



Foreword

The objective of presenting this module is especially to support parents in enabling their children to develop the critical life skills, that are so very important for them to navigate successfully through the challenges of life. Though, these skills are termed as the soft skills often, they are actually the skills that make a person tough, enable them to face challenges with courage and come out successfully in life.

Parents often get carried away in their focus largely on the academic performance of their children. Many of them actually perform very well in their studies, but with the slightest of stress or when faced with difficult circumstances, they tend to wilt under pressure, and fail sometimes miserably at critical junctures in life.

We have often seen children even taking the extreme step of committing suicide, just for underperformance in exams. These are the disturbing examples of children who have not been armed appropriately with the life skills that are vital for being successful in life, beyond just academic performance.

Brilliant academic performance, at best, guarantees you a very good job to start with, but what takes you beyond in your career, and in personal & social life, is what we collectively know as the soft skills or more appropriately as the life skills.

Parents have the tremendous responsibility to ensure that they focus more on the soft skills in their children and not just on the academic performance. The sooner they start working with a strategy on this with their children, the better they will equip their children to be really successful in life.

Give your children the life skills that they need to become better equipped individuals.

Psychosomatic Robustness (PR)

What is Psychosomatic Robustness? Or simply put, the PR? It is a person's ability to deal effectively with the challenges that everyday life throws at us. It is about a person's capability not just to display but also to maintain a state of mental well-being in tough & trying circumstances and demonstrate a positive behaviour when interacting in domestic, social or work environments. PR plays an important role in maintaining a state of high level of wellness, which ensures not just mental, but also physical and spiritual well being of the person on a sustained basis.



Some examples

In our cricket-crazy country, have not a majority of us heard about the “mind games”, which are played on and off the cricket field? That is a game played using the PR competence by the people who possess varying degrees of it. Ravi Shastri, the former India all rounder, was believed to be “the biggest fluke in Indian cricket”, by many, at one time. True, he had lesser cricketing talent than many other gifted players of the likes of Parthsarthy Sharma (ever heard of him?) many of whom fell by the wayside despite significant talent, possibly because they did not possess a high degree of PR. Shastri, on the other hand, attained the stature of all time greats of Indian cricket, simply because of a high degree of PR that he possessed. And why did players like Saurav Ganguly, and M. S. Dhoni in the recent times, and M. A. K. Pataudi, become successful and well regarded captains of their times? Only because they had good teams? Wrong. They have had, besides others, that necessary ingredient for a leadership role, i.e. PR; Ganguly and Pataudi, more particularly so. Sachin Tendulkar, despite being professionally brilliant and head & shoulders above Ganguly in that respect, was never considered ahead of Ganguly to be the captain of the Indian cricket team, even though he was senior in terms of his length of career. That is simply because he was not up to that level of leadership qualities and the PR as compared to Ganguly.



If we look at examples on the international stage, a comparison between Bjorn Borg of Sweden, the icy cool tennis player who won the Wimbledon 5 years consecutively between 1976 and 1980, only to lose to John McEnroe of the US in 1981. McEnroe was a vastly talented player, possibly much above Borg, but he did not end up with as many titles because he was a very temperamental player with a low level of tolerance.

These were some of the examples of the positive contribution by high levels of PR in some of these sportspersons' performances.

The Scholarly Genius (SG)

And what about Scholarly Genius? Or simply put, the SG? Does it even need an explanation about what it is? Especially in our country, where almost every person is so obsessed with it, and it's real, and perceived benefits. So much so, that in the process, the parents, teachers, guides and mentors, and their protégés, almost brush aside the importance of PR in life. And the results can be pretty bad at best, and palpably disastrous, at their worst.

Their comparative relevance

Kota, the home of mushrooming and highly successful coaching institutions in India, is the best example of the dichotomy this approach presents as a not-so-desirable consequence of it. There are countless children and youth who come out successful from that place after coaching and training they get for the competitive exams. But, at the same time, there are far too many examples of those who even go to the extent of ending their lives, simply for underperforming in one exam, let alone even failing the exam. But even if someone fails the exam, is that a reason good enough to end her / his life!

Those resorting to these drastic steps might just be in a miniscule number in comparison to those who are succeeding, but it is still, a disturbingly large number. Can we afford the young lives to terminate just like that, for these inane reasons?

They are the examples wherein hugely negative contributions have been made by the lower capability of coping with the life's challenges.

So where does this problem emanate from? It arises from the lack of PR in many people who are brought up in the overly protective environments rooted sometimes in our cultural background. This results in the lack of the most critical skills, which enable one to deal with these everyday challenges, in persons who grow up with that sort of upbringing.

What is vital to understand here is that while the SG might help someone to land up with a very good first job with high salary, what takes you to that and beyond more comprehensively, is PR and not just SG alone. It is fantastic to have both, undoubtedly, but what is more crucial is the PR. Because PR does not just support your career, it also helps you in personal and social life. It takes you beyond your first job and to the top in the corporate world too. That is because it makes you the tough nut to crack, the key to all round success in life.

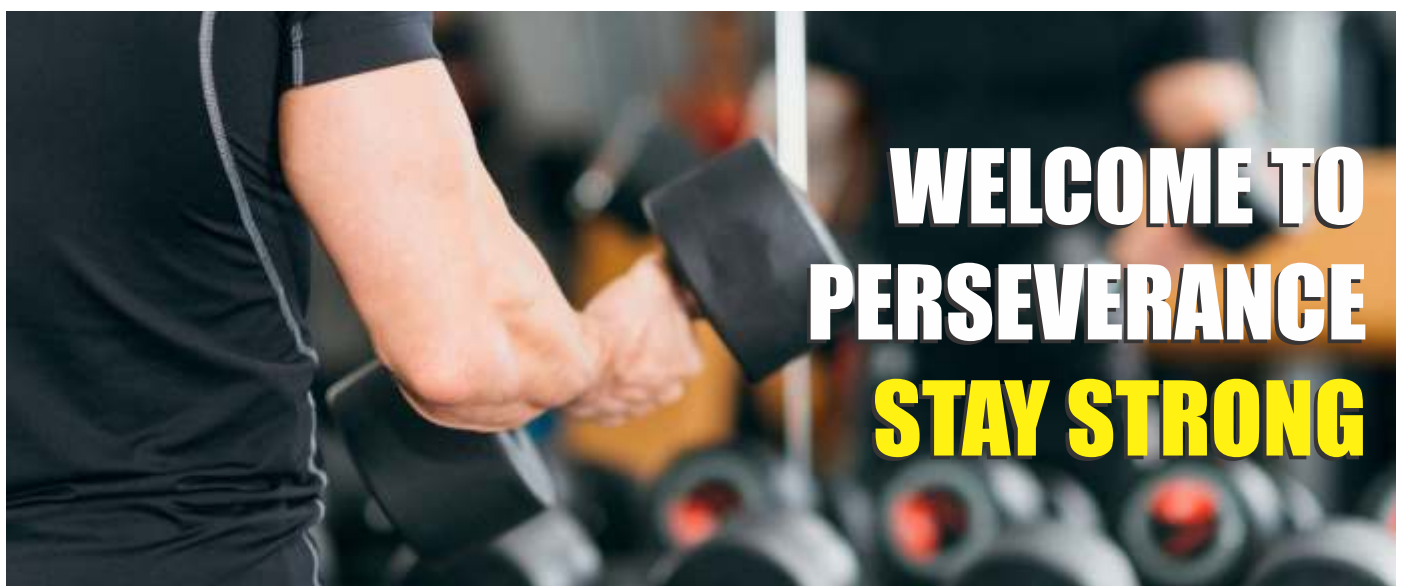
These skills for life are called the soft skills or more appropriately, the life skills. Their sum total effect, is what builds the PR in a person.

How often we have seen the examples of some school drop-outs or those who were less brilliant academically and then became very successful people in life. They are the ones who have something beyond the SG, and that is PR that made them successful!!!

The implication

Parents, teachers, coaches, and mentors have a very important role to play in equipping their ward with these skills. The most direct intervention for the promotion of PR is by enhancing the person's coping resources. And this needs to be adopted as a well thought out strategy for every child, starting with the parents in their upbringing of the child, and then supplemented by the teachers, coaches and mentors.

How those resources can be built and worked upon and how a high level of PR inculcated in your child, or protégé is an exhaustive subject that has been dealt with in the following chapters of this self learning module. It is believed that this will be of help not just to the parents, but also to the teachers, mentors, guides and even educational institutions to brainstorm on the ideas presented and then formulate a strategy to equip our coming generations with these soft skills that make a person tough, and ready-to-face-the-world.



Interested to read further? Please buy the full module including the following contents:

2. The critical life skills for a high level of PR
3. Building the PR (the capability to cope up) in children
4. A strategy for life skills education

We believe PR is one of the most important personality traits and this module will help, parents, teachers, mentors, and the coaches working with youth, just as it would help the youth themselves, in developing this aspect of their personality. It will not only help the youth in shaping their careers but also to be in control of their lives by staying focused in difficult circumstances in life.

Purchase the entire module on the Psychosomatic Robustness for just INR 99/- at <https://goo.gl/tURuRQ>

PS:

- Enter product name in the description field i.e. PR vs SG..
- Email id is required for us to send the complete module.
- For faster processing of your purchase, please send the transaction slip from PayUMoney to sam@coachgrab.com

ABOUT THE AUTHORS:



Alok Sood, a Certified Relationship Coach, is one of the mentors at CoachGrab and is aligned to its vision of touching the lives of individuals and empowering them. Alok has been mentoring and coaching in professional work environments for over 15 years. He has served in all aspects of mining business with global experience, including as the CEO and at board levels. He coaches individuals and groups to discover the intensity of relationships. He believes in the potential of the youth and his mission is to empower it with the basic foundation of life - our relationships. His key strengths are Relationship (personal & professional) coaching, Parenting & adolescent coaching, and Wellness coaching.

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Snehal R. Singh, is a Certified Transformational & Wellness Coach - ICF Approved and also a NLP- Master Practitioner. Her Strong belief is "Life is a Celebration, Enjoy it!" she also believes that "Self-belief is that positive tonic which helps people grow beyond their dreams", Snehal is a Certified Transformational & Wellness Coach - ICF Approved and also a NLP- Master Practitioner. Her Strong belief is "Life is a Celebration, Enjoy it!" she also believes that "Self-belief is that positive tonic which helps people grow beyond their dreams".

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Snehal has contributed through the activities included for evaluation in this module.



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