



Why Are Interpersonal Skills Important?

Soft skills are increasingly becoming the hard skills for today's youth. While your technical skills may get your foot in the door of opportunities, your people skills are what open most of the doors to come. Your work ethic, your attitude, your communication skills, your emotional intelligence and a whole host of other personal attributes are the soft skills that ensure your holistic development.

What Are Soft Skills?

Soft skills are character traits and interpersonal skills that enable someone to interact effectively and harmoniously with other people. Soft skills characterize one's relationship with other people. They enable you to work well with groups, solve problems, manage your time, and take personal responsibility for your work.

Why Are Soft Skills Important?

Soft skills are more critical today than ever as they equip you with meaningful ways to remain competitive and be productive. If you are a high school student, these skills will allow you to stay on the top of the class, will give you a confidence boost and will enhance your personality, which means better chances of admission to a good college. If you are in college, these skills will enable you to build your profile and again, they will polish your personality and set you apart from the candidates while applying for your dream job. If you are a working professional, you need these skills to be on top of your work, manage time efficiently, take decisions that'll benefit your company, manage your team, maintain a pleasant work culture and stand out in whatever it is that you do.

For the purpose of this guide, we will focus on Interpersonal Skills.

What Are Interpersonal Skills?

Interpersonal skills are the life skills we use every day to communicate and interact with other people, both individually and in groups. Whether you are a part of a college club or applying for a job, your interpersonal skills matter. These skills ensure your overall growth and differentiate you from others. Few components of these skills are:

- Optimism
- Effective Communication
- Problem Solving
- Decision making
- Team Player





- Accountability and Responsibility
- Social Awareness
- Self-management

Why Are Interpersonal Skills Important?

Strong interpersonal skills help you stand out from the crowd, whether it is in a college group activity or job interview. They complement your technical abilities, enhance performance, boost social interactions, and give you an edge over your competition. Here are some advantages of good interpersonal skills:

- **Builds team dynamics.** People with great interpersonal skills make the best team players. They gel easily with their team, and people like to place their trust in them.
- **Develops key life skills like Problem Solving and Decision Making.** The best thing you learn while developing interpersonal skills is problem solving and decision-making. For example, when you have good relations and associations with everyone in your team, people tend to turn to you for advice. This will help you gain immense experience in identifying solutions to critical problems and taking bold decisions.
- **Strengths communications.** This is another vital soft skill, which is discussed in our other guide. Effective communication of goals and agendas improves not only the output of the project but also the morale of the team.
- **Enhances employment opportunities.** Organizations are always interested in candidates with excellent interpersonal skills, as they can be effective communicators, great leaders, good team players and efficient managers.
- **Paves path to success.** These skills will always help you reach your goals. No matter how great your technical skills are, interpersonal skills will also play a major role towards your path to success.

How Can I Develop Interpersonal Skills?

Developing interpersonal skills require a lot of practice and awareness until they become a habit. Here are few ways that can help you improve these skills:





- **Become an active listener.** When someone is talking to you, make him/her feel like you're interested through active listening. For instance, you can demonstrate active listening by restating what they said in your own words to show understanding.
- **Appreciate others.** You may be able to do this by identifying a positive attribute about your team mates and appreciating it. Thank them when they assist you with anything and make them feel welcome when they seek assistance from you.
- **Smile and use positive body language.** Everyone loves to associate with a happy person. If you smile often and have an upbeat attitude, your coworkers will be drawn to you. To boost your interpersonal skills, it is advisable to smile every once in a while. Additionally, be cheerful about your work and life, this will radiate a positive energy around you and motivate your team as well.
- **Inspire team spirit.** Help coworkers thrive by creating a friendly and cooperative environment. Treat everyone the same, not like they're part of a hierarchy, and don't indulge in partiality. Don't gossip about your team. Always consider your team mates suggestions. After addressing a crowd, make sure you've been understood.
- **Efficient communication.** With clear and efficient communication, you can able to avoid any potential misunderstandings with your team. A good speaker comes to be known as smart and mature, no matter their age. If you give voice to any and all impulsive thoughts that cross your mind, people won't put great value in your opinions.
- **Learn to understand and avoid complaining.** Understanding your team and empathizing with them is an important trait when working with others. Always consider circumstances from another person's viewpoint. What may seem like the obvious, correct answer to you could have entirely different implications when seen from another perspective. Also, do not complain. If you constantly whine about everything, your negativity will push others away from you.
- **Resolve conflicts.** Now it's time to become the person people can turn to when disputes arise. When your team mates disagree, it can bring the mood of the whole team down, but you can better the situation by taking on the role of moderator. Make them discuss the issues clearly, and try to help them resolve their conflict.
- **Participate actively in conversations.** Lastly, do not just sit idle in a discussion, express your opinion and bring something to the table. People always appreciate a person that raises his concerns and expresses his opinions clearly, as and when required.





Good interpersonal skills will help you at each stage and age of your life, not only within the office or classroom walls but also beyond. Hope this guide helps you stand out from the crowd!

