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Internship - BUF 4900
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Professional Development # 2

Part 1 :

Since Covid-19, when everything went remote, social life has transformed. On April 12th, 2022, Dorothy Doppstadt hosted a virtual student leadership session called "Face To Face In A Hybrid World" on Zoom from 12:30 to 1:45 pm. This program was designed to focus on professional achievement through virtual and in-person interactions. The goal of the program was to teach students how to communicate effectively with others in both professional and personal situations. The discussion centered on how to communicate emotions, different types of challenging conversations, eye contact, and expressions.

Part 2 :

It's critical to be clear in any communication circumstance, whether it's drafting an email or addressing someone about how they made you feel. It's critical to know "What Happened?" while sharing one's feelings. What happened can be boiled down to perception; what are the various perspectives on the situation? Then, rather than assigning blame, we should consider how each of us has contributed to the issue. Finally, potential gaps between intent and impact should be considered.

Since remote learning and working became a thing, effective communication has reduced. Although virtual communication has numerous benefits, it may be more damaging than beneficial. Instead of conversing, many choose to text or post on social media. If we are deprived of conversations—words, eye contact, and expressions—we can become rigid and indifferent to others. People will begin to lose regard for others around them. If communication becomes a weak skill, people will be unable to establish long-term personal and professional relationships.

"Feelings" is one of the most common forms of communications. Feelings deals with a lot of emotion and misinterpretation on both sides. One of the attendees, Sabrina Santos, recounted her tale of how she and her boyfriend were unable to communicate their emotions adequately to one another, resulting in emotional damage between them. To avoid this, discuss the judgments, which say what one or the other did wrong, the attributions, which inform the other why they did what they did, and effective listening to hear the answer, which will aid in the problem solving(Doppstadt, 2022). This is the section that transitions one's identity from a clear declarative moment about them to a moment they can help resolve and learn from.

To become a great communicator, one must take steps, in this case merely four easy steps termed D.E.S.C. To begin, describe the scenario in detail, being explicit and objective. Next, communicate ones feelings and accept responsibility for your own sentiments as well as how the

other person's actions affects you. After that, be specific about what you want and the changes you desire! Finally, discuss the repercussions of your request, focusing on the good outcomes.

Following the steps to being an excellent communicator leads to identity change. Not everyone is flawless, and everyone can improve in certain ways, such as how they respond to others' judgments of them, how they offer ideas in teams for approval or rejection, and how they respond to taking responsibility for their actions. Success in these scenarios can determine a person's character and their ability to achieve in everyday life. Identity is what makes someone special and sets them apart from others.

Part 3 :

When someone eventually figures out how to communicate effectively, they will be successful in their careers. Using what was learned in this workshop, one can give a positive quality to the workplace, such as a lift in morale when someone can always be heard. Effective talks, whether virtual or in person, will make teamwork in the workplace successful. People with virtual careers will learn how to have empathy for others in the physical workplace by being able to have proper dialogue. The ability to answer the questions "who am I?" and "what does that make me?" is the most important component.

References:

(2022). *Face To Face In A Hybrid World* . Retrieved April 12, 2022, from <https://us02web.zoom.us/j/88560806986#success>.