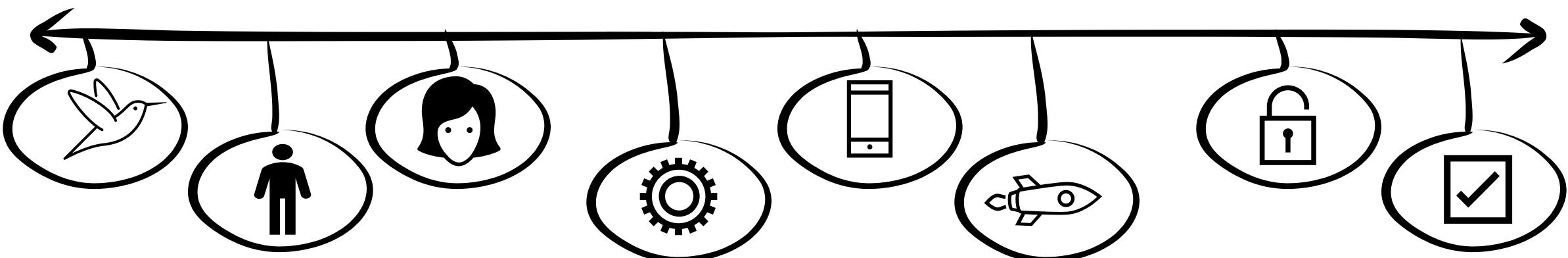


Self-Awareness

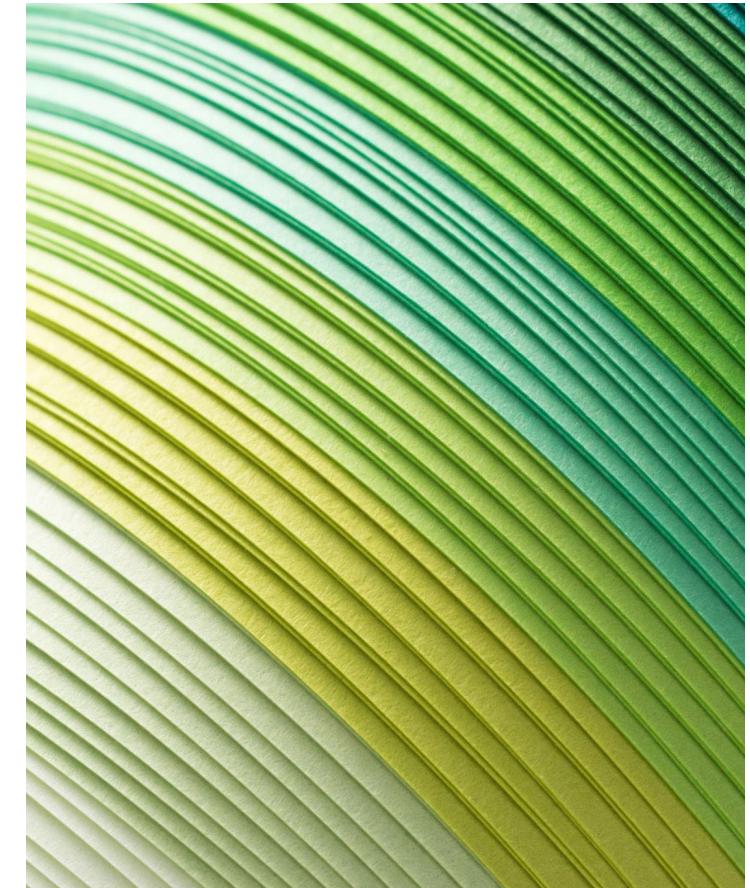


Le'Anne Schlotzhauer
Emmaus Homes, Inc.

What
is:

Introduction

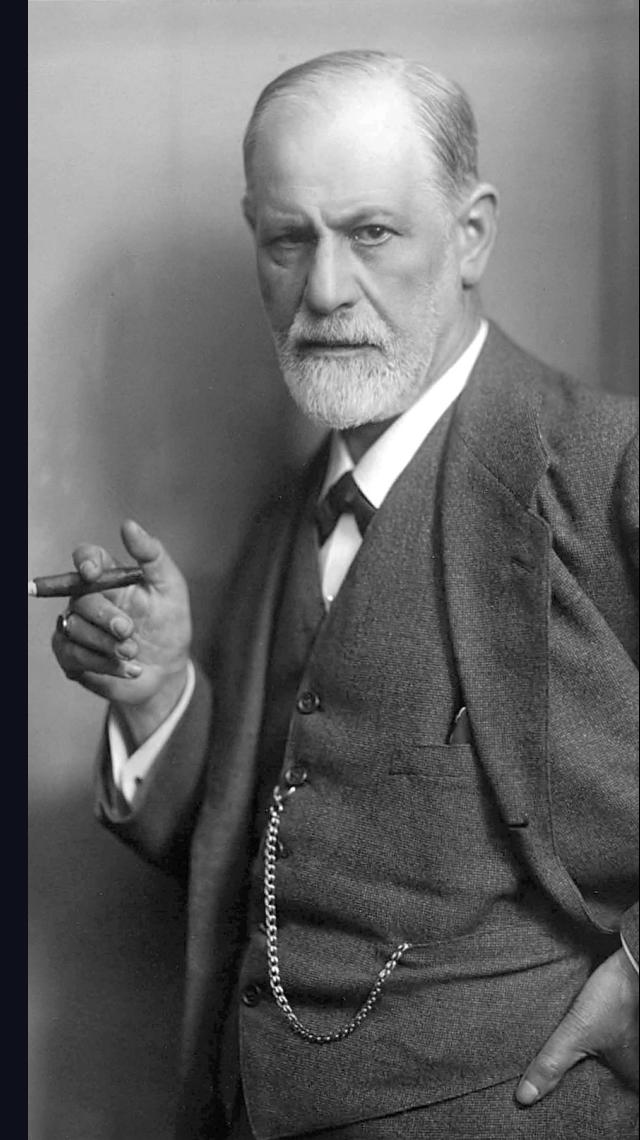
- Name one strength you have?
- What is your favorite quality about yourself?
- Who is someone you look up to?





History of Self-Awareness

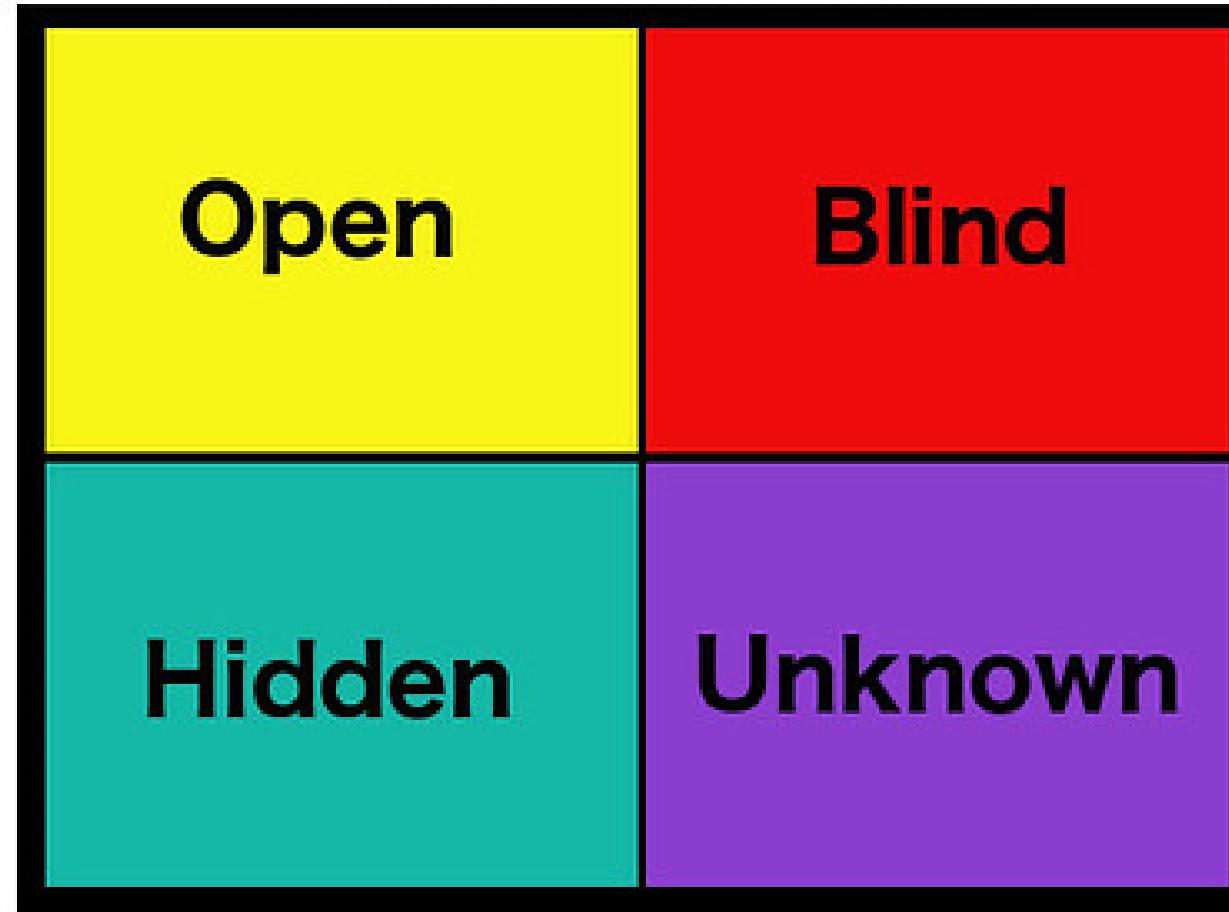
- Sigmund Freud
- Carl Jung





Known to Self

Known to others

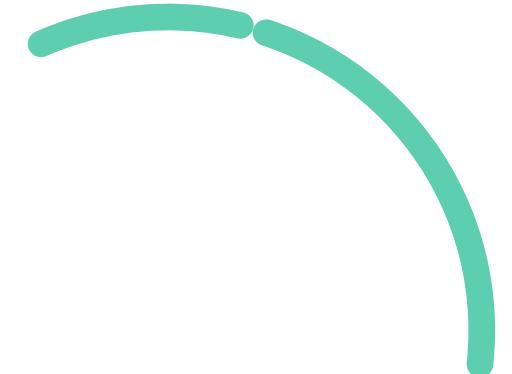


Luft & Ingham 1955

YOU ARE NOW LEAVING
THE COMFORT
ZONE



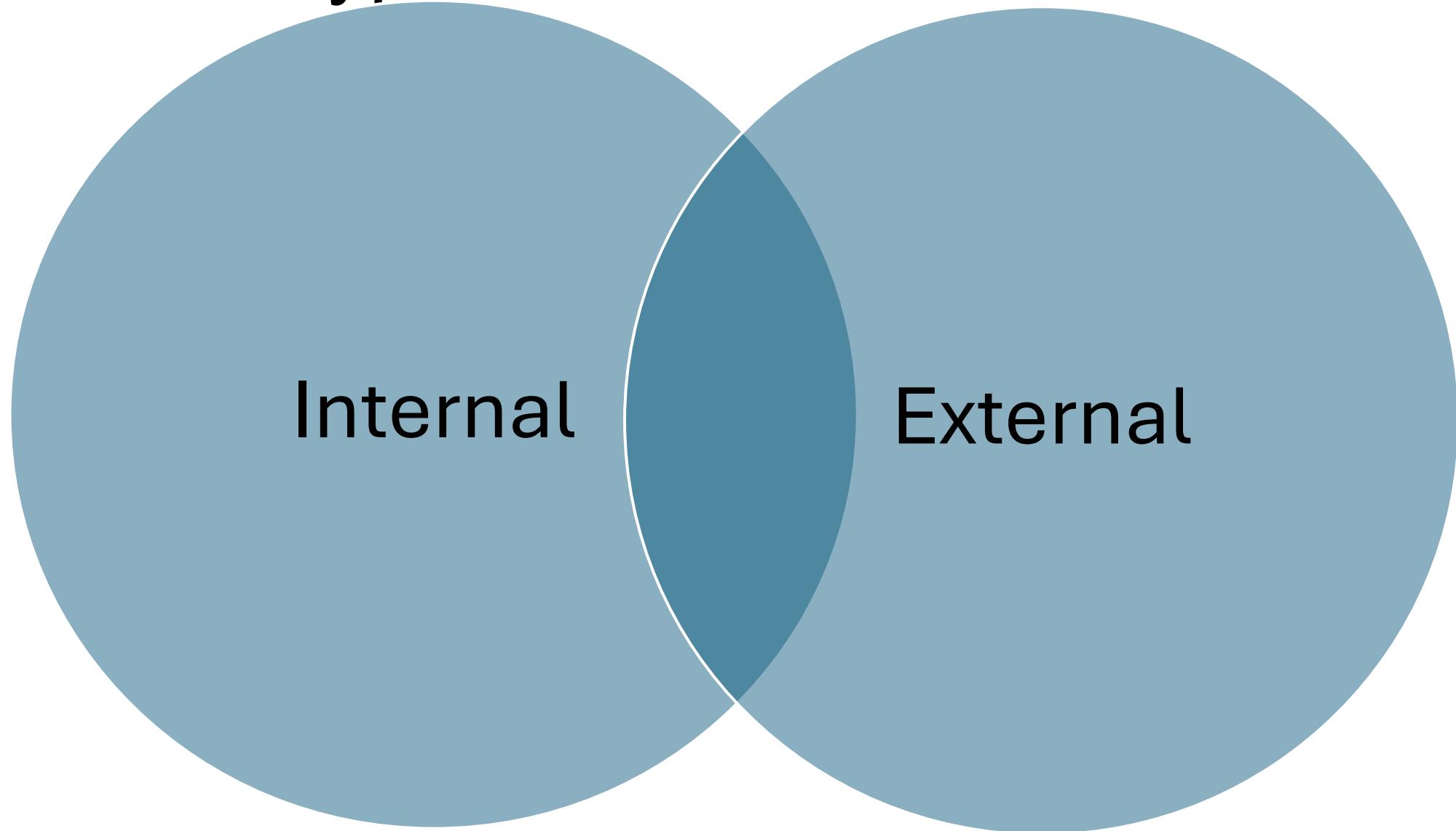
Be George



- Be Curious!



2 Types of Self-Awareness





What's in it for Me?



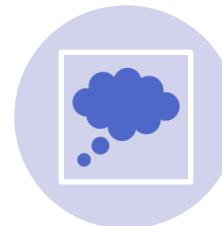
Improves relationships



Helps us to communicate with clarity



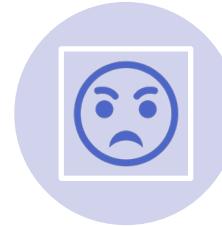
Helps with decision making



Understanding things from multiple perspectives



Better leadership skills



Promotes equality and fairness

Doing the Work

- 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

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

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

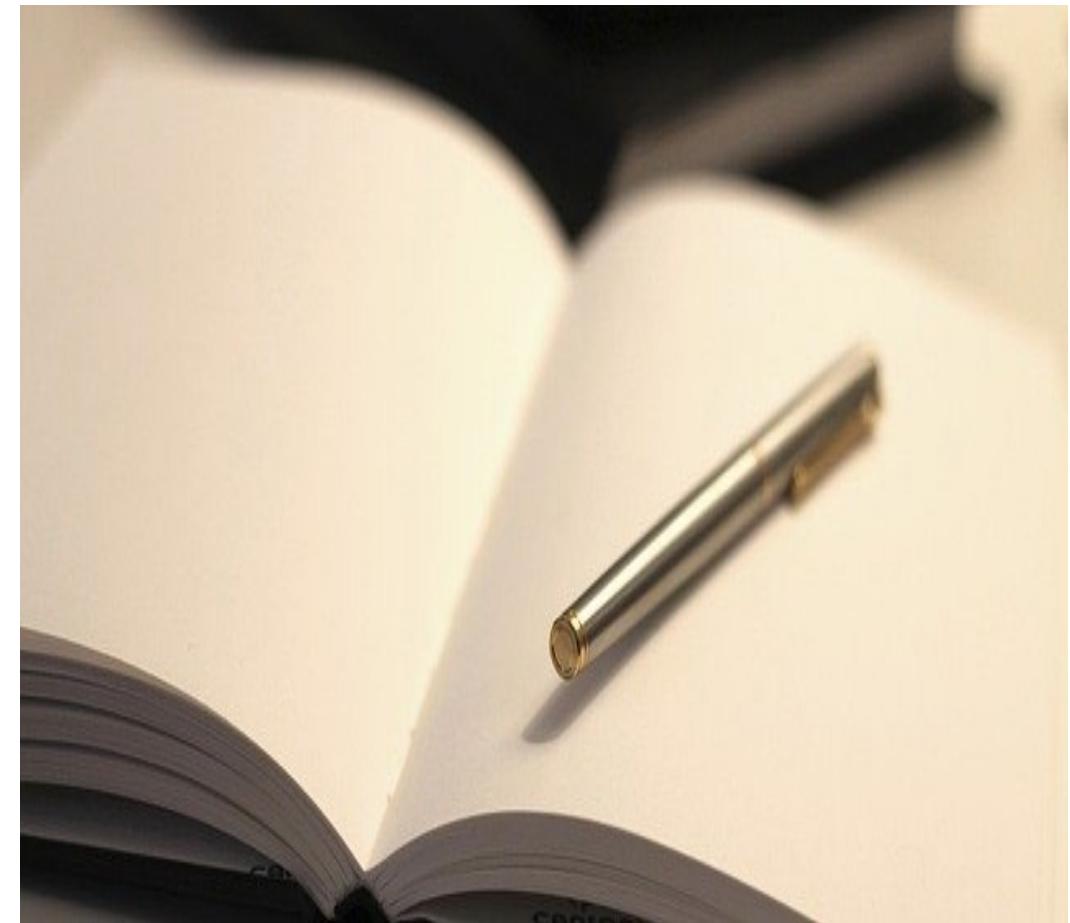
Be Honest

- 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 are 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
?

Maverick.com

Discussion Questions

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

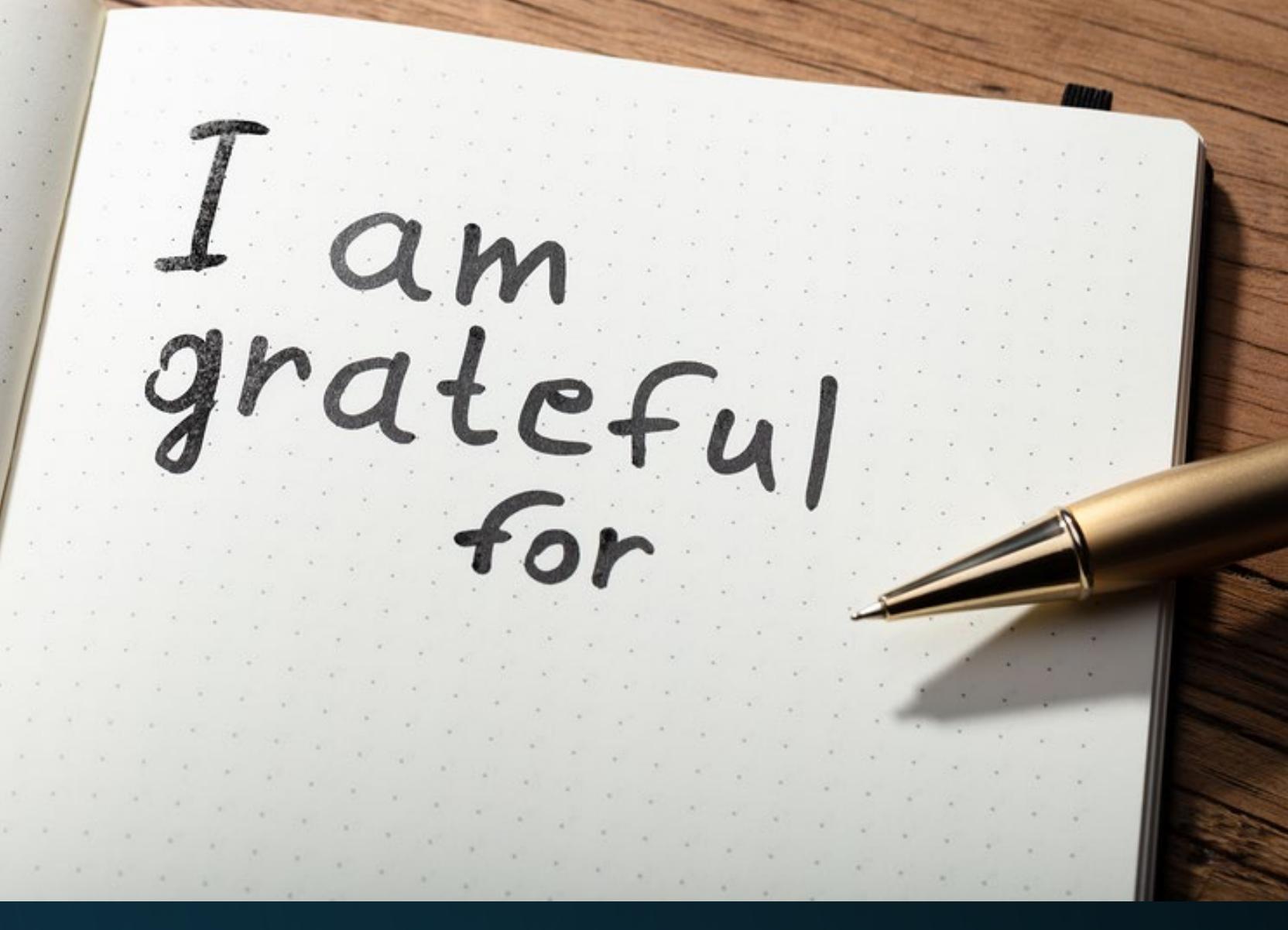
What happens when you don't live in your values?

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?





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

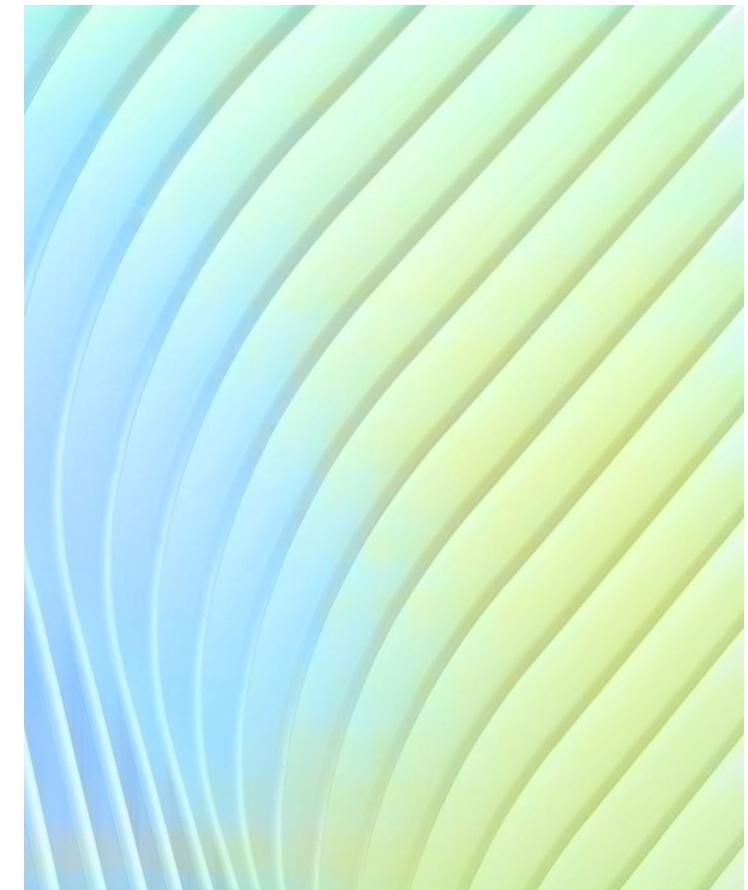
External Self-Awareness

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.

Looking to the Future



Potential-Discussion

+

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◦

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

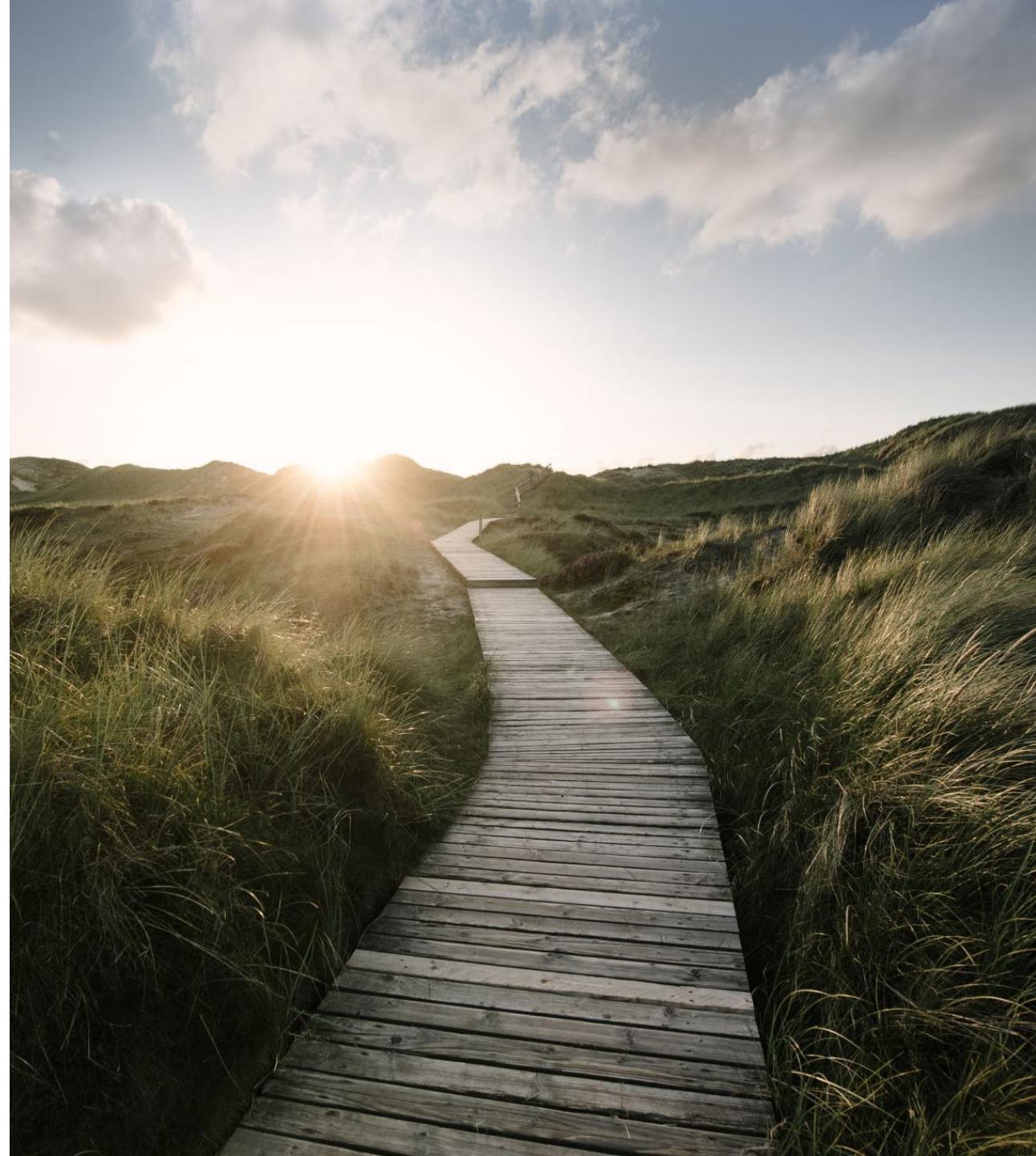
Life is never made unbearable by circumstances but only by lack of meaning and purpose.



Take Aways

Be curious:

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





THE LEARNING LAB AT EMMAUS

Educate • Innovate • Elevate

Feedback?

Thank you

Le'Anne Schlotzhauer

schlotzhauerl@emmaushomes.org

Emmaus Homes

