

Reflection essay on interpersonal skills



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According to Investigated, interpersonal skills are skills used by a person to properly interact with others. In the business domain, the term generally refers to an employee's ability to get along with others while getting the job done. Interpersonal skills include everything from communication and listening skills to attitude and deportment. Good interpersonal skills are a prerequisite for many positions in an organization. ([http://www. Investigated. Com/terms/I/interpersonal-skills. SP](http://www.Investigatied.Com/terms/I/interpersonal-skills.SP)) My Interpersonal skills: Communication-I believe communication is vital in everything we do, from relationships to the workforce. I am efficient when I am talking to customers or my coworkers. Conflict- rather it may be in my home or the workplace, I just take a deep breath and analyze the whole situation. I do what I can to resolve the conflict, because tension only makes the job harder. Anger- I am not easily enraged. I am very self-disciplined and was raised in a good background. Have great work ethics and I know how to deal with situations that may seem to be crawling up a wall.

I always stay calm. Teamwork- I understand you can't always work alone, so I am also very productive with working in teams and making sure that the team and myself can get everything done and that they can also depend on me. Decisive- I can make good decisions when something doesn't go as planned. Inter Skills Self-Assessment: So tell me about yourself? I am a hard worker and there is nothing that will slow me down. I had a daughter at an early age of my life and some would say that stops you or slows you down from being able to follow your dream.

Well for me it TLD. I wanted to make sure she had everything she needed, so I worked hard to become an electrician as soon as I graduated from high

school and from there on in my life I only pursued more knowledge and a higher education. I expanded my horizon to get where I am today and I am still moving forward. What is your greatest weakness? My greatest weakness is that I'm very detail oriented so I sometimes spend too much time on one thing. What is your greatest strength? I have great work ethics. When you need me I am there.

I make sure my work is done in a professional manner and clean, which sometimes may be time consuming. Tell me about your work history? I have only had three jobs my whole life. I've never been a job bouncer. Started working at Sonic soon as I was legal to work. I went to vetech while attending high school to be an electrician, my teacher trusted in my work and my ability to be a good electrician so as soon as I graduated from high school, he put in the good word at the time and became a security technician. What were your responsibilities? At Sonic I worked hard and long hours and became a cook leader.

As an electrician I put in receptacles, bent pipe, and pulled wire. As a security technician I do Access Control, Networking, CATV, Burglary, and Fire. Why do you want this job? I want to be in my career doing something that I will love for the rest of my life. Being able to grow and learn as much as I can and one day be able to teach others. Not only that, but making sure my family is secure as well. Challenge and overcome Intellectual Me: Strength: When life seems to get unbearable, I listen to my intellect rather than letting my emotions or feelings run me.

The Future: This strength will allow others to trust me when no one else may be able to handle a situation. Challenge: I sometimes get frustrated with others when they let their emotions run wild. Overcome: I will try to understand others more and their background before Judging them, not as a errors, but just how they handle problems in their life. Moral Me: Strength: I have a very strong work ethic. I like to prove to my boss and coworkers that they can always depend on me and they don't ever have to worry about menot completing the Job.

The Future: This strength will continue to open more doors for my future. Challenge: I sometimes spend too much time trying to make Jobs to perfection, so more time is wasted. Overcome: I plan to work at a faster pace, but make sure everything is in order and that I do not miss any steps. Cultural Me: Strength: I am not ashamed of where I came from and I'm not scared to show others just because of my ethnicity, does not mean I can achieve greatness. The Future: I will work hard to be great at what I do and people will know I'm proud of who I am and where I'm from.

Challenge: Somewhere there is always someone will Judge you. Overcome: I will not let it bother me, I will always prove them wrong. Visionary Me: Strength: I always visualize where I want to be in the future and how am I going to do it. With God Eve been successful so far. The Future: I see myself being where I want to be from thehard workand planning that Eve been doing my whole life. Challenge: There is always an obstacle that may slow me down. Overcome: I always find a way to get past it, because I always realize how far Eve made it in the here and now, and to where I want to be in the future.

Physical Me: Strength: I'm very athletic. I love to work out and maintain a strong physique and healthy lifestyle. The Future: I plan to stay healthy and stay in shape no matter how old I get. Challenge: I need to slow down on fried foods and start eating healthier. Overcome: I will find a more healthy eating style. Strength: I don't let my emotions get in the way of my work. The Future: My employer will trust my judgment even in hard times. Challenge: I don't really show my emotions or let them out so after a while I start to break down.

Overcome: I plan to start releasing my emotion in some way that will benefit me. Spiritual Me: Strength: I believe in God. I grew up in a strong Christian family. With God I've always been able to do anything. The Future: Through my faith and knowing that he is God who sent his only begotten son, I know where I'm going when I leave this earth. Challenge: There is always someone who wants to tell me my God is not real and test my faith. Overcome: I will never judge anyone else or bash what they believe in I will let God do the judging.

Social Me: Strength: I am a very social person and I am not afraid to speak to someone I do not know. The Future: My boss, coworkers, and customers will see that I deal well with communication. Challenge: I don't like to speak to someone who speaks too much. Overcome: I will learn to have patience towards those who speak a lot. Material Me: Strength: If it is not something that I need I will not get it. Materials can wait. The Future: Since I know how to wait on things that catch my eye. I believe if I wait and it comes to me later on, then God blessed me for being patient.