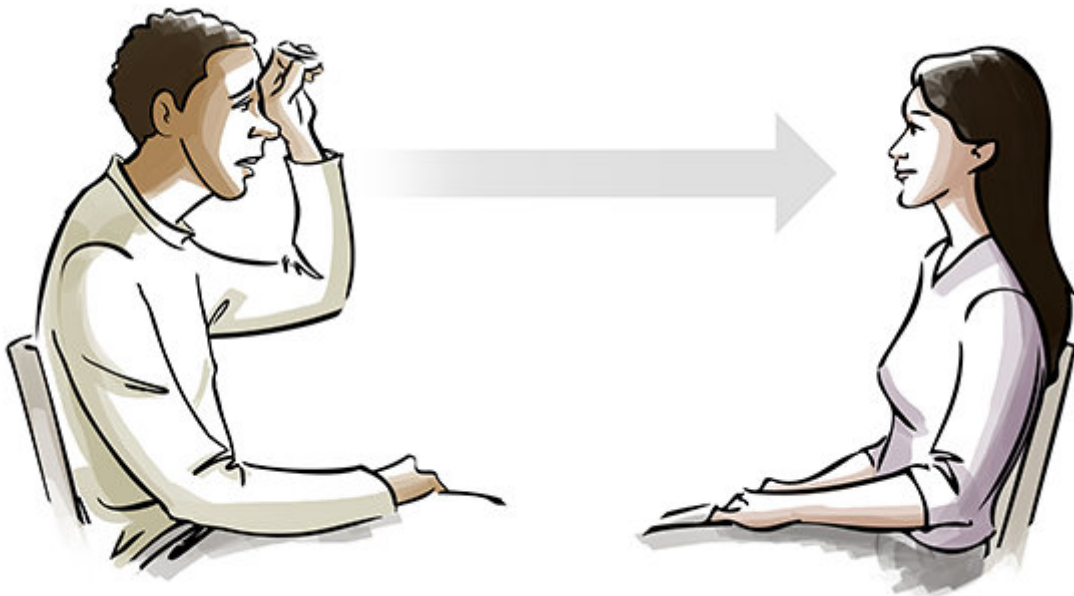
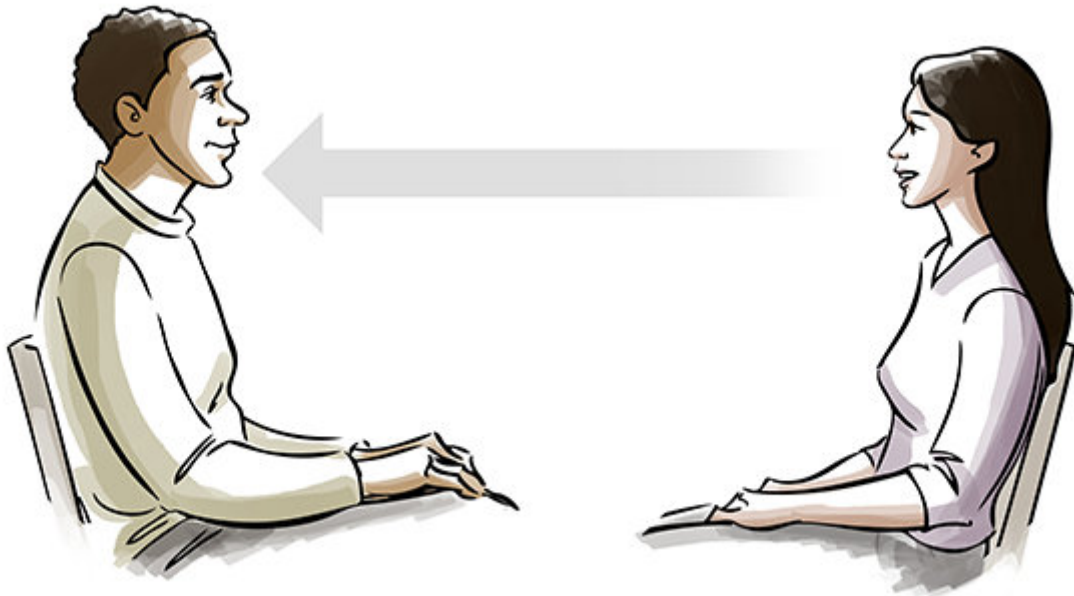
Kule-drill ubuza umuntu ngaphesheya kwakho omunye wemibuzo elandelayo:

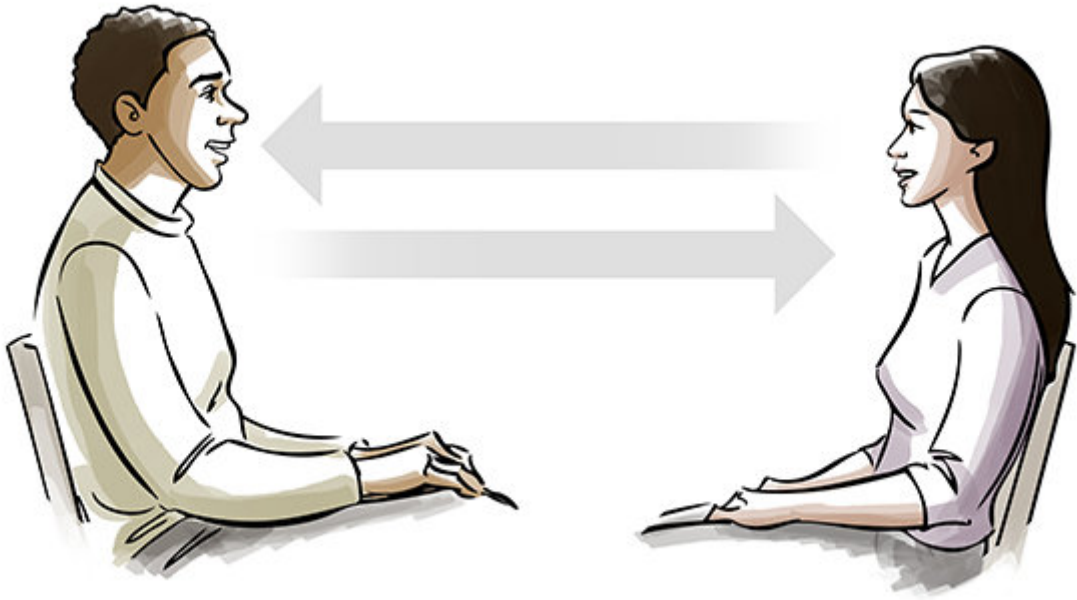
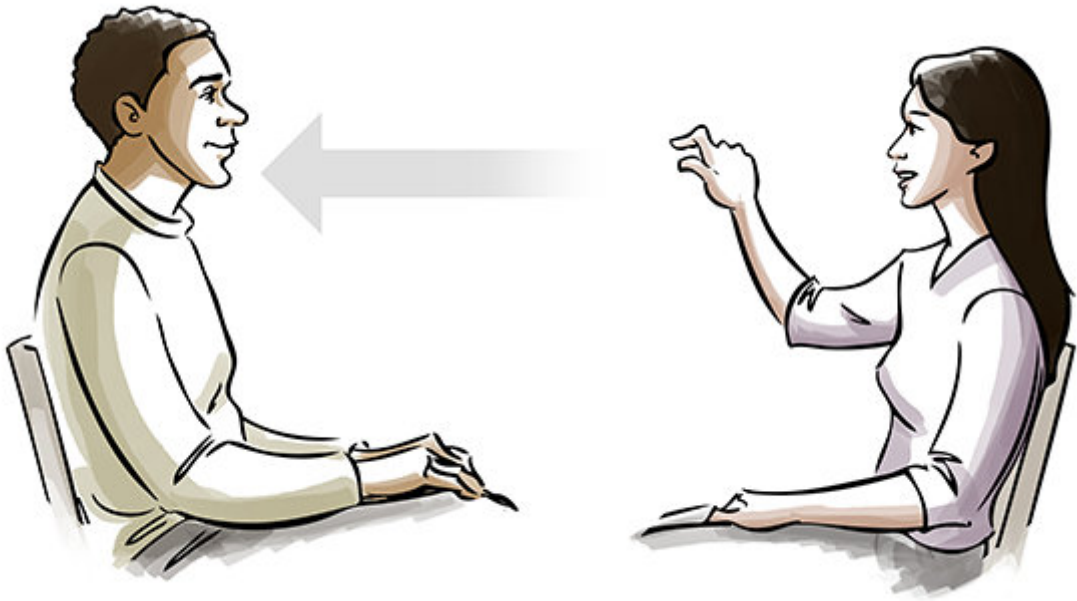
“NGABE IZINYONI ZIYANDIZA?”

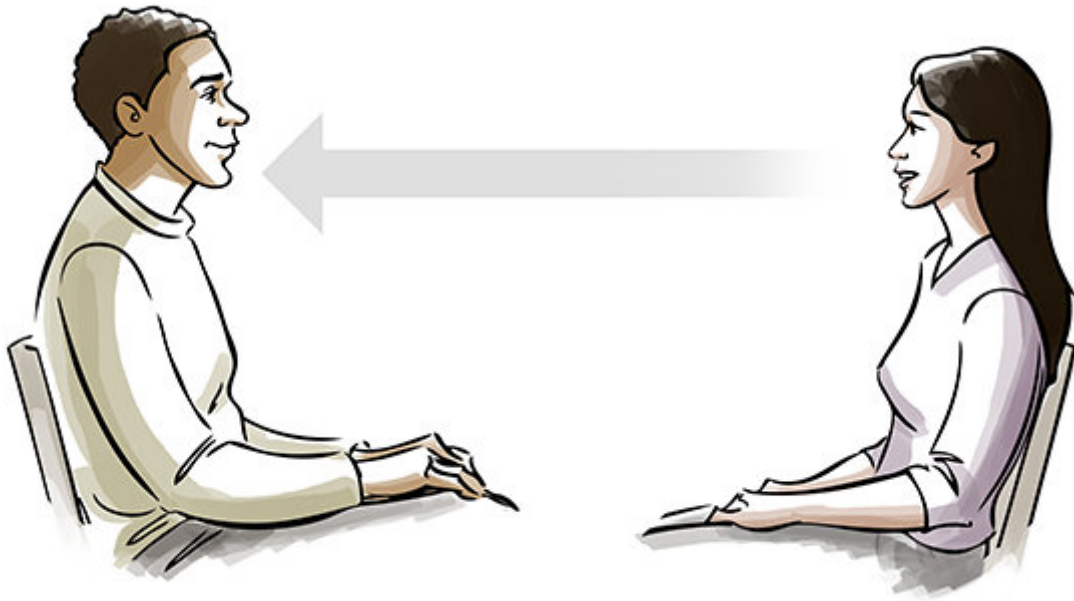
Noma

“IZINHLANZI ZIYABHUKUDA?”

Khetha omunye wemibuzo ozowusebenzisa ku-drill futhi uwusebenzise kaninginingi. Ungahlanganisi lemibuzo emibili.







Imiyalelo

Le-drill yenziwa ngale ndlela elandelayo:

Wena: Buza i-coach wakho, “Ngabe izinyoni ziyandiza?” noma “Izinhlanzi ziyabhukuda?”

I-coach: Lapho umfundi ekubuza lo mbuzo, yenza okukodwa kokulandelayo:

1. Phendula umbuzo.
2. Kwesinye isikhathi, ungaphenduli umbuzo, kepha esikhundleni salokho yenza isisekelo kusuka kuhlu olubizwa ngokuthi i-Origination Sheet (elisekupheleni kwe-drill).
3. Ngesinye isikhathi, ungaphenduli umbuzo, kodwa esikhundleni salokho yisho ukuphawula.

Wena: Uma i-coach wakho ephendula lo mbuzo, acknowledge impendulo bese uyaphendula buza umbuzo ofanayo futhi, kabusha.

Uma i-coach wakho enze i-origination, phatha umsuka ngendlela elandelayo:

1. Qondisisa i-origination.
2. Vuma i-origination.
3. Phatha i-origination ngenkathi ugcina ukuxhumana i-coach wakho.

4. Lapho i-origination kusingathwa, buyisela i-coach wakho embuzweni ebuzwayo.

Uma i-coach wakho esho ukuphawula, ungayi-acknowledge, kepha phinda umbuzo.

Patter

Ukwehluleka komfundi ukuphikelela njalo kuthola u-“Yilokho” kunoma iyiphi i-TR, kodwa-ke ngokuningi ngalokhu. I-coach kufanele ngaso sonke isikhathi afunde kusukela ku-Origination Sheet lapho enza ama-originations. Inika uhlu lwezitatimende noma amazwi ahlukehukene abhekisele ekutheni i-coach uzizwa kanjani noma ngezinkinga zakhe, njll. Ngokwesibonelo:

Umfundi: “Ngabe izinyoni ziyandiza?”

I-coach: “Yebo.”

Umfundi: “Ngiyabonga.”

Umfundi: “Ngabe izinyoni ziyandiza?”

I-coach: “Ngisakhumbula isikhathi sokugcina lapho ngibhukuda.”

Umfundi: “Ngiyabonga ngokungazisa. Ngabe izinyoni ziyandiza?”

I-coach: “Yebo bayakwenza.”

Umfundi: “Kuhle kakhulu.”

Umpfumela Wokugcina

I-drill yenziwa kuze kwenzeke lokhu okulandelayo:

1. Uyakwazi ukubona ama-originations, uwaphathe bese ubuyela embuzweni wokuqala.
2. Futhi uyakwazi ukubona ukuphawula kuhlukile kokubela kuma-originations, ungakunaki bese ubuyela embuzweni wokuqala.
3. I-coach wakho wenelisekile ukuthi ungakwenza lokho.

Origination Sheet

Ishidi leli liyasetshenziswa lapho kubanjiswa Training 4: Ama-originations.

Ngiphethwe isisu.

Igumbi libukeka lilikhulu.

Nganginokuphazamiseka emlenzeni wami.

Ngizwa sengathi ngiyacwila.

Imibala esegumbini igqamile.

Ngizizwa ngimuhle.

Ngivele ngabona ukuthi ngiphathwe yikhanda iminyaka.

Ubuwula lobu.

Ngizizwa ngididekile.

Nginobuhlungu emhlane wami.

Ngizizwa ngilula ngandlela thile.

Angikwazi ukukutshela.

Ngizwa kabi—sengathi ngilahlekelwe okuthile noma into thizeni.

Wow—bengingazi lokho ngaphambilini.

Igumbi libukeka sengathi liba mnyama.

Kubukeka sengathi ngimude njengalesi sakhiwo.

Ngizizwa ngicindezekile kakhulu.

Lolo donga lubonakala lusondela kimi.

Ngibona sengathi kunento evele yangishaya esifubeni.

Ngizizwa ngifudumele umzimba wonke.

Ikhanda lami lizwakala sengathi linebhande eliqinile elilizungezile.

Kubonakala sengathi ngibona udonga ngemuva komzimba wami.

Kubukeka sengathi ngimude njengalesi sakhiwo.

Lesi sihlalo sinethezekile ngingalala.

Ngilokhu ngicabanga ngaleli phoyisa elishaye impempe yakhe kimi namhlanje ekuseni.

Izinto ngokuzumayo zibukeka ziqhakaza ngokwengeziwe.

Asikaqedi ngalokhu na?

Ngizwa sengathi ngiyantanta.

Kubukeka sengathi udonga lungena ngaphakathi kimi.

Lolo donga lubukeka luzacile impela.

Hewu!!! H-e-w-u!!!!!!!

Ouch! O, ouch!

Ubuso bami buyahayiza.

Sengiqala ukulala.

Ngiyafa indlala. Asiyе esidlweni sasemini.

Ngikhumbula isikhathi lapho ngawa khona ngazilimaza.

Kungazelelwe sengikhathele.

Konke kuyafiphala.

Ingabe leli gumbi liyazamazama?

Ngivele ngabona ukuthi benginephutha kanjani impilo yami yonke.

Ngizwa sengathi kukhona ubulembu besicabucabu ebusweni bami.

Idolo lami langakwesobunxele libuhlungu.

Ngizizwa ngilula kakhulu!

Akushisi yini lapha?

Ngikhumbule nje okokuqala ngiyobhukuda.

Umqolo wami ubusuqaqamba kanjena iminyaka.

Bamba isandla sam.

Ngizizwa nginesizungu kakhulu.

Ngizizwa sengathi angikwazi ukukhuluma.

Umzimba wami uqala ukunyakaza wonke.

Izimbambo zami zibuhlungu.

Ngizizwa njengesikhathi lapho ngishayiswa yileyo moto.

Konke kubonakala sekuqala ukuba mnyama.

Cha—cha, cha, cha, cha, cha!