

## 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

**Joacim Rocklöv**



## **Module 1 Self Awareness And Self Knowledge:**

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