



COMMUNICATION -The art of emotions, from the Messenger to the Receiver. A quest

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ABSTRACT- Human beings are perhaps best described as "Social Animals" who defy the logic to stay alone without communicating emotions and receiving the same. The essence of communication gets sharpened from the very beginning of an individual once he/she enters the premises of a school but the art of communication becomes the language of a 'leadership'. After all the best orators are the magicians, since they sway into the platform with enviable swagger. In short, the orators become the show piece of mass receivers. A good communicator masters the art to convince and defend the undefendable. Organizing a raw thought and smoking it out through a perfect delivery is not an easy task until and unless the rough edges get converted into a stunning opening and a closing line. In fact, for effective communication a platform for impact delivery must be considered. A polished delivery is not about cobbling together "the perfect words" and memorizing them by rote but on the other hand one must internalize confidently and message should be loud and clear. Sometimes realization can occur that some messages might need tweaking therefore edition is needed and once it is complete a perfect communication can be on its way to chisel out the emotions and wanted messages to drop into the ears of a good listener. Poor listeners can block effective messages henceforth, effecting the orator. Real communication involves little bit of persuasion but at the same time requires purposeful exchanges between all interested parties. In fact, the success story for a polished communication mostly depends on active listeners. Therefore, the entire process of communication is just not the content of the message but also removing to interactive listening.

Key Words: Effective Communication, swagger, delivery, memorizing, interactive listening

I. INTRODUCTION

The Art and Style - Oration

Communication- the art of passing information from one person to another so that they can be received in the manner they are meant to be. In many ways, our everyday lives now involve a blend of face-to-face and technologically mediated forms of communication. But in our assumptions we explain how digital forms of communication can supplement, rather than replace face-to-face conversation.

At the same time though, it is also important to acknowledge that some people value online communication because they can express themselves in ways they might find difficult through face-to-face conversation. In a world of smartphones and connectivity to social media and e-mail, we are all in constant connection with one another. So why are so many people feeling burned out, distant from colleagues and abandoned by family and friends? In this new book from the bestselling author of *Running with the Mind of Meditation*, The basic principles of communication traditionally and through meditation and a sincere belief in the inherent wisdom, compassion and courage of all beings is to help readers to listen and speak more mindfully with loved ones, co-workers, strangers and even ourselves. Emotions too vary but the real crux of the matter is that a direct connect is stimulated between the communicator and the responder.

In this article we try to understand the inspiring ideas and practical tips on how to be more present in your day-to-day life, helping us to communicate in ways that elevates the dignity of everyone involved. Great for families, employees and employers and anyone who spends too much time on Facebook and Instagram and feels "disconnected" in our "connected" world, *The Lost Art of Good Conversation* is a journey back to the basics. I happen to believe that there is an art to everything we do and why not? Without flair and panache most things become drudgery. Why settle for drudgery when you can have art?

Why Converse at all?

When it comes to the art of conversation we've all met people who seem to have the knack for it. They can talk to anybody about anything and they seem to do it with complete ease. And while it's true that there are those who are born with the gift of gab, luckily for the rest of us, conversation skills can be developed and mastered.

In this article, we talk about the importance of being a good communicator and give tips on how to convey ideas and information successfully. Many of the same tips hold true for developing good conversational skills and the after effect is really one can take care of. Have a look at the article for added tips which I won't be repeating here. Conversation is a form of communication; however, it is usually more spontaneous and less formal. We enter conversations for purposes of pleasant engagement in. While there is more to having good conversation skills than being a comedian, dramatic actor, or a great story teller, it is not necessary to become more gregarious, animated, or outgoing. While there is more to having good conversation skills than being a comedian, dramatic actor, or a great story teller, it is not necessary to become more gregarious, animated, or outgoing. Conversation is an expression which is important in many ways. It lessens pain and suffering, multiplies joy, enjoyment and exaltation and enriches experience. Conversation perhaps is the best tool and vehicle of expression of ideas, emotions and experience which is of great importance.

It is a great boon and blessing and one of the important means of preserving and increasing knowledge. A human, can best explicit his mind, intentions, ideas, purpose and personality

through words of the mouth or talk. A man is known by his words and talk. A talk reveals a man's inner being, his thoughts and emotions. A conversation is also a participation, cooperation and interaction. This is the best means of communication and expression and also the oldest and the richest. Our oldest and most cherished religious and spiritual works were originally in the form of oral communication, conversation and dialogues. Conversation is essential for success, social interaction, business, learning and education. In a broader and general sense conversation is very comprehensive and includes a talk, lecture and public speech. A lecture or talk may be termed as an extension of conversation. In a conversation a talk is confined to two-three persons but in a speech or lecture it extends to many persons forming a large audience.

Feedback to sender, an appropriate tool

Process of communication and familiarize ourselves with the elements involved in the process. Communication is a five-step process: The sender has an idea, the idea becomes a message, the message is transmitted, the receiver gets the message, the receiver reacts and sends feedback. Misunderstandings can arise at any stage of the communication process and when that happens, the process breaks down. The transmission of the sender's ideas to the receiver and the receiver's feedback to the sender constitute the communication cycle or process.

Sender always has an Idea.

Conceive an idea and want to share it. The form of the idea may be influenced by the sender's mood, frame of reference, background, culture, and physical makeup, as well as the context of the situation. Senders are individuals who react to situations from a unique vantage point, interpreting ideas. Art therapy is a great alternative therapy for people who cannot or chose not to vocalize their thoughts and emotions. Solution-focused art therapy is a great way to include the client in art therapy. People have many reasons to start or participate in art therapy. Art therapy has many parts or steps in order to obtain the most positive outcomes.

Vocabulary----The tool for emotions

An expanded vocabulary will set people apart. It enhances the communication process and draws others in.

Vocabulary can reveal to others how educated you are, and others may make judgments about you that can affect your opportunities with them. The best communicators will use an expanded vocabulary with more educated groups and a more basic vocabulary with less-educated groups.

Just as important as what you say is how you say it. What tone are you using? When you speak, are you a monotone? Or do you move the tone of your voice, changing it up? This will naturally help people follow what you're saying. Changing the tone of your voice is a very effective way to draw people into your message. Attracting the audience with playful words become the ardent task of the communicator.

Along with the words you use and your tone, consider your pace. Sometimes when you speak you may need to go slowly, and sometimes you may need to go very fast. The speed with which you speak will tell others certain things. A fast pace will communicate that you're excited about something. A slow pace usually communicates thoughtfulness or that you really want them to hear your point.

Choosing the pace is also like using your volume in an effective way. Master communicators will draw their audience in by fluctuating their voice from very loud to a near whisper. The audience doesn't even know that the speaker is taking them on a roller coaster ride of communication. There are lessons to be learned here. Even in a one-on-one conversation, we can shift and change volume, keeping our communication more effective.

Emotion---A therapy

The emotions you communicate while speaking are vital. The key here is to show emotion without "getting emotional." Emotions can be a very effective communicator. For example, showing anger can communicate that you are very serious about something (as long as you don't get angry often). Allowing yourself to cry can show a side of you to others that communicates that you are a person of passion who, while being a hard-charging person who desires success, also has a tender side. Allowing yourself to laugh will communicate that you have a fun side and do not take yourself too seriously. Emotion, if controlled, is a powerful communication. Emotional awareness in communication is often misunderstood and seldom if ever discussed or taught.

Feelings play a major role in communication. Emotional awareness, or the ability to understand feelings, will help to succeed when communicating with other people. If we are emotionally aware, there is a chance to communicate better. You will notice the emotions of other people, and how the way they are feeling influences the way they communicate. You will also better understand what others are communicating to you and why. Sometimes, understanding how a person is communicating with you is more important than what is actually being said.

Have you ever tried to hide your feelings? It's pretty hard for most of us to do. That's because emotions don't lie. Instead of trying to hide or ignore your feelings, focus on becoming aware of your feelings and the feelings of those around you in order to be a better communicator.

Language Affects Our Credibility

One of the goals of this article is to understand how to be more competent with our verbal communication. People make assumptions about the credibility based on how we speak and what I say. Even though we've learned that meaning is in the people rather than words and that the rules that govern verbal communication, like rules of grammar, are arbitrary, these norms still mean something. You don't have to be a perfect grammarian to be perceived as credible. In fact, if you followed the grammar rules for written communication to the letter you would actually sound pretty strange, since our typical way of speaking isn't as formal and structured as writing. But you still have to support your ideas and explain the conclusions you make to be seen as competent. Language has clearly to be accountable for what we say in order to be seen as trustworthy. Using informal language and breaking social norms we've discussed so far wouldn't enhance your credibility during a professional job interview, but it might with your friends at a tailgate party. Politicians know that the way they speak affects their credibility, but they also know that using words that are too scientific or academic can lead people to perceive them as eggheads, which would hurt their credibility. Politicians and many others in leadership positions need to be able to use language to put people at ease, relate to others, and still appear confident and competent.

Language---The medium to separate

Whether it's criticism, teasing, or language differences, verbal communication can also lead to feelings of separation. Language differences alone do not present insurmountable barriers. We can learn other languages with time and effort, there are other people who can translate and serve as bridges across languages, and we can also communicate quite a lot nonverbally in the absence of linguistic compatibility. People who speak the same language can intentionally use language to separate. The words like us and we, can be a powerful start to separation. Mostly Children are in general brought up within the social group to which their parents and immediate family circle belong to, and they learn the dialect and communication styles of that group along with the rest of the subculture and behavioral traits and attitudes that are characteristic of it. A child or an adult who reads gains not only literacy and language skills but also grows in their ability to understand the world through their own individual perspective raising the emotional levels too. The interference between the mother tongue and a local dialect can hamper the relationship or the understanding level between individual or people coming from different dialects but if a common medium is reached for communication the level of separating the communicator's to the responder gets reduced. Therefore a major study is still waiting as to how to bridge the emotional level by enhancing a common language for either two individuals or a community as a whole.

II. THE KEY TAKEAWAYS

- Language helps us express observations, thoughts (conclusions and judgments based on observations or ideas), feelings, and needs.
- Language is powerful in that it expresses our identities through labels used by and on us, affects our credibility based on how we support our ideas, serves as a means of control, and performs actions when spoken by certain people in certain contexts.
- The productivity and limitlessness of language creates the possibility for countless word games and humours.
- Language is dynamic, meaning it is always changing through the addition of neologisms, new words or old words with new meaning, and the creation of slang.
- Language is relational and can be used to bring people together through a shared reality but can separate people through unsupportive and divisive messages.

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