

Building Competence

Introduction

Acquisition of skill and execution of skill are two distinct phenomena. An individual may have a wide variety of skills, yet these may not translate themselves into steady action (performing) patterns. The execution of performance requires a belief system. This belief system, known as self-efficacy, refers to a person's belief that he / she can competently execute a performance.

The suggested program is directed to help participants to build a robust self-efficacy (self-confidence).

Objectives

- To help participants to understand the dynamics of individual passivity (helplessness)
- To assist individuals to acquire the skills of confidence building
- To impart necessary skill training for program execution

Methodology

The training method would involve lectures and discussions. In addition, participants would be placed in situations of role playing and self-assessment. Developmental inputs would be provided with a view to bringing about expected outcomes.

Expected Participants

NGO functionaries, social workers and Para - professionals

Expected outcome

The exposure to the program is likely to induce the following benefits:

- Understanding one's own passivity
- Avoiding faulty explanatory styles
- Identifying and emulating appropriate role models
- Improved performance

Programme Director

Prof. F.M. Sahoo

Duration

2 days: Sept 7-8, 2009

Bhubaneswar