



Erasmus+



STRATAGAME



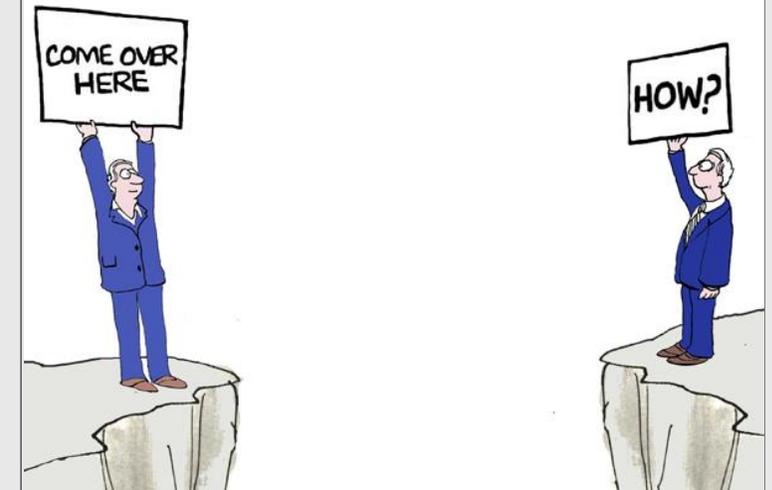
COMMUNICATION

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- Communication is the transmission of a coded message from the transmitter through a communication channel to a receiver that decodes the message and gives a response in its encrypted order, so the transmitter becomes a receiver.
- The communication elements are the **message, the communication channel, the communication medium, the cultural identity.**
- For an optimised communication, it is always important to wait for the interlocutor's response to the message transmitted by us.
- This mode of communication allows us to understand to what extent the one we are communicating has understood what we tried to communicate to them, and if we notice that our message was not fully understood, we will eventually send them the same message under one in another form, this time wait for the answer, too.

COMMUNICATION

THE ELEMENTS OF COMMUNICATION



Source:

<https://www.teamworkandleadership.com/2014/10/3-funny-communication-videos-share-at-your-next-staff-meeting.html>

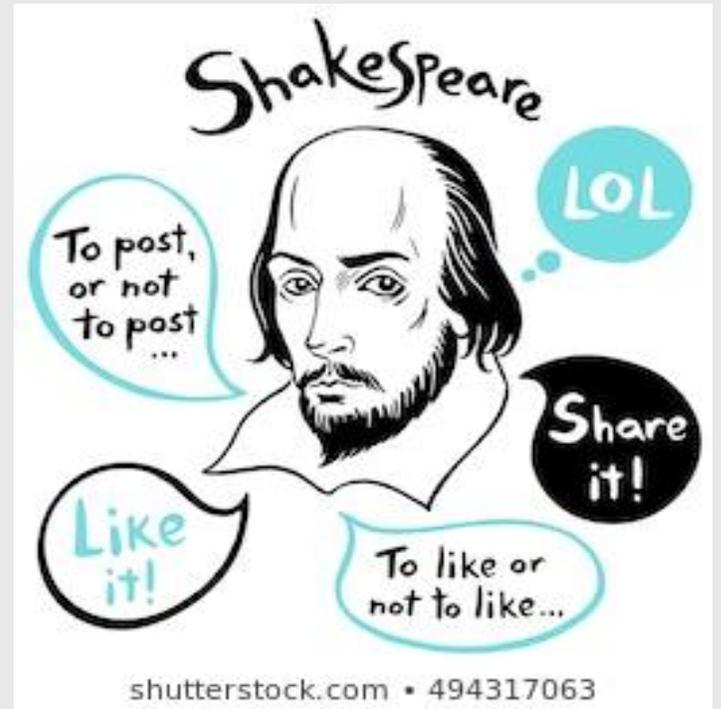
Any person can be regarded as having multiple levels in which he "gathers,, information about himself and the world around him: open level, hidden level, blind level, unknown level.

- *The open area* is the one whose content we are aware of and which we are willing to reveal to others: memories, common knowledge.
- *The hidden area* is the one whose content we are aware of, but which we deliberately do not want to reveal to others: feelings, reactions, impulses that we regard as antisocial, events in which we acted otherwise than according to our own standards, or with those of the group.
- *The Blind Zone* is the one whose content we are not aware of, but which is part of us and others can see it, only we are "blind": feelings and traits that we do not recognize as ours.
- *The unknown area* is the one whose contains data that neither we nor the others are aware of: strongly repressed feelings, tendencies and impulses, potentially completely unknown talents, characteristic reactions that only occur in critical, special situations, "outfits" or "shades" that we not aware of or talents that we did not suspect.

It is very easy for us to talk when we have had similar experiences with those we communicate with. For this reason, sometimes we feel freer to say certain things, other times we have the impression that it is better to just keep for ourselves certain things we know about ourselves, without wishing to share them with others. And sometimes our simple behaviour leaves the heavens to understand what we do not say in words.

COMMUNICATION

THE LEVELS AT WHICH THE COMMUNICATION TAKES PLACE



Depending on the level of communication that each of the interlocutors is, by combining these levels, we have four types of communication.

- *Open communication* - when communication takes place between the open areas of the interlocutors. This communication is optimal and effective.
- *Unintentional communication* - is the communication between the open area of one of the interlocutors and the blind area of the other, so the message we receive about a person is without the intention of communication. The information reveals a part of the personality of the interlocutor; on the other hand, information can be used through feedback, for example: for behaviour change, guidance and counselling.
- *Intentional communication* - is the communication from the hidden area of one of the interlocutors to the open area of the other, and this communication is reciprocal. It is found when we deliberately reveal something about us that we usually hide. At this level there is the process of self-exposure and demand and feedback, very important processes for the formation and development of healthy and productive communication relationships.
- *Unknown communication or communication through "contagion"* - is a communication between the unknown areas of each of the interlocutors and is called "contagion" because it communicates at the emotional level. A person influences the feelings or behaviour of the other person without one being aware of it or intentionally doing it.

In our group of friends, or even when we make new friends, when we notice that others have gone through experiences similar to ours, we feel much better and we connect open communication. Thus, it is much easier for us to tell about us and events that we have never told, precisely because we feel fully understood by this team.

COMMUNICATION

TYPES OF COMMUNICATION



Source:

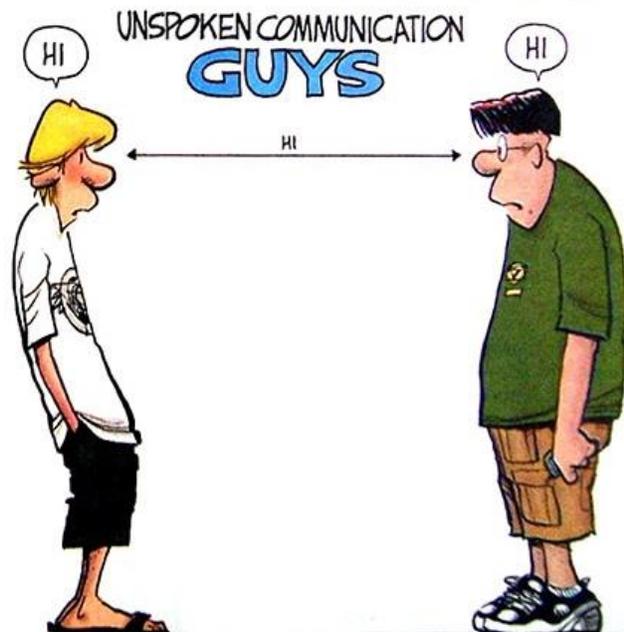
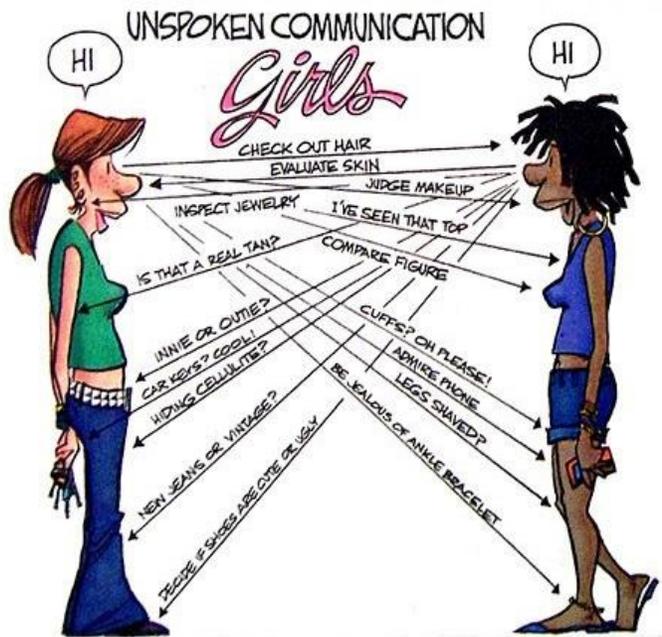
<https://ro.pinterest.com/pin/141863456987007807/>

- In order to have effective communication, it is necessary to respect your interlocutors as your equal, to respect your right to opinion, respect and appreciate your decisions, and you will not undermine or sabotage them and respect your values and experience.
- Among the elements that can interrupt a communication could be found the following elements: order, use of power over another, appreciation for the purpose of manipulation, giving orders without explanations, the non-constructive critique or the deliberate change of the subject.
- Regardless of whether we are in the work team or a group of friends, we do not feel free to express our opinions if they are frequently criticized or not taken into consideration. The more we feel marginalized if our opinions are misunderstood and even used against us easily.

COMMUNICATION ELEMENTS THAT CANCEL COMMUNICATION



Source: <https://www.amazon.com/Avanti-Couple-Communication-Humorous-Anniversary/dp/B07SX5WFM2>



- It is generally known that we retain about 7% of verbal language spoken, 38% of para-verbal language given by intonation and voice inflection, and about 55% of non-verbal languages given by body posture, gesture, face expression, in other words metacommunication.

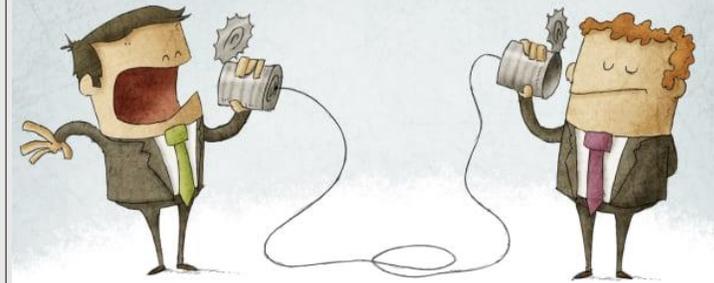
- It is known that: our body does not lie, for this reason, we can closely follow the bodily traits and gestures of those with whom we communicate and, in this way, we can better understand if what is transmitted to us is consistent with what our interlocutor thinks.

COMMUNICATION

WAYS OF COMMUNICATION: LANGUAGE

- In order to succeed in having a creative and effective relationship in our lives, it is necessary to communicate at a certain level with our interlocutors.
- So, it is necessary to know how to ask, feelings that they are expressed freely in our demand, as the others are free to give answers, making the difference between wanting and asking, in a mature way.
- It is important to know how to offer, to put us in service to other without any further expectation, unconditionally, otherwise it is just an exchange.
- Let us know how to receive, let our gratifications to come, accept the refusals or the affairs of the others, our fears of being eventually disqualified, or our needs to be recognized.
- Let us have the ability to refuse, to say no, to pose yourself differently, accepting this difference to each other, in his or her freedom to be.
- We can do this in the affirmative way by telling ourselves: I am able to define myself, give up the approval of the other person, or by refusing to not feel frustrated that I punish the other.

COMMUNICATION COMMUNICATE IN A CREATIVE RELATIONSHIP



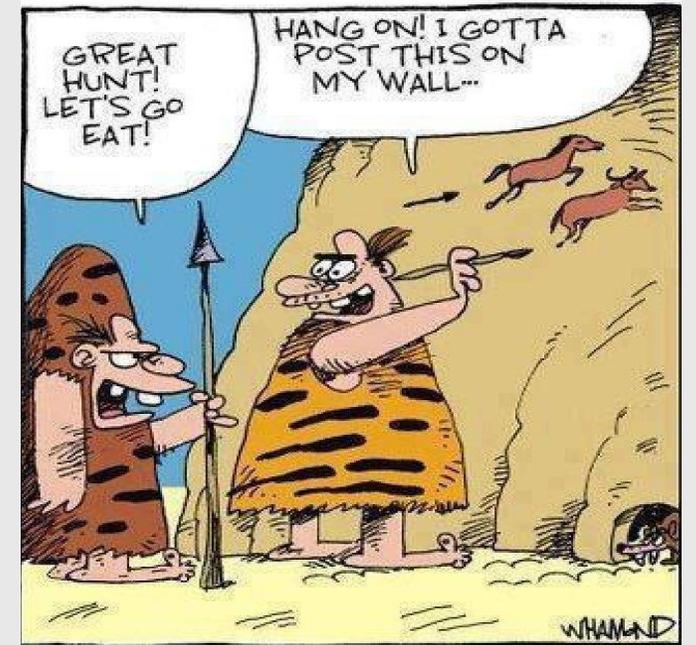
Source:

<https://www.peoplesmattersglobal.com/article/employee-engagement/communication-is-the-key-to-bringing-about-transformation-22750>

- Colours in communication play an essential role both in the message that we send and, in the emotion, determined into the interlocutor. Always take into account the participants in the discussion / meeting, their country of origin, their traditions and their culture.
- Also, in a graphic communication, we have to take into the account what we want to emphasize through our presentation, the message we want to send. Especially in meetings with foreign business partners or with my friends from abroad, I take into account their cultural habits through the way I dress and the colours they use when meeting with them.

COMMUNICATION

COLOR IN COMMUNICATION



Early Facebook

FUNNY CARTOONS ON [FUNNYPHOTOS.COM](http://www.funnyphotos.com)

Source:

<https://ro.pinterest.com/pin/470415123549309446/>