communication
transparency
practice
often overlooked
reality is perceived
cognitive bias
three types

› **Decision-making, belief, and behavioral biases**
  – Curse Of Knowledge

› **Social biases**
  – Group attribution error

› **Memory errors and biases**
  – Peak-end Rule
NON-VIOLENT COMMUNICATION
NON-VIOLENT COMMUNICATION

› 1. Observe what is happening and describe the situation without judgement
   I see … / I hear … / the situation is …

› 2. Identify/express your feelings
   Then I feel …

› 3. Find the need behind your feeling
   My need is … / because I would like … / I desire … / I need …

› 4. Formulate a clear, positive, doable request
   Please will you … / Are you willing to do this …?
communication
transparency
practice
transparency?
transparency
transparency
The Johari Window is a model that describes the extent of self-awareness and other-awareness. It is divided into four quadrants:

1. **Known to self and known to others (Shared)**: This is the quadrant where both the individual and others are aware of something.
2. **Known to self and not known to others (Blind)**: This quadrant contains things that are known to the individual but not to others.
3. **Not known to self and known to others (Hidden)**: This quadrant includes things that are known to others but not to the individual.
4. **Not known to self and not known to others (Unknown)**: This quadrant represents things that are unknown to both the individual and others.

The Johari Window helps in understanding and improving communication and relationships by increasing self-awareness and awareness of others.
communication
transparency
practice
practice
practice
practice makes perfect and a lot of other things as well
Expert performers
Expert performers

![Graph showing the estimated accumulated practice (hours) of violinists at different ages. The graph compares the practice hours of Best, Good, Teachers, and Professionals.](image)
10 years of practice
so, just work for 10 years?
how much practice?
mandate practice?