

Improving Self-Awareness

Self-awareness is developing an understanding your emotions and feelings. It is an awareness of the physical, emotional, and psychological self. Your participants will identify ways of recognizing all of these and improving each through various cognitive and learning styles.

Improving Self-Awareness will improve self-control, reduce procrastination, and develop mood management. Your participants will improve their relationships and create a more fulfilling life. These improvements will in turn translate into a wholly improved workforce. Stress will decline and productivity will increase as internal turmoil will decline all through improving self-awareness.



Course Outline:

Module One: Getting Started

- Housekeeping Items
- Pre-Assignment Review
- Workshop Objectives
- The Parking Lot
- Action Plan

Module Two: What is the Self?

- The Physical Self
- The Emotional Self
- The Psychological Self
- The Spiritual Self
- Case Study
- Module Two: Review Questions

Module Three: Awareness of the Physical Self

- Scanning
- Progressive Relaxation
- Physical Stressors
- Exercise
- Case Study
- Module Three: Review Questions

Module Four: Time Management

- Organization
- Goal Management
- Priorities
- Procrastination
- Case Study
- Module Four: Review Questions

Module Five: The Emotional Self

- Validity of Emotions
- Utility of Emotions
- Arousal
- Valence
- Case Study
- Module Five: Review Questions

Module Six: Mood Management

- Emotional Intelligence
- Categories of Emotions
- Increasing Arousal
- Decreasing Arousal
- Case Study
- Module Six: Review Questions

Module Seven: The Psychological Self

- Thinking Style
- Learning Style
- Personality Style
- Distorted Thinking
- Case Study
- Module Seven: Review Questions

Module Eight: Interpersonal Awareness

- Addressing Different Thinking Styles
- Addressing Different Learning Styles
- Active Listening and Body Language
- Transactional Analysis
- Case Study
- Module Eight: Review Questions

Module Nine: The Spiritual Self

- Mindfulness
- Meditation
- Cultivating Positivity
- Gratitude
- Case Study
- Module Nine: Review Questions

Module Ten: Limitations of Self-Awareness

- Navel Gazing
- Dangers of Excessive Self Discipline
- Humility
- Empathy
- Case Study
- Module Ten: Review Questions

Module Eleven: Independence versus Interdependence

- What is Interdependence?
- Systems Theory
- More than the Sum of All Parts
- Team Building
- Case Study
- Module Eleven: Review Questions

Module Twelve: Wrapping Up

- Words from the Wise
- Review of the Parking Lot
- Lessons Learned
- Recommended Reading
- Completion of Action Plans and Evaluations