

TRAINING DEVELOPS ONLY PROFESSIONALLY?



Poonam Shah



Perceptual Positions

How you see, hear, feel about the situation from your point-of-view

Self



Observer

How the situation appears to someone who's not involved.

How the other person sees the situation from a perspective that matters to them.

Other



I am a proud Cargosolite who has spent 3 years with Dubai - Cargosol LLC and now last 6 years with Corporate Mumbai office as - Export Manager.

I used to live in the world of perceptions, assumptions and preconceived notions which became obstacles in my thoughts and decision-making process.

Like me there were few other colleagues too. After evaluating and analyzing this concerned situation, our HR organized a two-day workshop away from office titled "Who am I?". We were thrilled with the thought of being away from office and home for some "Me Time".

The day unfolded with a lot of self introspection and reflection. We shared our past incidents and our decision-making process. When we collated our personal experience, the findings startled each one of us. We continued to behave in a particular manner and so was our outcome.

To break free this limiting factor we were introduced to a few techniques and methods. One such exercise was "Perceptual Positions". Any situation where one had an argument or disagreement with someone, we were told to look at the same situation from our own perspective, other person perspective and finally with the third person perspective.

The life seemed completely simplified. It's high time to look at situations from several perspectives before concluding and making concrete decision. Today my relationship with my team and peers at large has improved and strengthened.

Undoubtedly, Behavioral Training Program helps in professional growth but at Cargosol we believe in growing holistically too.