

# “Importance of Different types of scenario in Management skills learning and practices”

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**Abstract:** Self awareness is important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. We are then empowered to make changes and to build on our areas of strength as well as identify areas where we would like to make improvement. Using established tools and techniques will help you improve your approach to solving the problems that your team and your organization face. You'll be more successful at solving problems and, because of this, more successful at what you do. What's more, you'll begin to build a reputation as someone who can handle tough situations, in a wise and positive way. Good decision-making is an essential life skill most people acquire through trial and error. Few have had the benefit of formal training in decision making or are aware of decision science.

Decision Skills utilize the tools of decision science to help us make better decisions, in part through recognizing and overcoming decision traps people commonly make. Decision making plays a vital role in the life of students. It diverts the students from falling into the trap that manages the students and saves their career life. It promotes self-determination on how to make good decisions and choices. Thinking skills are the mental activities you use to process information, make connections, make decisions, and create new ideas. You use your thinking skills when you try to make sense of experiences, solve problems, make decisions, ask questions, make plans, or organize information. Creative thinking refers to using abilities and soft skills to come up with new solutions to problems. Creative thinking skills are techniques used to look at the issue from different and creative angles, using the right tools to assess it and develop a plan. Time management skills are those that help you use your time effectively and achieve desired results. Time management skills can help you allocate your time properly and accomplish tasks efficiently. Some of the most important skills related to successful time management skills include. Stress is a mental reaction to our body experiences due to the demanding circumstance or event that requires immediate action and attention. This reaction initiates our nervous system to produce adrenaline and cortisol hormone and release it in our blood system; gradually, it suppresses the functions of our immune, digestive and reproductive system. That is why it becomes essential to handle our stress level effectively to keep ourselves physically and mentally fit.

**Keyword:** Self-Awareness Skills, Problem-Solving Skills, Decision-Making Skills, Thinking Skills, Creative Thinking Skills, Time Management Skills, Stress Management Skills.

## INTRODUCTION:

Life skills include psychosocial competencies and interpersonal skills that help people make conversant decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner. Life skills that enable individuals to take adaptive and positive behavior that makes them able to deal with the events and challenges of everyday life and to participate in the modern world full of new challenges and handle everything from interactions with others to identifying and processing emotions.

Life skills are also defined as the set of personal skills and social features that the individual needs in order to interact confidently and efficiently with themselves or with other people and with the local community and in order to have a high ability to make important decisions in his life, solve problems at all levels of personal, social, sexual and self-development, in order to deal with others positively, and avoid falling into crises, and overcome them when they occur. Life skills can be defined by several definitions, including.

**1. Self-Awareness Skills:** Skill development improvement projects should normally begin with an assessment of the gap between the current situation and the desired future situation. Having an accurate sense of which you are helps you decide what you should do to improve. Often, self-awareness will reveal a skills gap that you want to work on.

Developing intuitive decision-making skills and Leaders with well-developed emotional self-awareness are more effective intuitive decision makers. In complex situations, intuitive decision makers process large amounts of sometimes unstructured and ambiguous data and they choose a course of action based on a "gut feeling" or a "sense" of what's best. This type of decision making is becoming more important for managers as the rate of change and the

levels of uncertainty and complexity in their competitive environments increase. Managers who are highly emotionally self-aware are better able to read their "gut feelings" and use them to guide decisions.

**Stress:** Jobs that don't suit your personality tend to give you more stress than jobs that are more compatible. This is not to say that you should never take a job that conflicts with your personality. However, be aware that you will need to work extra hard to develop the skills for that job, and there are jobs that would be less stressful for you.

**Motivation:** It's very difficult to cope with poor results when you don't understand what causes them. Self-awareness is empowering because it can reveal where the performance problems are and indicate what can be done to improve performance. In addition, awareness of your psychological needs can increase your motivation by helping you understand and seek out the rewards that you really desire such as a sense of accomplishment, additional responsibility, an opportunity to help others, or a flexible work schedule.

**Leadership:** when we understand "what make us tick"--what gets us excited, why we behave the way we do, etc. we also have insight into what makes others tick. To the extent that other people are like you, knowing how to motivate yourself is tantamount to knowing how to motivate others.

**2. Problem-Solving Skills:** In order to be effective at problem solving you are likely to need some other key skills, which include:

**Creativity:** Problems are usually solved either intuitively or systematically. Intuition is used when no new knowledge is needed - you know enough to be able to make a quick decision and solve the problem. More complex problems or problems that you have not experienced before will likely require a more systematic and logical approach to solve, and for these you will need to use creative thinking.

**Team working:** Many problems is best defined and solved with the input of other people. Team working may sound like a 'work thing' but it is just as important at home and school as well as in the workplace.

**Risk Management:** Solving a problem involves a certain amount of risk - this risk needs to be weighed up against not solving the problem. You may find our Risk Management useful.

**Decision Making:** Problem solving and decision making are closely related skills, and making a decision is an important part of the problem solving process as you will often be faced with various options and alternatives. See Decision Making for more.

**3. Decision-Making Skills:** In the wider process of problem-solving, decision-making involves choosing between possible solutions to a problem. Decisions can be made through either an intuitive or reasoned process, or a combination of the two.

**Intuition:**

Intuition is using your 'gut feeling' about possible courses of action. Although people talk about it as if it was a magical 'sense', intuition is actually a combination of past experience and your personal values. It is worth taking your intuition into account, because it reflects your learning about life. It is, however, not always based on reality, only your perceptions, many of which may have started in childhood and may not be very mature as a result.

**Reasoning:**

Reasoning is using the facts and figures in front of you to make decisions. Reasoning has its roots in the here-and-now, and in facts. It can, however, ignore emotional aspects to the decision, and in particular, issues from the past that may affect the way that the decision is implemented.

**4. Thinking Skills:**

The skills that we need in order to be able to think critically are varied and include observation, analysis, interpretation, reflection, evaluation, inference, explanation, problem solving, and decision making.

Specifically we need to be able to:

1. Think about a topic or issue in an objective and critical way.
2. Identify the different arguments there are in relation to a particular issue.
3. Evaluate a point of view to determine how strong or valid it is.
4. Recognize any weaknesses or negative points that there are in the evidence or argument.
5. Notice what implications there might be behind a statement or argument.
6. Provide structured reasoning and support for an argument that we wish to make.

**5. Creative Thinking Skills:**

Now that you have taken the creative problem-solving self-assessment test, do you have a better sense of which creative thinking skills and attitudes you have, and which ones you might want to improve upon? College is great ground for enhancing creative thinking skills. The following are some college activities that can stimulate creative thinking. Are any familiar to you?

Design sample exam questions to test your knowledge as you study for a final.

1. Devise a social media strategy for a club on campus.
2. Propose an education plan for a major you are designing for yourself.
3. Prepare a speech that you will give in a debate in your course.
4. Develop a pattern for a costume in a theatrical production.
5. Arrange audience seats in your classroom to maximize attention during your presentation.
6. Arrange an eye-catching holiday display in your dormitory or apartment building.
7. Participate in a brainstorming session with your fellow musicians on how you will collaborate to write a musical composition.
8. Draft a script for a video production that will be shown to several college administrators.

**6. Time Management Skills:**

Time management is the method of planning and balancing your time between different activities. Good time management helps you to complete a given task in a specific time frame amidst challenges and tight schedules. When you manage your schedule and deadlines, strong time management skills help you better your reputation and move ahead in the workplace.

Time management skills are those that help you use your time effectively and achieve desired results. Time management skills can help you allocate your time properly and accomplish tasks efficiently. Some of the most important skills related to successful time management skills include.

**7. Stress Management Skills:**

Stress in the workplace is a reality for most people at some point, although some handle it better than others. The American Psychological Association report on Stress in America found that the majority of people (61 percent) cite work as a source of stress, and a Paychex survey identified the top three sources of stress at work as:

While these factors cannot always be avoided, it's entirely possible to manage stress better by equipping yourself with the right skills.

Understand the Impact of Stress in the Workplace

Stress is a real issue, and depending on the severity of it, it can have a significant impact on the mental and physical well-being of employees. Chronic stress can lead to health issues for individuals, such as increased risk of high blood pressure, heart attacks, and stroke.

**CRUCIAL SKILLS FOR MANAGING STRESS****1. Time Management:**

Managing time to be optimally productive—and not just active—helps reduce stress by making it easier for employees to meet their deadlines, manage expectations, and achieve their goals. Some of the most practical tactics to use for managing time better include. Learn how to reduce the number and severity of conflicts in the workplace with “A Guide to Solving Conflict in the Workplace.”

**2. Conflict Resolution**

Whether between individuals, teams, or competing priorities, conflicts arise in the workplace all the time and can be major contributors to stress. Employees who develop strategies for handling these types of situations will not only reduce their own stress levels, but will contribute to a more collaborative work environment. Some of the strategies that help reduce stress related to conflict include. Ignoring conflicts or engaging in them is a sure way to increase stress and tension. Equipping employees with the tools they need to effectively address conflicts as soon as they arise benefits everyone

**3. Project Management**

Successfully managing a project can help prevent stressful situations from arising in the first place. Although everybody experiences crunch time or an emergency every now and then, it should not be the norm. With the following project management skills, employees will be better able to deliver results without unnecessary stress:

Set realistic deadlines and make a plan to stay on top of them.

1. Use time management skills to avoid unnecessarily working long hours.
2. Learn how to prioritize tasks so that the most urgent work is completed on time.
3. Set realistic goals and allocate resources appropriately.
4. Implement an effective communication plan.
5. Incorporate risk management and contingency plans

**CONCLUSION:**

In order to learn, preach and provide additional information to their knowledge. Science and technology, which widens the gap between parents and children, especially with regard to learning and transferring experience to them, and achieving the maximum benefit. It is necessary for parents to experience the pressures faced by children and young people. They should not put additional pressure on them and not be surprised by their behaviors that may not coincide



with their values, but rather they must understand the technical development and the modern time in which they live and coexist. They should understand the pressures and challenges the children are going through, and seek to find common solutions.

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