Title: Principles of competent communications

Course name

Instructor’s name

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Instances of miscommunications include misperceptions, and ling distance relationships. Misperceptions are identified as a common barrier that leads to a conflicting situation. Misperceptions have serious implications because it causes delays in transmission of information. Relationships suffer under such conditions because right message is not communicated to the healthcare provider. Patients suffer due to transmission of wrong information. Maintaining efficient communications in long-distance relationships is also identified as a barrier. Time, cost and convenience are common issued in such relationships. Building smooth communications poses threats for both parties. Fewer interactions occur among parties that undermine the quality of communications. Common challenges include delays in transmission of message, miscommunication and relationship crisis (Bevan, 2020).

Among six basic principles of effective communications most important ones are taking responsibility for communication behavior, learning to communicate and respecting others. The first principle is focused on taking ownership of the messages and encoding it clearly. Person who is sharing the information must accept the mistake or consequences of delayed information transmission. Second principle emphasize on respecting others. This suggests appreciating the values, traditions and feelings of other people. Respecting others creates win-win outcomes (Bevan, 2020). It is important for the workers to learn communications. This stresses on building communication skills that will allow them to share information in effective manner. Developing such skills also emphasize on cultural competency that indicates treating people from different backgrounds appropriately.

Characters in the video follow principles of Baven because they are showing respect towards others. By showing respect they have managed to accept the views of everyone which improves the relationship in organization. It also shows that people with different values and backgrounds are respected based on this principle. Another principle apparent in the video is taking responsibility of one’s behavior. This is also an effective way of eliminating gap among workers at the workplace.

The noises explained by Baven include physical and psychological noise. Physical noise involved distractions created by external environment. Vibrations of cell phones, create these distractions noise from the surroundings, from the windows or other things. Psychological noise is the result of disturbed mental state of individual. This indicates that a person is not in a condition of concentrating on work due to mental disturbance (Bevan, 2020). Engaging employees in multiple tasks also undermine their ability of concentrating on work.

It is possible to overcome these noises according to Baven by taking appropriate measures. Some common steps can be adopted for avoiding physical noise such as by switching off cell phones or using noise cancelling headphones (Bevan, 2020). Distractions can be removed from workplace by making surroundings better for the employees. Psychological noise can be controlled by creating a stress free environment, offering counseling to employees and by giving them guidelines for improving concentration power. The person needs to control his anxieties and moods for overcoming such noise. Different strategies can be adopted such as training employees for improving their concentration power and overcoming distractions.

References

Bevan, J. L. (2020). Making connections: Understanding interpersonal communication (3rd ed).