








p-j-r.de

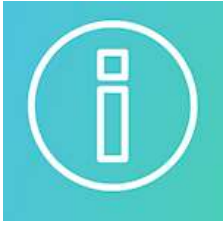
Homepage von Peter J. Reichard

SELF-COMPETENCE



Successful works,
who's good with himself and others.
Self-competence is the basis for this.
Here we show and discuss,
what goes with it and how to train it.

ICON	ARTICLE
	German section SELBST-KOMPETENZ / Startseite (Home)
	More articles will follow
	05 - Happier with Reframing "Reframing" can help to give a positive interpretation to unpleasant situations or behaviours. The principle, use and benefits of this NLP method are explained in this article using examples.
	04 - Conflict resolution by changing perspectives A conflict discussion needs to be well prepared in order to succeed. The behaviour and intentions of the participants must be analysed from many perspectives, e.g. by reversing roles, and then one's own behaviour must be thoroughly planned.
	03 - Time for reflection leads to better solutions - Need or provide a reflection period In order to react well-considered to a demand which is pressing you, you need time to think about it. You will find considerable aspects for this here.
	02 - Necessity and Benefits of Interrupter-setting - Self-control is learnable and useful To react to bad behaviour of others or frightening situations self-controlled and well-considered is a good thing. This can be learned and practiced. The "interrupter-setting" thereby proves to be necessary and useful.



01 - **Meaning of SELF-COMPETENCE**

- An approximation experiment with Reader Participation

The concept, aspects and benefits of "self-competence" as a "key to success" are the subject of this section and the discussion in social media groups.

© Copyright by ***Peter J. Reichard***_2019 – All rights reserved