





František Táborský

Associate Prof., PhD. Charles University Faculty of Physical Education and Sport Czech Republic



EHF CAN

SOCIAL BEHAVIOUR is something we can learn and continue to improve

CHF CAA

We have to use various techniques of psychic relaxation, concentration and self-control (auto-regulation), develop self-awareness (auto-reflection) and social perception, and optimise our style of social interaction.



It is said that we remember only about ten percent of what we hear, half of what we see, and as so much as 90 percent of what we do ourselves.

Therefore daily practice should be our main resource in our quest for perfection!

Or as Herbert SPENCER put it: The great goal in education is not knowledge but action.



The term ASSERTIVENESS has frequently been used in this context. Assertive action is usually defined as a healthy way of getting what one wants in a given situation while also respecting the rights of others.

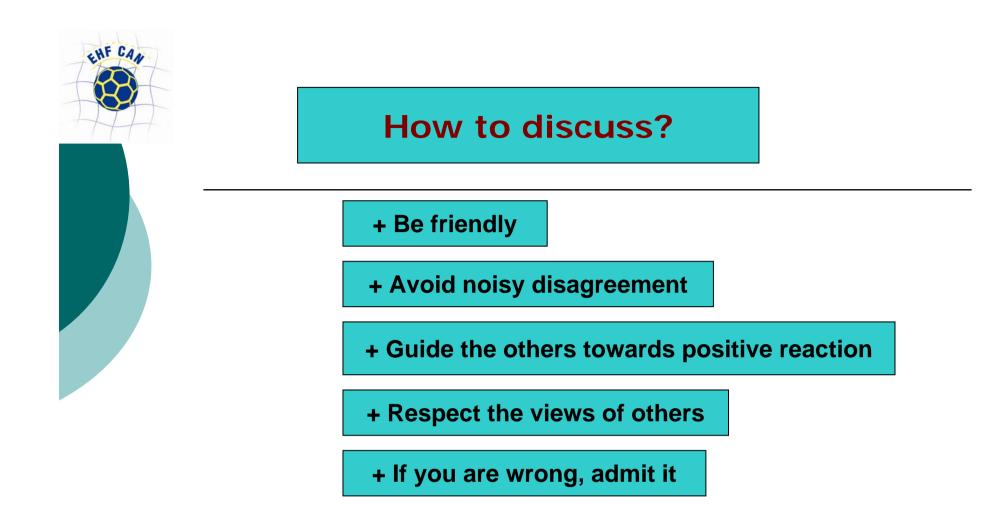
The aims of assertive behaviour techniques are the development of an atmosphere of co-operation, frankness and straightforwardness in action, independence in decision-making, winning acceptance for one's own views (without resorting to manipulation).



about themselves

+ Seek to create in others a feeling of importance

"Every person I have known and will know in my life surpasses me in something. This is where I can learn." Ralph Waldo EMERSON



"Be wiser than others if you can but don 't tell them." Lord CHESTERFIELD



How to motivate?

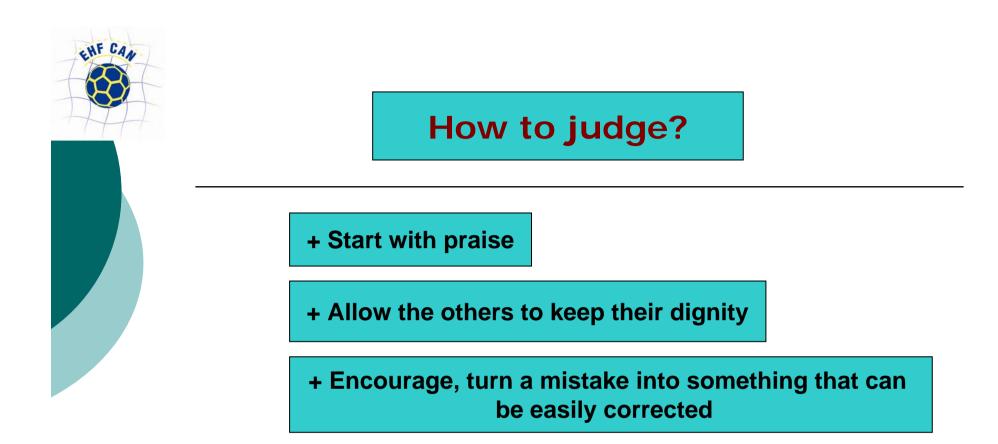
+ Understand the needs of others

+ Don't give commands, ask

+ Turn your own wish into a request to others

+ Appeal to noble motives

"I consider my ability to arouse enthusiasm in people the greatest wealth that I have" Charles SCHWAB



+ Highlight even the smallest improvement

"One of the most fundamental characteristics of human nature is a strong need for being appreciated." William JAMES