

BUDDHIST SOFT SKILLS AS MANAGEMENT TECHNIQUES FOR BETTER PERFORMANCE

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Buddhist soft skills were introduced to the world by the Buddha 2600 years ago in India. Today they can be used as management techniques for better performance in any given situation without any discrimination. They basically focus on understanding yourself, motivating yourself, managing your emotions, your goals, intentions, responses and behavior. Similarly, given attention to understanding others, recognizing other people's emotions and managing relationships are of primary concern. The main research aim is to find the adequate Buddhist soft skills used as management techniques. In the present world, there are conflicts in every country. Therefore, different methods need to be used to find ways in solving the problems in the world, and the Buddhist soft skills will be useful management techniques to solve various problems. This is a literature-based research with reference to Buddhist scriptures. Main findings of the research are that Buddhist soft skills can be effectively used for better performance in the field of management and related problem solving. It is clear that the world is full of conflicts, among individuals, societies and countries. In addition, international problems arise due to various reasons. Therefore, we should find the root causes of the problems. Main Buddhist concepts explain the problems in detail, identifying greed, anger and delusion as their main roots. Buddhist soft skills demonstrate how to respect others and live together in harmony. This is an original study attempting to uncover Buddhist soft skills Management Techniques for problem solving and sustaining harmony. Western Psychologists have also conducted some research in relation to soft skills but not in relation to Buddhist soft skills. The research finding can be applied to any institution in the world to develop a peaceful environment, to solve contemporary problems, as well as to encourage human actors to perform better in achieving the goals envisioned in relevant contexts.

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