

Meaning of SELF-COMPETENCE

An approximation experiment with Reader Participation

 → [German Version](#)



SELF-COMPETENCE – key to success

Helplessness

You know how it is:

A person behaves inappropriately towards you
or an unexpected situation makes you helpless.



In both cases, consider how best to behave.
You would like to improve your opposit
or the situation, wouldn't you?

But just the unadapted fellow man
- or the situation that has occurred -
is not approachable.

(Photo: pixabay)

Disillusion

What's still possible? The French philosopher [1] [Gabriel Marcel](#) (1889-1973)
formulated an initially sobering answer to this question:

"There is one piece of the world that can be improved: Yourself".

Coaches give this knowledge to their clients to practice. They complement it:

***"The only adjusting screw that you can use in dealing with people
and situations is your own behavior."***

In addition, they offer their clients methods in practice examples suitable for
their professional and private environment – for expensive payment.

Skills taught in this way belong to the section heading "SELF-COMPETENCE".

Strengthening

Self-competence encompasses abilities,

- to examine and rethink one's own perceptions and feelings,
- to consider foreseeable consequences of possible behaviours in advance in order to control one's own behaviour self-confidently and purposefully,
- to deal with oneself and others attentively and emotionally intelligent,
- to actively listen to others and communicate with them at eye level (symmetrically),
- to express one's own thoughts and feelings in a friendly and clear way.

Self-competence focuses on

- increasing one's own satisfaction,
- being respected as a person,
- become seen by others as trustworthy and competent,
- achieving responsible goals together,
- experiencing their own achievement in the success of the cooperation partners.

Self-competence can be learned and trained

- by acquiring basic knowledge from various psychological, communication science and neurobiological findings,
- by practising concrete behaviour patterns in example situations - preferably with a familiar fellow human being,
- by constant, self-critical application of the practiced in the personal and professional environment.



Other contributions within the social media groups and within this section on my homepage will address such aspects of self-competence.

Usefulness

Obviously, the ability to deal well with oneself is the necessary condition for dealing well with others. Parents should be role models for their children, teachers role models for their pupils, master craftsmen role models for their apprentices, bosses role models for their employees. Sellers and counter clerks should appear as convincing and pleasant as possible.

The better a person can deal with himself, the more successful will be his dealings with others:
Self-competence is therefore the key to success.



Good teachers, like good parents, promote the self-competence and personality development of adolescents through education as awareness raising or with intuitive exemplary behaviour.

Obviously a much larger number of fellow men should be wished for self-competence. Their strengthening serves the social interaction of all people and individual success.

Information and Discussion

Instead of complaining about recognizable shortcomings, [2a] [Sabine Gessenich](#) and [3] [I myself](#) would like to use our experiences to make it possible for everyone to consider and develop their own competence in dealing with themselves and others.

For this purpose we have created the [4] [section "SELBSTKOMPETENZ"](#) on my website and a group of the same name on [5] [LinkedIn](#), which we moderate. If you do not have access to LinkedIn, you are welcome to use my [6] [contact form](#) in order to ask questions or to make suggestions.

In the "Self competence" section of this website we will

- impart basic knowledge,
- provide food for thought and help, and
- answer your questions and suggestions.

Accordingly, you will first find an introduction to the topic here. In the course of time, this section will grow to include contributions that also deal with the discussions in the groups and take up questions and suggestions. Thus self-competence for you as reader and involved should gradually gain more and more contour and use.

Note of thanks

Translation of this article into English with the generous support of [2] [Sabine Gessenich](#).

LINKS



German Version:

<https://p-j-r.de/publicationes/bildung/selbstkompetenz/234-seko-bedeutung.html>

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[1] *Gabriel Marcel*:

https://en.wikipedia.org/wiki/Gabriel_Marcel

- [back to \[1\]](#)

[2] *Sabine Gessenich*:

<https://sabine-gessenich.com/>

- [back to \[2a\]](#)

[3] *Peter J. Reichard* – "Über mich":

<https://p-j-r.de/allgemeines/ueber-mich.html>

- [back zu \[3\]](#)

[4] Section "SELBSTKOMPETENZ":

<https://p-j-r.de/selbstkompetenz.html>

- [back to \[4\]](#)

[5] LinkedIn Group "SELBSTKOMPETENZ":

<https://www.linkedin.com/groups/8698986/>

- [back to \[5\]](#)

[6] Contact form:

<https://p-j-r.de/allgemeines/kontakt.html>

- [back to \[6\]](#)