

## **Life Skills - A Thread to Shakespeare' Greatest Tragedies**

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### **Abstract:**

*The paper talks about the essential significance of Life skills in the present era. The study has been a parallel contrast to the characters of Shakespeare's greatest of tragedies in elaborate. Shakespeare's characters are universal in temperament which makes it a better place to relate with the typical minds of human. It also elaborates on how the human can conquer the struggles on his path regarding the basics.*

The term 'Life Skills' refers to the skills you need to make the most out of life. Any skill that is useful in your life can be considered a life skill. Broadly speaking, the term 'life skills' is usually used for any of the skills needed to deal well and effectively with the challenges of life.

It should, therefore, be clear that everyone will potentially have a different list of the skills they consider most essential in life and those that they consider unnecessary. Someone living in a remote rural community might put driving a car high on their list of essential skills. This page is therefore designed to provide a broad general introduction to the concept of life skills and point you towards other pages that you may find useful for developing your skills.

Certain skills may be more or less relevant to you depending on your life circumstances, your culture, beliefs, age, geographic location, etc. However, in 1999, the World Health Organization identified six key areas of life skills:

Communication and interpersonal skills. This broadly describes the skills needed to get on and work with other people, and particularly to transfer and receive messages either in writing or verbally.

Decision-making and problem-solving. This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them. Creative thinking and critical thinking. This describes the ability to think in different and unusual ways about problems, and find new solutions, or generate new ideas, coupled with the ability to assess information carefully and understand its relevance.

Self-awareness and empathy, which are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you. Assertiveness and equanimity, or self-control. These describe the skills needed to stand up for yourself and other people and remain calm even in the face of considerable provocation.

Resilience and ability to cope with problems, which describes the ability to recover from setbacks, and treat them as opportunities to learn, or simply experiences. Shakespeare is known for manifesting the darkening side of life through hamartia by his leads. When taken into retrospection, the mere possible qualities which they lacked is seen as a wide trap to lead the end of their life. Commencing from the famous universal phrase 'to be or not to be'. Each of us has a dilemma in some of the other scenarios we are made to face in our life. Decision making has been linked to emotional discipline, in an hour of crisis, a calm and composed mind is required to create a positive outcome. Yet the area in which majority of the population fail is the calmness to handle such a situation. In Shakespeare's depiction of Hamlet, it could be a spot-on representation. In the current era, numerous hamlets sprout up from the versatile issues of their lives. In a team sport or rather in a group discussion were the crowd fails is the missing attitude of composure to be taken forward in their lives. Creative thinking and instant thinking is required to create the right decision.

Hamlet's 'procrastination' is also a hamartia hailing from his part. Ahead of a huge task which lies in front of him. He tries to not get involved with that scenario.

Subconsciously his mind doesn't want to get into the situation even though he hardly wanted to do it. For the ones with Hamlet's veins, the technique of Charles Baudoin could be used. Charles Baudin is a psychotherapist and a research director of the New Nancy school of healing. He discovered that the best way to impress the subconscious mind is to enter into a drowsy, sleepy state akin to sleep. One can hear positive affirmations recorded on a tape or a mobile phone. The arena they are most interested in and the way they wanted to do it. For example, if a guy wanted to win an Olympic medal, he can set the positive affirmation set as " I want to win the Olympic medal in the upcoming Olympics which will be held in a specific venue".

If you think of people who consistently win, you would say, "Well, they win all the time because they want to win, right? They want it bad enough." The reality is that's not true at all. It's that people that win and succeed at a high level, they don't actually think about winning. They simply believe they're going to do well. Dr. Stan Beecham, a sports psychologist believes in his words said above. His interaction with major champions has revealed their personality.

Othello is another flawed person who won so many accolades, yet he failed by bad emotional intelligence. He governed his troops well enough yet when it came about his personal space , his critical thinking took a backlash. It also happens to load up people in terms of 'mind fog'. Most of the murderers who have taken the wrong decisions of their life wish they haven't done it by any means. To rub a great mental block during such a stressing situation involves 'depersonalization' as when

someone is emotionally attached to a person or scenario the decision they make, may be out of sheer disappointment or imbalance in emotion.

Many do other works to get on from such an event, such ones do not let the situation take control of them. Even a few sleep or take a nap, but when they wake up, they find they have fished a good solution. This happens due to a rebooted brain and a refreshed neural activity. A hectic scene may guide to take a messy decision, but a calm mind would lead to a fine judgment. Communication plays a vital role in any relationship being a family bond or a business scale. And Othello's misunderstandings were due to the increase of depletion in understanding.

If Othello would have taken such a decision following his mind than the manipulation of Iago, the result would have been diverse. The same attribute can be seen as a parallel to Macbeth. The manipulative domination of his wife and the stamp of the three witches left him to take such a decision. The culmination of fear commenced growing in him when the ones who were with him started to drift away from him. The absence of Lady Macbeth and the words of three witches took a heavy toll on the final hour. His ambition could be seen as an ambitious one. If he could have done it after referring to his loyal friend and rely on the suggestion provided by him, things would have gone further better to put forth. Another default in his behaviour pattern is the way he wanted to trigger the anger of his opponent and the ones whom he considered to be aiding him. Apart from it the depth of analysing nature which is required for a king was lacking in him. If a person wants to become a champion, he needs to train the qualities he requires in that specific field, yet he didn't regard or develop those traits in him. Right from the start of the work to the curtailing part the character of Macbeth did not seem to grow in any of the parts. Escalation of attitude is needed for a winner or someone who wanted to achieve biggest of ambitions. Yet Macbeth did not possess those traits in anywhere. Lady Macbeth was the one to bubble up the spirits of Macbeth. She spoke some strong words to get him the throne. Even the thrush done by her was done out of her desire to become the queen. Apart from it, Macbeth didn't have a long-time goal to become the King of Scotland. It was planted by a person who he spent his time with. The person whom we spent our time with a huge influence on our character. It shows the magnanimous influence in a person's life. Life skills can be obtained to have already gained it. On contrary many try to train with the beginners, fail to learn the best books and podcasts of the pros in their field. Macbeth failed when he asked the suggestion from his lady rather than the expert in the field of kingdoms. He heeded to the three witches who would have never got idea regarding the kingdoms. They wanted to create a havoc in the life of the other. Macbeth's mind was wandering like a storm and they did their sail in such an atmosphere. Failure of his destabilised mind led him to the biggest of defeats. He could have made things fine in the second time. Still he chose to hear their words one more time, as he has lost his dear Lady Macbeth in the rush. His lack of guidance once again made him to lay the anchor of hope on the three witches. This presents his state of mind, a King must know how to handle matters of emergency with spontaneity and quick with and Macbeth never had it. If someone gave him a suggestion and it appeared to be pleasing and felt to manifest a better future for him, he heeded and proceeded with their vision. When hearing the voice of others, he forgot to hear his own inner voice. Instincts play a significant role in any person's life and Macbeth muted it with the voice of others.

Triangular character sketches of Hamlet, Othello and Macbeth thus stand to express the prominent problems faced by an ideal human. Shakespeare's characters even stand the test of time to illustrate the stance to be true. Better exposure to life skills in firms with proper guidance would take a long way in the betterment of the person, being it an educational firm or a workplace.

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### Citations

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