



## Podcast 6

### How to understand the needs of people in the room?, part 2

To continue the topic of human needs, let's now talk about our spiritual needs:

#### GROWTH

Those whose foremost core need is growth are always striving to be better and learn more. They are very good at their jobs, but tend to move on quickly as soon as they believe they've reached their full potential. Though their constant striving for betterment ensures they will never be bored, they can err on the side of perfectionism and neglect the rest and relaxation they need to keep stress levels manageable.

**How to tell if growth is one of your core needs:** You're always pushing boundaries, both your own and those set for you by others and by society. You're very independent and are not attached to material things. You may find it hard to connect with others and move on too quickly from relationships.

**How to fulfil a need for growth:** Develop your growth mindset even further by challenging yourself to not only learn, but truly master a difficult skill. Don't forget emotional and spiritual growth: examine your limiting beliefs, learn to control your emotions and take up meditation or priming.

#### CONTRIBUTION

The secret to living is giving, and those who experience contribution as one of their top 6 human needs know this better than anyone. If you have a need to contribute, you will likely make a big difference in your community. However, you can lose sight of the fact that giving begins at home and neglect those closest to you as you change the world.

**How to tell if contribution is one of your core needs:** You're an extremely empathetic and compassionate person. You enjoy giving back and sharing what you have. You want to leave a legacy. Yet you may burn out easily or be taken advantage of by others.

**How to fulfil a need for contribution:** Giving back is the best way to fulfil this need. Don't just join a volunteer group – start your own. The closer the cause is to your heart, the more fulfilled you will feel.

Knowing which of your 6 human needs is your primary driver and how this affects your ability to connect with others and develop healthy relationships is crucial to your understanding of what fuels you. It can also help you better understand and manage triggers and be in charge of your own emotions.

When learnt to recognise these needs in others, you can help them grow and step into fulfilment. You can build the atmosphere of support and co-creation in your class. Now, for the sake of practice, name the need you can recognise in the following behaviours:

1. Your dance student is good at learning choreographies but protests every time she needs to improvise. Thus, she is not ready to dance with unknown partners and sticks to the group.





2. A woman in your class takes her time to ask everyone how they are, offers to go for coffee after the class, writes messages in the chat even on weekends.
3. A girl is a true rebel: she wears blue hair, her body is all covered with tattoos and she chooses unusual and flashy clothes.
4. Your student always asks for new tricks, new combinations and new music. She is also bored with repeating old choreographies and shoots spontaneous TikTok videos.

Now think how in each of these scenarios 1. You can connect to your students; 2. You can challenge them in a caring and loving way.

Good luck experimenting!

