

MODULE #1: Self-Awareness and Self Knowledge

Objectives:

- Participants will recognize their personal strengths and enhance their self-image.
- Participants will be provided an opportunity to compare their positive self-concepts with others' positive perception of them.
- Participants will be introduced to the concept of self-disclosure.
- Participants will reflect and write their thoughts in their journals.

Context



Before you can start to lead others, you must first know how to lead yourself. This has been the key to becoming a leader since the days of Socrates and Aristotle. "Know thyself" was the inscription over the Oracle at Delphi, the Greek mecca of wisdom. It is by this principle that the great leaders of the past, present, and future gain an effective followership and achieve their goals. Leadership guru, Warren Bennis, states, "Know thyself means separating who you are and who you want to be from what the world thinks you are and wants you to be."

Handouts & Resources Needed:

Handout 1.2: In My Teens

Handout 1.3: Who Am I?

Handout 1.4: Identity Cube

Handout 1.5: Masks

Handout 1.6: The Johari Window

Handout 1.7: Changing a Failure Identity Through Rational Self-Awareness

Sheet of paper - one for each participant

Pens/pencils

Post cards

Journals

Color pencils/crayons

Activity #1: Icebreakers-introduction (10 min)

Procedure:

- Provide a summary of what the Personal Growth Module is about.
- Provide participants with journals and ask them to record their thoughts and answers to questions as instructed throughout the program.
- Select from the following activities to focus on as necessary.

Activity #2: Understanding Human Development (30 min)

Procedure:

- Icebreaker

Module 1 Self Awareness And Self Knowledge

Shasha Hu



Module 1 Self Awareness And Self Knowledge:

Boost Emotional Intelligence in Students Maurice J. Elias, Steven E. Tobias, 2019-01-28 Develop emotional intelligence and strengthen social emotional skills in adolescents with this practical hands on resource Helping students develop emotional intelligence EQ and social emotional skills is essential to preparing them for success in college careers and adult life This practical resource for educators explains what emotional intelligence is and why it s important for all students Boost Emotional Intelligence in Students lays out detailed yet flexible guidelines for teaching fundamental EQ and social emotional skills in an intentional and focused way The book is split into three modules which correspond to three main skill areas Self awareness and self management Social awareness and relationship skills Responsible decision making and problem solving Each module features ten hands on research based lessons which are focused on a critical EQ concept and centered around productive and respectful discussion All lessons are designed to take approximately 35 minutes each but can easily be adapted to meet the specific needs of a school or group as they work to develop emotional intelligence and social emotional skills in their students Digital content includes reproducible forms to use with students **Life**

Competencies for Growth and Success Devendra Agochiya, 2018-02-19 A training manual that provides psychology based explanation of life skills such as self awareness self esteem stress management positive thinking empathy and problem solving **The Primary Care Clinical Encounter** William L. Miller, 2025-12-01 Learn to meaningfully converse relate and connect with your patients in a way that benefits both of you Engagingly written and practically focused The Primary Care Clinical Encounter Field Guide to the Generalist s Craft offers real word easy to recall tools and models that enable clinicians to connect meaningfully with their patients Drawing from decades of experience as an educator clinician and researcher in the field of primary care Dr William L Miller shares his wisdom and expertise on relationship centered care and the generalist s craft with the goal of improved health for patients better time management for clinicians improved communication and last but certainly not least re discovery of the joy and fulfillment of family medicine practice and interacting with patients on a daily basis [Life Orientation Gr10 T/g](#) , **Life Orientation Gr10 L/b** , **Resources in Education** , 1976 *Nursing Management: an Experiential/Skill Building Workbook* Eleanor Sullivan, 1992 **Developing Management Skills** David Allred Whetten, Kim S. Cameron, 1993 *Knowledge and Action* Heinz Mandl, Lutz von Rosenstiel, Dieter Frey, 2006 Understanding the relationship between knowledge and action is vital because without knowledge there is often no action and because knowledge can strongly influence actions However there is often considerable inconsistency between knowledge and action and the research available on this relationship is not widely known This intriguing volume provides help by summarizing the findings of the research group Knowledge and Action which was funded by the German Science Foundation and includes leading scholars from relevant areas such as social psychology cognitive psychology work and organizational psychology educational psychology and developmental psychology The

chapters included in this book therefore examine the action relevant function of knowledge in different areas as well as investigating the effects that the acquisition of knowledge has on action in certain fields Expanding the Boundaries
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