

Define Potential presents:

# Self and Other Awareness



## Course Overview:

A crucial element of leadership is understanding yourself and others. This engaging program helps leaders understand themselves, their behaviours and the impact these can have on the people they lead. Peer coaching with the support of problem solving, will be used to promote reflection in a practical way.

## Course Details

Format



- Online

Duration



- 6 hours

Audience



- All Employees
- People Leaders

\$750pp GST inc.\*

## Course Outline

### Session 1

#### Welcome and introduction

- Overview of the day, and key frames

### Session 2

#### Introduction to self-awareness

- Why is self-awareness important?
- Johari window
- General strategies to

### Session 3

#### Growing your self-awareness

- Eliciting helpful feedback from others
- Constructive self-reflection

### Session 4

#### Emotional intelligence and self-awareness

- Self-awareness and emotion
- Recognising and understanding emotion

### Session 5

#### Recognising and working with individual differences

- Scope of individual differences
- Personality models
- Working with different personality dimensions

## Key Learning Objectives



Understand the importance of self and other awareness in leading others



Grow your self-awareness through feedback and personal reflection



Recognise and work with others' individual differences including personality, cultural and cognitive.



Explore different work style preferences, thinking styles and behavioural tendencies.

"You cannot lead others until you first lead yourself."

- John C Maxwell

**Want more information?** Contact us via any method below to learn more  
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\* Plus Eventbrite booking fee