

I-L.O.V.E-YOU: Effective Communications Skills to Empower Women's Voices

Nur Hidayu Md Pojan^{1,3}, Nor Hidayah Jaris^{1,3*}, Salmi Razali^{1,3}, Iman Mohamed Ali^{1,3}, Hayatul Najaa Miptah^{2,3}

¹Department of Psychiatry, Faculty of Medicine, Universiti Teknologi MARA, Selangor, Malaysia

²Department of Primary Care Medicine, Faculty of Medicine, Universiti Teknologi MARA, Selangor, Malaysia

³Hospital Al-Sultan Abdullah, Universiti Teknologi MARA, Puncak Alam, Selangor, Malaysia


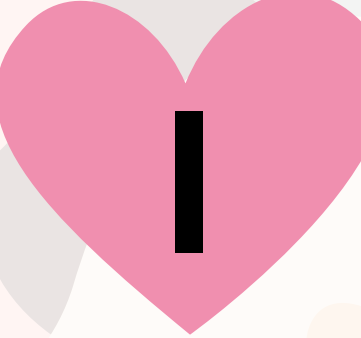
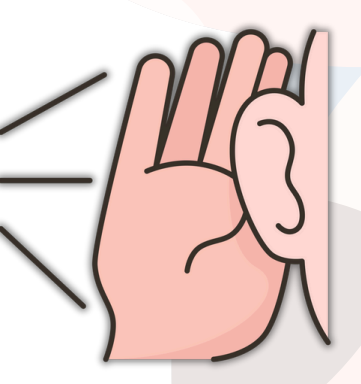


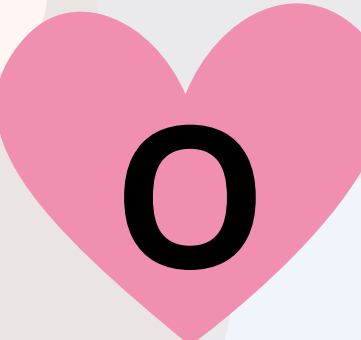






*Corresponding author: norhidayahjaris@uitm.edu.my

Background

Effective communication is crucial for women's empowerment, as it enables them to clearly express their needs, advocate for their rights, and confidently engage in all areas of life. However, challenges such as reluctance to speak up, fear of risk-taking [1], difficulties in self-advocacy, internalizing failures, and self-comparison can hinder progress. We would like to propose a community project that is structured, educational and practical on effective communication skills using- "I-L.O.V.E-YOU" techniques to address these obstacles and empower women's voices. We aim to enhance women's communication skills by building confidence, facilitating clear self-expression, overcoming barriers to self-advocacy, and fostering supportive interactions.

Project Details

These practical communication skills emphasize six techniques of communication. The six techniques will be explained in a talk session. Role-play sessions will be conducted subsequently following each method to enhance the understanding and foster communication skills [2] among the audience:

		I-statement	Use "I" statements when talking to others
		Listen actively	1. Listen with Full Attention 2. Respond with Verbal and Non-Verbal Feedback 3. Avoid Distractions Use senses: eyes, ears
		Observe & Name the emotion	Observe and name the changes in the emotion
		Validation	Acknowledge (recognize, affirm) the feelings and thoughts of others as something valid and reasonable
		Empathy	Understand and share other people's feelings, putting yourself in other people's situations (trying to connect emotionally)
		Avoid You-Statement.	Avoid using "You" statements that could be confrontational or blaming

Expected Outcome

Participants will develop verbal and nonverbal communication skills to express themselves effectively and understand others better. They will gain more confidence in their communication skills to handle conflicts and give feedback. Through active listening and showing empathy, they can also build stronger personal and professional relationships

Conclusion

This project will empower women to voice their thoughts and needs respectfully and minimizing the risk of communication breakdown by engaging and insightful conversation.

References

[1] Beyer, M. (2022). 'Listen to your fear': how fear discourse (re) produces gendered sexual subjectivities. *Emotions and Society*, 4(3), 323-340.

[2] Fioravanti, M. L., de Oliveira Sestito, C. D., de Deus, W. S., Scatolon, L. P., & Barbosa, E. F. (2021). Role-playing games for fostering communication and negotiation skills. *IEEE Transactions on Education*, 65(3), 384-393.