

EFFECTIVE COMMUNICATION IN SOCIAL DISTANCING



PRESENTED BY:

Alguska Valendra
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- *Professional Coach*
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- *Clinical Hypnotherapist*

JUMAT 8 MEI 2020 

@ZOOM WEBINAR

UNIVERSITAS ESA UNGGUL



CORPORATE TRAINING

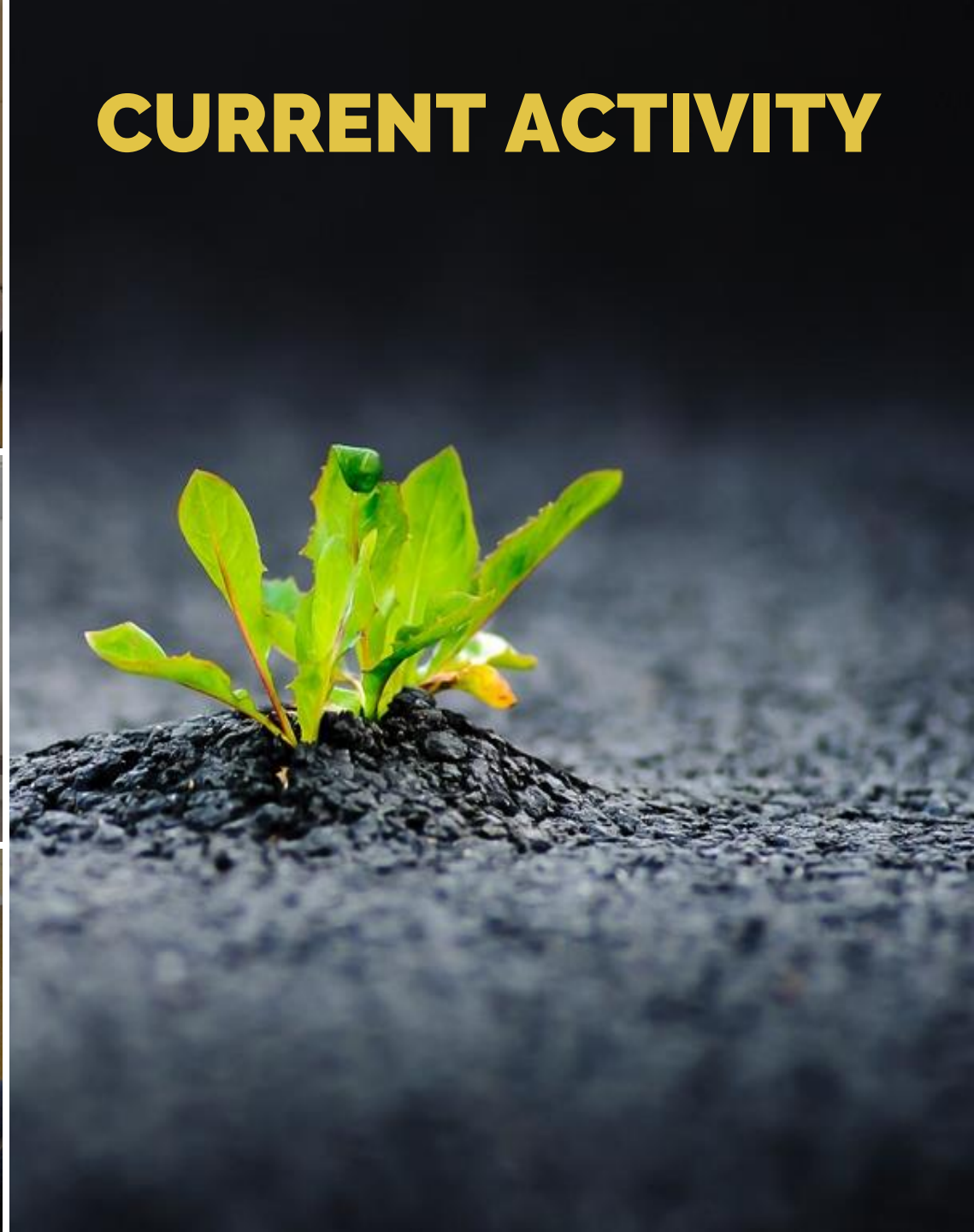


MEDIA TALK SHOW



CORPORATE SEMINAR

CURRENT ACTIVITY





PT. BANK PERKREDITAN RAKYAT
SOLOBARU PERMAI

Danamon

mandiri

Indonesia  **Eximbank**



Bank  **BTN**

**TOSHIBA
MACHINE**

CSfinance



Bussan Auto Finance

 **Mizuho Balimor Finance**



Universitas
Esa Unggul


**NABATI
GROUP**

OJK | OTORITAS
JASA
KEUANGAN

 **PERTAMINA**
PATRA NIAGA



BADAN POM



 **PRUDENTIAL**

 **Rumah
Zakat**

Takeda

MeadJohnson
Nutrition



**CITRAGRAN
CIBUBUR**



HONDA
PT Honda Prospect Motor


**WASKITA
precast**



guardian

 **PLN**

GRAND  **TJOKRO**



DINAS PENDAPATAN DAERAH
KABUPATEN TANGERANG

 **ASABRI**

 **TPK
KOJA**
Terminal Petikemas KOJA



**FARMASI
UNPAD**



**THE NARIAN
HOTEL
BANDUNG**


WASKITA



INTERNATIONAL HOSPITALITY EDUCATION
**AKPAR
NHI
BANDUNG**

 **medion**


METRODATA


assa
Logistics

**KAGUM
HOTELS**

BCS Logistics

 **Telkom
University**

 **YKAKI**
Yayasan Kasih Anak Kanker Indonesia
(Indonesia Care for Cancer Kids Foundation)



PRIVATE *Session*

COUNSELLING & PSYCHOTHERAPY

COUNSELLING, HYPNOSIS &
PSYCHOTHERAPY SESSION

COACHING

PERSONAL LIFE COACHING
PERFORMANCE COACHING

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THE COMPLETE GUIDE OF HYPNOTHERAPY
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A PRACTITIONER HANDBOOK

**HYPNOTHERAPEUTIC
ASSESSMENT**
DIAGNOSIS & TREATMENT PLAN



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Masalah, Diagnosis Kasus & Desain
Rencana Penanganan Dalam Praktik
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“

Komunikasi – hubungan antar manusia adalah kunci dari kesuksesan pribadi dan karir.”

Paul J. Meyer



PASANGAN



TEMAN



KELUARGA



KARIR



PASANGAN



TEMAN



KELUARGA




KARIR

“

Komunikasi – hubungan antar manusia adalah kunci dari kesuksesan pribadi dan karir.”

Paul J. Meyer



**KOMUNIKASI
BERMASALAH
=
KEHIDUPAN
PRIBADI & KARIR
BERMASALAH**

#1 MASALAH KOMUNIKASI

ADAB/SIKAP

“Saya udah jelaskan sejas mungkin kok.”

“Ngomong apaan sih, ga jelas banget.”

“Sudah lama kenal masa ga ngerti-ngerti sih.”

“Sudah lama kenal masa masih gitu juga caranya.”

“Harusnya dia ngerti dong.”

“Harusnya yang jelas dong.”

**INGINNYA
DIMENGERTI**

**TIDAK MAU
SALING
MENGERTI**

**INGINNYA
DIMENGERTI**



#2 MASALAH KOMUNIKASI

CARA

VERBAL

VS

VOKAL

VS

VISUAL



An illustration depicting social distancing. On the left, a man in a blue long-sleeved shirt and black pants stands with his right arm raised. On the right, a woman in a black long-sleeved top and a blue skirt stands with her hands near her face. The background is white with several blue, spiky virus-like particles scattered throughout. A grey horizontal band with vertical lines is positioned between the two figures. The text 'LESS LIVE/DIRECT INTERACTION' is written in red above the main title, and 'SOCIAL DISTANCING' is written in large black letters in the center.

LESS LIVE/DIRECT INTERACTION

SOCIAL DISTANCING



**KOMUNIKASI YANG
BURUK**



**KOMUNIKASI
YANG BAIK**

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“

*The meaning of communication
is the response you get.”*

- NLP PRESUPPOSITION -

“

*Makna dari komunikasi adalah
respon yang Anda peroleh.”*



The image shows a tree with a large canopy of green leaves and many yellow fruits. The tree is set against a background of a blue sky with light clouds and a green field. The ground is dark brown soil, and the tree's roots are visible, spreading out in a wide, shallow pattern. Three white arrows point upwards from the roots to the canopy, indicating a flow from bottom to top. The text 'ADAB/ SIKAP' is written in white on a black background at the base of the tree, 'CARA' is written in white on a black background in the middle of the tree, and 'HASIL' is written in white on a black background at the top of the tree.

HASIL

CARA

ADAB/ SIKAP

#ADAB KOMUNIKASI

PROAKTIF

“Saya yang bertanggungjawab atas kualitas komunikasi yang saya jalin dengan teman bicara saya.”



#1 MASALAH KOMUNIKASI

ADAB/SIKAP

“Saya udah jelaskan sejas mungkin kok.”

“Ngomong apaan sih, ga jelas banget.”

“Sudah lama kenal masa ga ngerti-ngerti sih.”

“Sudah lama kenal masa masih gitu juga caranya.”

“Harusnya dia ngerti dong.”

“Harusnya yang jelas dong.”

**INGINNYA
DIMENGERTI**

**TIDAK MAU
SALING
MENGERTI**

**INGINNYA
DIMENGERTI**



A conceptual diagram using a tree to represent the relationship between character, method, and result. The tree is shown in cross-section, with its roots in the soil, its trunk and branches above ground, and its fruit hanging from the branches. The background shows a green field and a blue sky with clouds. Three white arrows point upwards from the roots to the trunk, from the trunk to the branches, and from the branches to the fruit. Three black rectangular boxes with white text are overlaid on the image: 'ADAB/SIKAP' at the base of the trunk, 'CARA' in the middle of the trunk, and 'HASIL' at the top of the fruit.

HASIL

CARA

ADAB/SIKAP



KOMUNIKATIF

EFEKTIF

PROAKTIF

#CARA KOMUNIKASI

VERBAL - VOKAL - VISUAL

PILIHAN KATA

PENGUCAPAN

EKSPRESI

DIRECT

ADA
PERJUMPAAN

**BERBICARA
LANGSUNG**

VS

INDIRECT

TIDAK
BERJUMPA

**VIA MEDIA
KOMUNIKASI**





#CARA KOMUNIKASI – TATAP MUKA

VERBAL - VOKAL - VISUAL

PILIHAN KATA

PENGUCAPAN

EKSPRESI



1/2

1/2

#CARA KOMUNIKASI – SEMI TATAP MUKA

VERBAL - VOKAL - VISUAL

PILIHAN KATA

PENGUCAPAN

EKSPRESI



#CARA KOMUNIKASI – NON TATAP MUKA

VERBAL - VOKAL - VISUAL

PILIHAN KATA

PENGUCAPAN

EKSPRESI



KOMUNIKATIF

EFEKTIF

PROAKTIF

EFFECTIVE COMMUNICATION

IN SOCIAL DISTANCING

ADAB PENGIRIM

**NIATKAN UNTUK
MEMBUAT PAHAM**

ADAB PENERIMA

**NIATKAN UNTUK
MEMAHAMI**



EFFECTIVE COMMUNICATION

IN SOCIAL DISTANCING

ADAB PENGIRIM

NIATKAN UNTUK MEMBUAT PAHAM

PERHITUNGGKAN

- Kondisi penerima pesan
- Situasi penerima pesan
- Emosi penerima pesan



EFFECTIVE COMMUNICATION

IN SOCIAL DISTANCING

ADAB PENERIMA

NIATKAN UNTUK MEMAHAMI

PERHITUNGGAN

- Kondisi pengirim pesan
- Situasi pengirim pesan
- Emosi pengirim pesan



EFFECTIVE COMMUNICATION

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DUAL AWARENESS

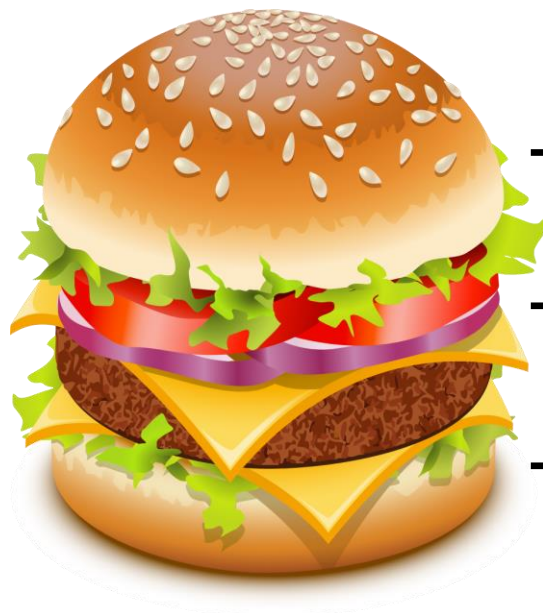
- *Jangan terburu-buru ingin mengirimkan pesan*
- *Selalu sadari dampak dari penggunaan kata bagi yang menerima pesan*
- *Aktifkan mode 'radar' dalam mengirim pesan,*



EFFECTIVE COMMUNICATION

IN SOCIAL DISTANCING

HAMBURGER METHOD



→ APRESIASI

→ INTI / ISI

→ MOTIVASI



EFFECTIVE COMMUNICATION

IN SOCIAL DISTANCING

EFFECTIVE HIGHLIGHT

- *Apa hal terpenting yang Anda ingin diingat dari komunikasi Anda*
- *Jaga fokus pembicaraan pada poin penting*
- *Tutup pembicaraan dengan highlight pesan terpenting*



EFFECTIVE COMMUNICATION

IN SOCIAL DISTANCING

ASSERTIVE CONFIRMATION

- *Jangan malu untuk mengkonfirmasi yang Anda belum pahami*
- *Jangan mengandalkan asumsi*
- *Konfirmasi dengan gaya komunikasi yang asertif*



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