



Module IV. SOFT

Interpersonal
Skills
Course

Topic 9. Having an impact

Lesson 2
Turning a situation into
your favor



Co-funded by the
Erasmus+ Programme
of the European Union



IN THIS LESSON, WE WILL BE ABLE TO...



1. USE THE SWOT ANALYSIS IN A PERSONAL WAY
2. GET TIPS FOR TURNING A SITUATION IN YOUR FAVOR



Co-funded by the
Erasmus+ Programme
of the European Union

1. USE THE SWOT ANALYSIS IN A PERSONAL WAY



Identify the threats or difficulties you have in any of the areas in which you move as a person (family, friends, work...) by using the **SWOT Analysis** which stands for:

- Strengths
- Weaknesses
- Opportunities
- Threats



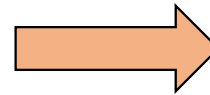
Co-funded by the
Erasmus+ Programme
of the European Union



1. USE THE SWOT ANALYSIS IN A PERSONAL WAY



STRENGTHS and **WEAKNESSES**, allow us to evaluate the inner plane, that which depends solely and exclusively on you



OPPORTUNITIES and **THREATS**, will facilitate the analysis of the external plane, the environment in which you find yourself



Co-funded by the Erasmus+ Programme of the European Union



1. USE THE SWOT ANALYSIS IN A PERSONAL WAY



Having defined your weaknesses, threats, strengths and opportunities, it's time to ask ourselves:

HOW CAN WE TURN A THREAT INTO AN OPPORTUNITY?



Co-funded by the
Erasmus+ Programme
of the European Union

2. TURNING THINGS INTO OUR FAVOR:

To know how to see the good side of threats or difficulties, you can try to approach things with this

ATTITUDE



BE OPTIMISTIC

Trying to look at difficulties positively will keep you motivated to seek a solution, or to try to see the opportunity that this threat or difficulty may generate for you.



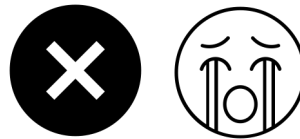
Co-funded by the
Erasmus+ Programme
of the European Union



2. TURNING THINGS INTO OUR FAVOR:

To know how to see the good side of threats or difficulties, you can try to approach things with this

ATTITUDE



STOP COMPLAINING AND START LOOKING FOR SOLUTIONS

Complaints don't solve anything, also, it makes the people around you lose motivation.
Lack of action is what causes difficulties to remain.



Co-funded by the
Erasmus+ Programme
of the European Union



2. TURNING THINGS INTO OUR FAVOR:

To know how to see the good side of threats or difficulties, you can try to approach things with this

ATTITUDE



BE RESPONSIBLE

Don't blame others for difficulties, only if it is necessary to make someone else take responsibility. Look at yourself, you are the first responsible for the situation to change.



Co-funded by the
Erasmus+ Programme
of the European Union



2. TURNING THINGS INTO OUR FAVOR:

To know how to see the good side of threats or difficulties, you can try to approach things with this

ATTITUDE



DON'T LEAVE FOR TOMORROW WHAT YOU CAN DO TODAY

Only committed people are those who can take control of their lives and putting themselves before any difficulty.

Procrastination is the enemy of progress



Co-funded by the
Erasmus+ Programme
of the European Union



2. TURNING THINGS INTO OUR FAVOR:

To know how to see the good side of threats or difficulties, you can try to approach things with this

ATTITUDE



TAKE RISKS

If you are a person who doubts a lot, start by taking small risks, that is, small decisions where if you make a mistake the consequences will not be very big.

If you are unable to decide, you will be a slave to the decisions of others and you will be carried away by the circumstances around you.



Co-funded by the
Erasmus+ Programme
of the European Union



CONCLUSION



Although there are indeed certain difficulties that it isn't in our power to change, it is up to us to **SEE THE POSITIVE SIDE** and **TAKE ADVANTAGE** of these threats to grow as people, thus achieving turning things into our favor.



Co-funded by the
Erasmus+ Programme
of the European Union





Co-funded by the
Erasmus+ Programme
of the European Union

