

## AT A GLANCE:



# M SELF AWARENESS



## WHAT'S THIS THEME ABOUT?

**Self Awareness is the very foundation of personal growth and success and forms a critical part of authentic leadership. Daniel Goleman calls it the 'keystone' of emotional intelligence. Leadership capability requires self-mastery - you must first learn to master and lead yourself before you can lead others.**

The more you understand your own feelings and emotions, the more you are able to take control of them instead of allowing these feelings and emotions to take over you. It's all about being in control!

### Self Awareness is about the ability to:

- Recognise your emotions
- Understand your feelings
- Understand what you think
- Understand what you do as a result

## WHY IS THIS IMPORTANT?

**"He who knows others is wise. He who knows himself is enlightened." - Lao Tzu**

The leader's day is filled with lots of change and decision-making. Many, if not most, of these decisions include people. As a leader your behaviour has the potential to have a big impact on others. Self aware leaders understand this and think through their decisions and communications with others before acting. They tend to be calmer, have more empathy, and able to think through their challenges.

Self Awareness is therefore a critical quality for managers, helping build strong relationships, communicate more effectively, and make better decisions.

## IDEAL OUTCOMES

- Increased self awareness of our strengths and weaknesses
- Greater self-acceptance which, in turn, makes us more accepting of others
- More self-reliant and self-motivated individuals - qualities that help individuals continue to grow as a leader, and as a person
- Creation of strong, credible role models
- Greater levels of trust in teams

CONVERSATION SHAPER