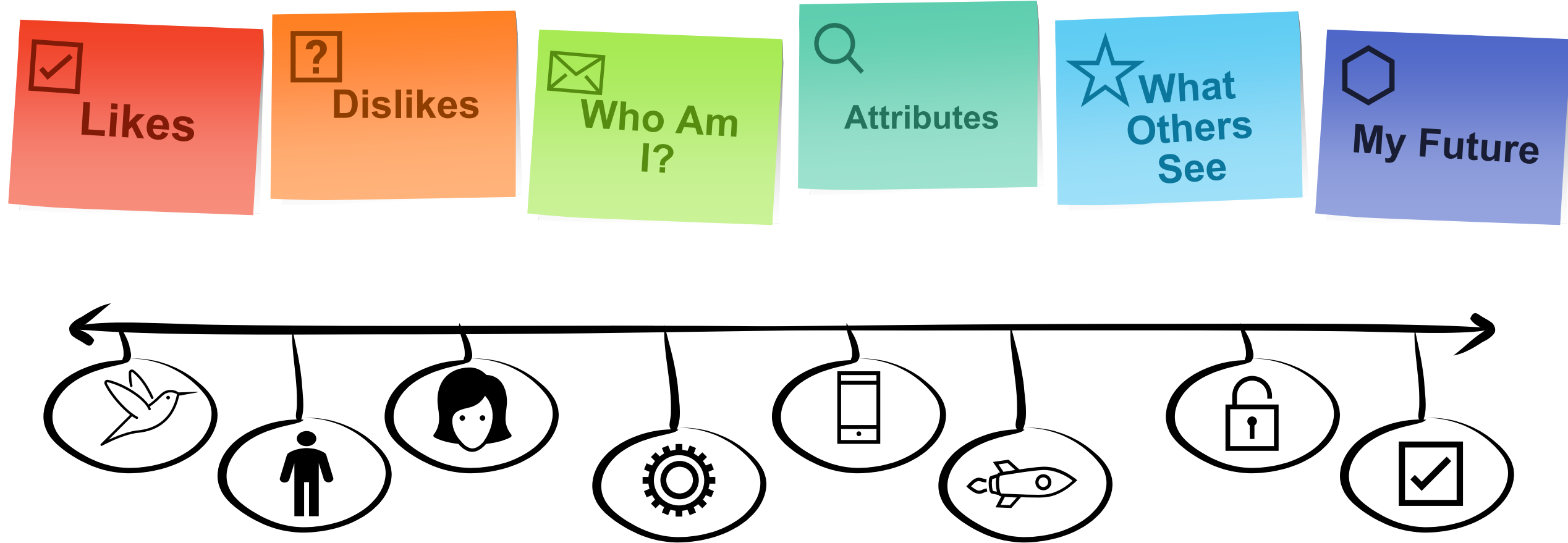


# Self-Awareness



Le'Anne Schlotzhauer  
Emmaus Homes, Inc.



# Introduction

What  
is:

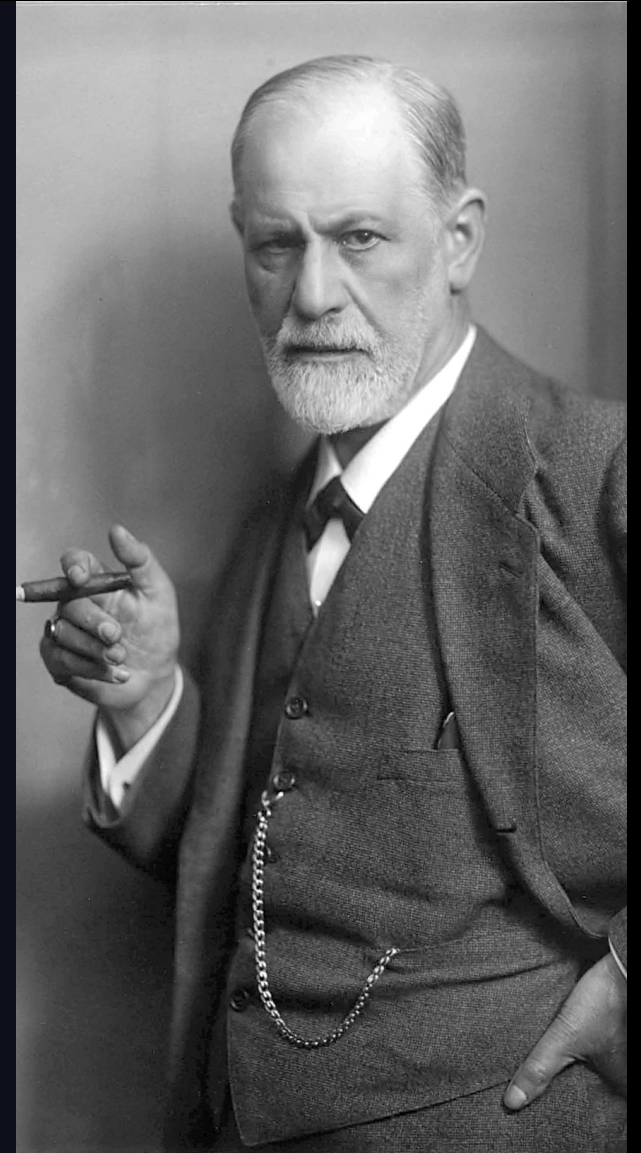
- Name one strength you have?
- What is your favorite quality about yourself?
- Who is someone you look up to?





# History of Self-Awareness

- Sigmund Freud
- Carl Jung

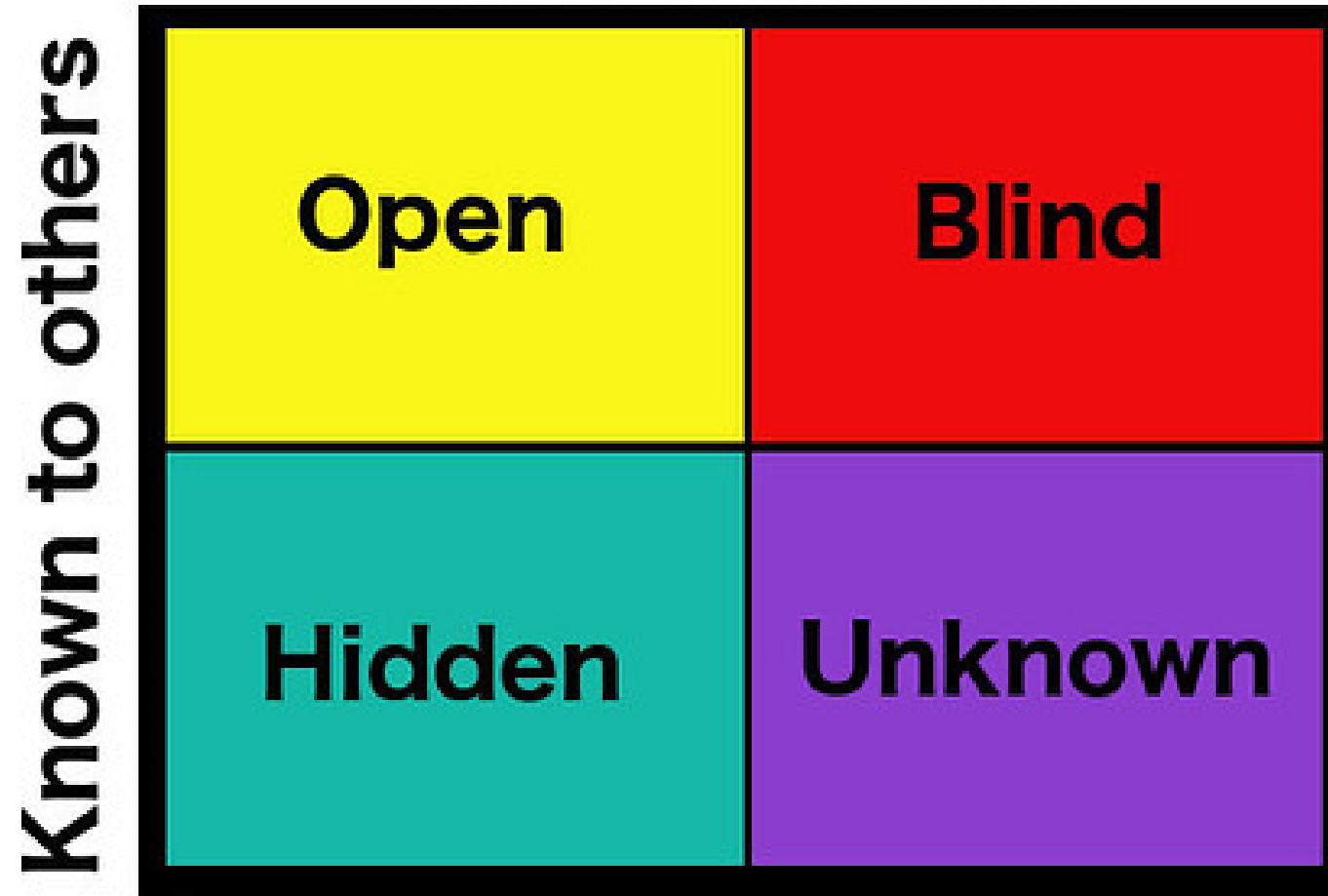




# EMOTIONAL INTELLIGENCE



# Known to Self



Luft & Ingham 1955





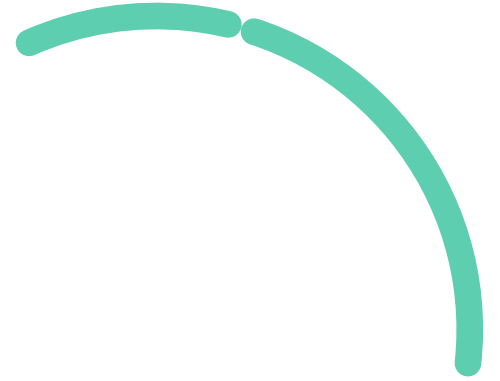
YOU ARE NOW LEAVING  
THE COMFORT  
ZONE





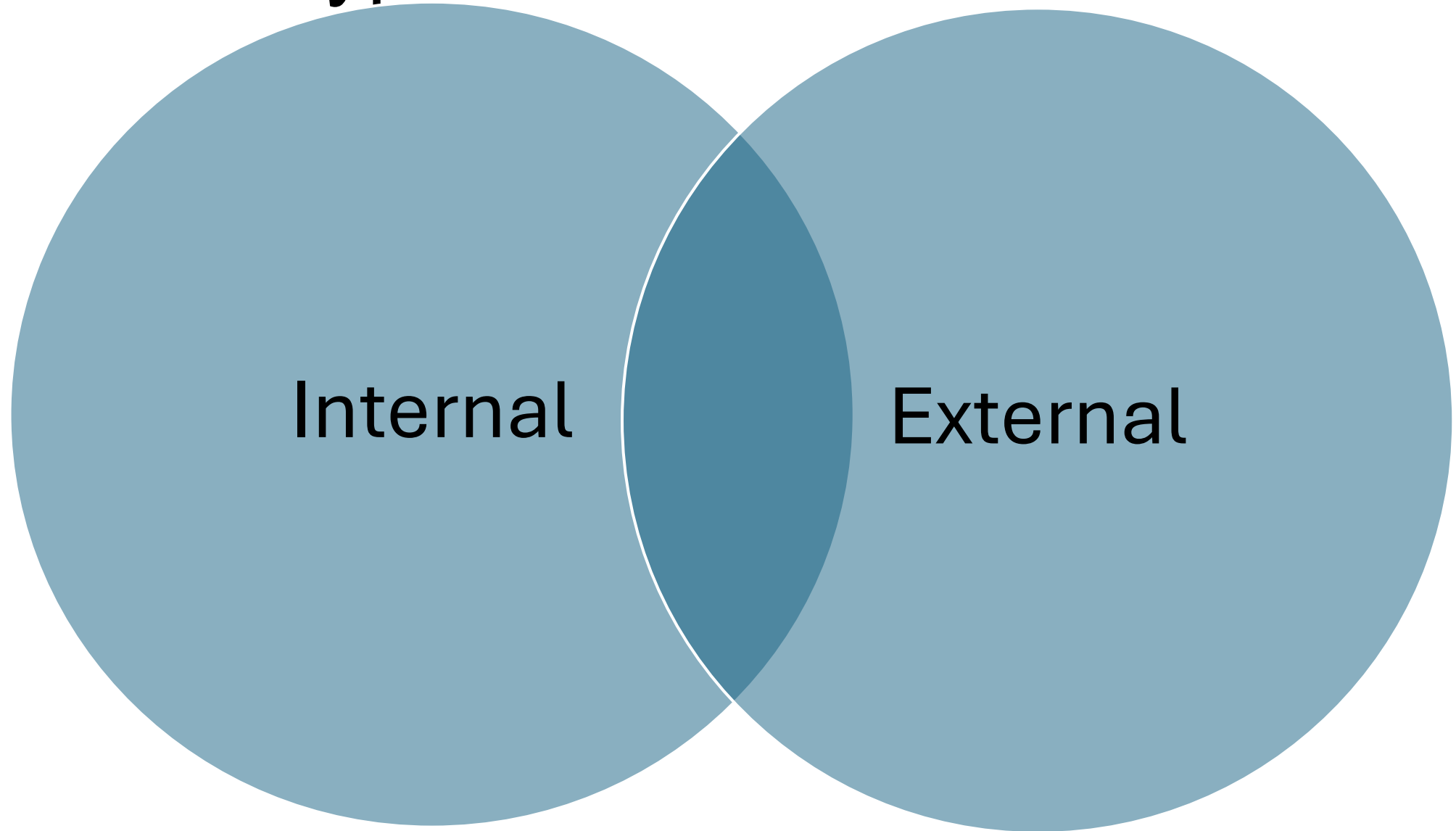


# Be George



- Be Curious!

# 2 Types of Self-Awareness







# What's in it for Me?



Improves  
relationships



Helps us to  
communicate with  
clarity



Helps with decision  
making



Understanding  
things from multiple  
perspectives



Better leadership  
skills



Promotes equality  
and fairness

# Doing the Work

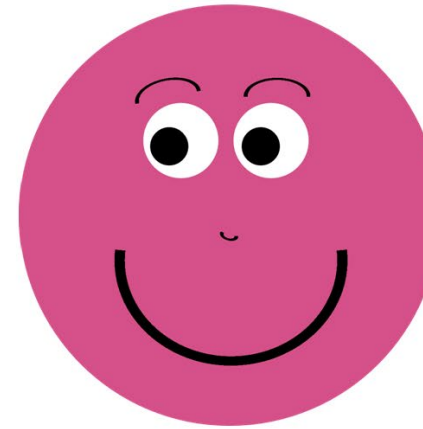
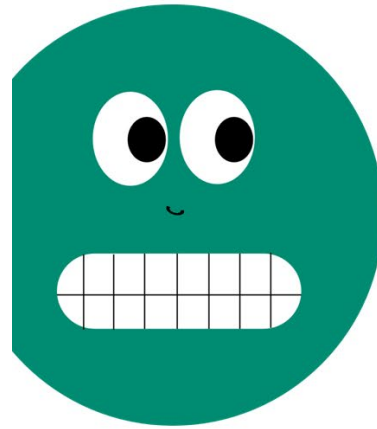
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- Humbleness and strength
- Your thoughts will be challenged
- Helps regulates emotions
- Allows you to make necessary changes
- Allows us to correctly see our circumstances

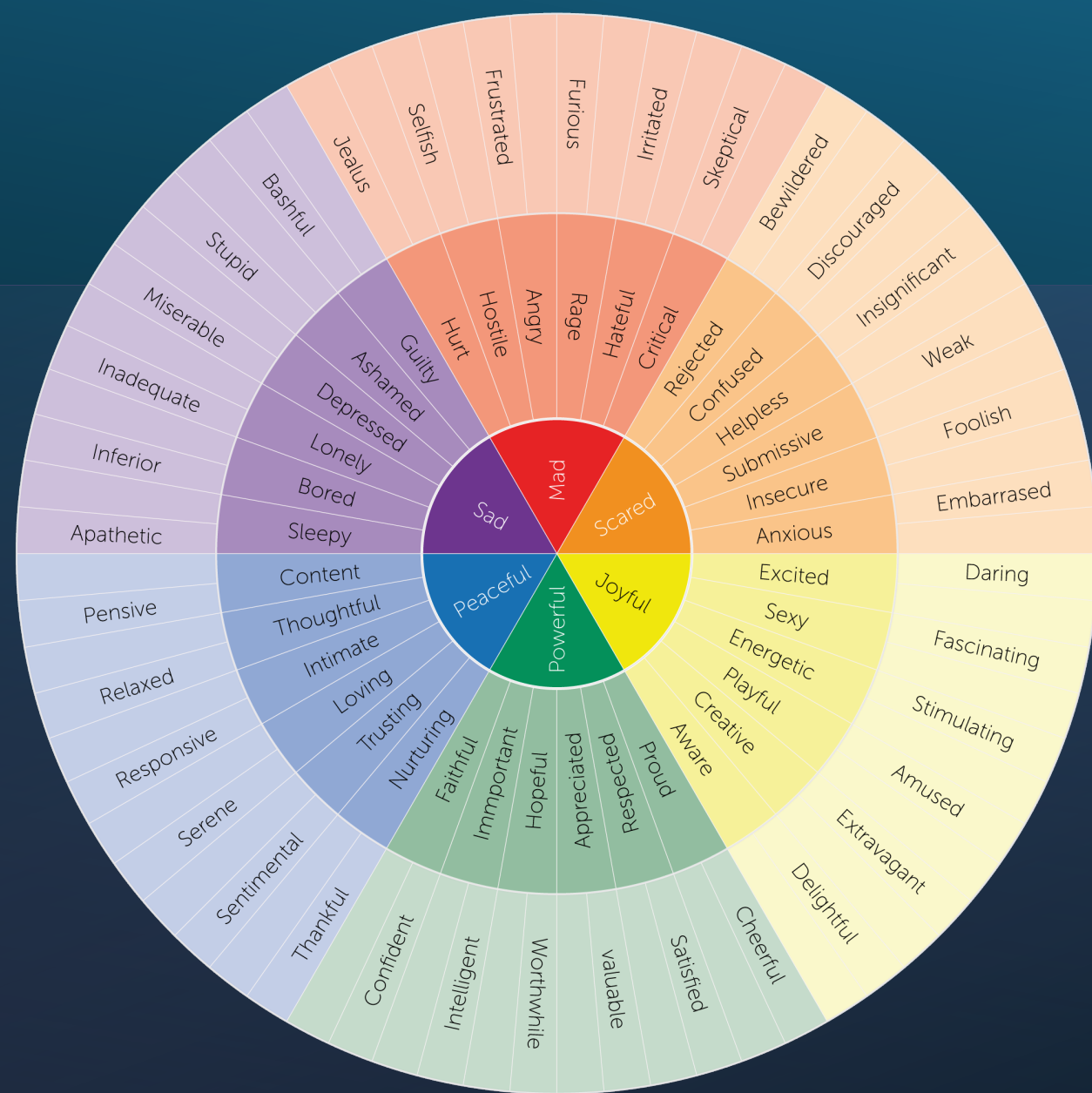


# Emotions are so Important

- Ignore or suppress
  - Internalize
- Reactively intensify
  - Externalize









# Cross Sectional Formulation

<b>Thoughts</b> “I can’t believe I did something so careless. I’m so stupid.”	<b>Emotions</b> Shame Low mood Sadness
<b>Behavior</b> Shut down/stop working Eat Over apologize	<b>Physical sensation</b> Sinking sensation in my abdomen Exhaustion



# Emotional Reactivity

Perception is altered



Actively Listen

Repeat back what the person  
said in your own words.

Ask 2 follow up questions



Recognize your triggers

Words

Tones

Phrases

Environments





# Be Honest

- People are drawn to honesty.
- Expose vulnerabilities.
- Brokenness
- Vulnerability
- Humanity





# Journaling Prompts

- What triggers positive and negative emotions?
- What did you love about the day?
- What drained you today?
- What are looking forward to?
- What are some thoughts for how you want to live in the future?
- What are your goals?
- What your habits both positive and those you want to change?



# Personality Tests

- Myers-Briggs Type Indicator
- TestColor
- DISC
- Berkley Emotional Intelligence Test
- PATH Assessment
- Enneagram







# Values

- Values are a set of ideas about how you want to live your life. (Dr. Julie Smith)
- Values can determine how we live our life.
- Values can give you clarity on your goals.
- Reassessing your values throughout life is important.



# Values-Exercise

What Are  
Your Values  
?

*Www.mindtools.com*

# Discussion Questions

---

Do you believe it is important to live in your values?

---

What happens when you don't live in your values?

---

Do you have a better idea of what your values are?



# Gratitude

- Gratitude exercise:
- 3 things
- 3 people
- 3 achievements
- How does this help self-awareness?





I am  
grateful  
for



## Simple Gratitude Practices

- Simple Gratitude Journal
  - 1-3 things each day you are grateful for.
- Write thank you notes or emails
- Express gratitude in person to someone

# External Self-Awareness

---

How do other people see me?



# External Self-Awareness

Seek	Seek feedback
Compare	Compare perceptions
Express	Express gratitude







# Steps to Seeking Feedback

- Ask someone you trust
- Know what you want feedback on.
- Prepare specific questions
  - What is one thing I can improve on in leadership?
  - How did that meeting go from your perspective?
- Take notes
- Say, thank you!

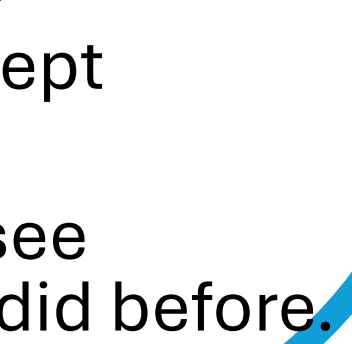




Spend time with people  
who think differently, who  
have different values, and  
who live differently.



# Compare Perceptions

- Seeing how someone else perceived an event, incident, or meeting.
  - Involves active listening.
  - Listening for emotions.
  - Ability to restate the other person's perception accurately.
  - Ability to see the differences in how their perception differs from yours.
  - Identify any areas of common ground.
  - Ability to non-judgmentally accept different perceptions.
  - In some cases, it will help you see something differently than you did before.
- 

A low-angle, upward-looking shot of a person walking up a wide, concrete staircase. The person is silhouetted against a very bright, glowing light source at the top of the stairs, creating a strong lens flare effect. The light source appears to be the sun or a powerful light fixture, positioned directly in front of a tall, multi-story building with many windows. The building's facade is visible on the right side of the frame, showing a grid of windows. The overall color palette is dominated by warm, golden-yellow and orange tones, with a soft, hazy atmosphere. The perspective draws the viewer's eye up the stairs towards the light, suggesting a journey or a path forward.

Looking to the Future



# Potential-Discussion



What did you  
want to be when  
you grew up?

What would you  
try if you knew  
you would not  
fail?

# Commit



Try a new food



A new activity



A route to work




Give yourself a challenge





# Creating a Meaningful Life

- Once you know what you value you should strive to live in your values.
  - Can you identify ways you are not living in your values?
  - Can you identify ways you are living in your values?
  - Create a goal based on one of your values.
  - What is a small daily habit you can begin to do to get you closer to your goal?
  - Don't take on too much.
- 





# Victor Frankl

Life is never made unbearable by circumstances but only by lack of meaning and purpose.

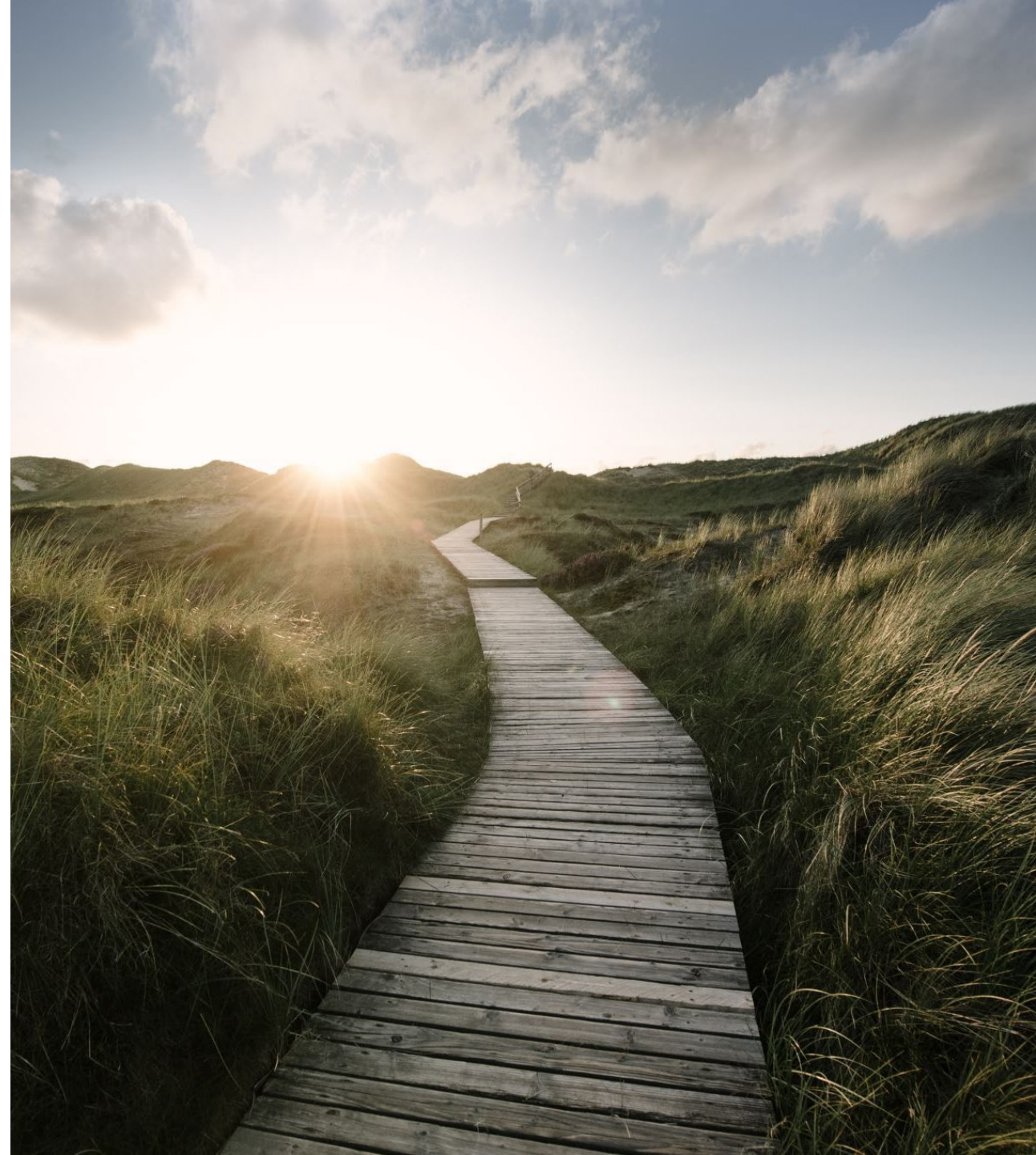




# Take Aways

Be curious:

- About yourself
- The way others see you
- Your potential





# THE LEARNING LAB AT EMMMAUS

**Educate • Innovate • Elevate**

Feedback?

Thank you

Le'Anne Schlotzhauer

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