

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 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 are able to think through their challenges.

Self-awareness is therefore a critical quality for managers, helping to 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 leaders and as people
- Creation of strong, credible role models
- Greater levels of trust in teams

AT A GLANCE