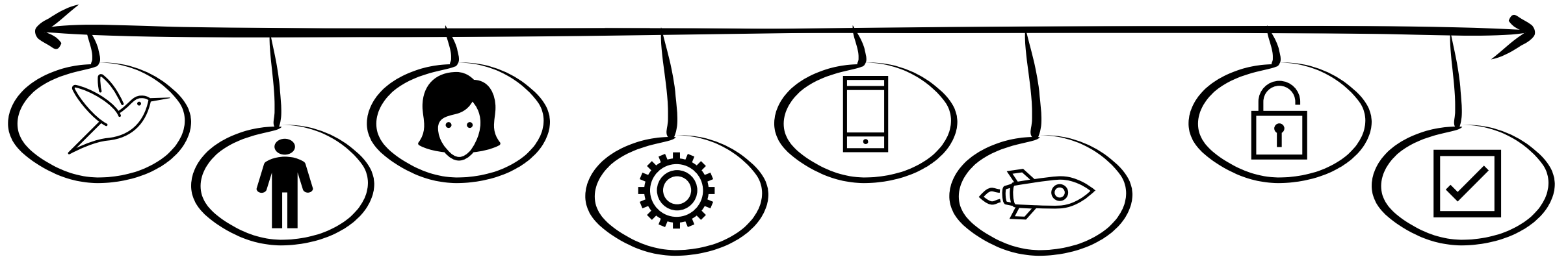


Self-Awareness



Le'Anne Schlotzhauer
Emmaus Homes, Inc.



Introduction

What
is:

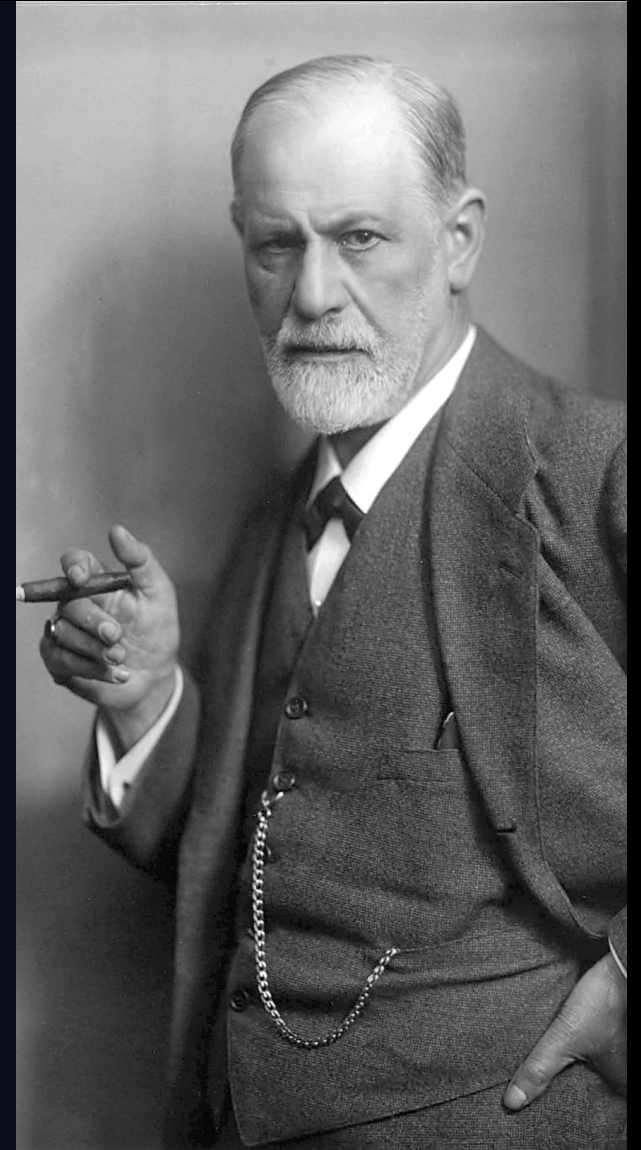
- Your favorite movie?
- Your favorite book?
- Name one strength you have?
- What is your favorite quality about yourself?
- Who is someone you look up to?





History of Self-Awareness

- Sigmund Freud
- Carl Jung



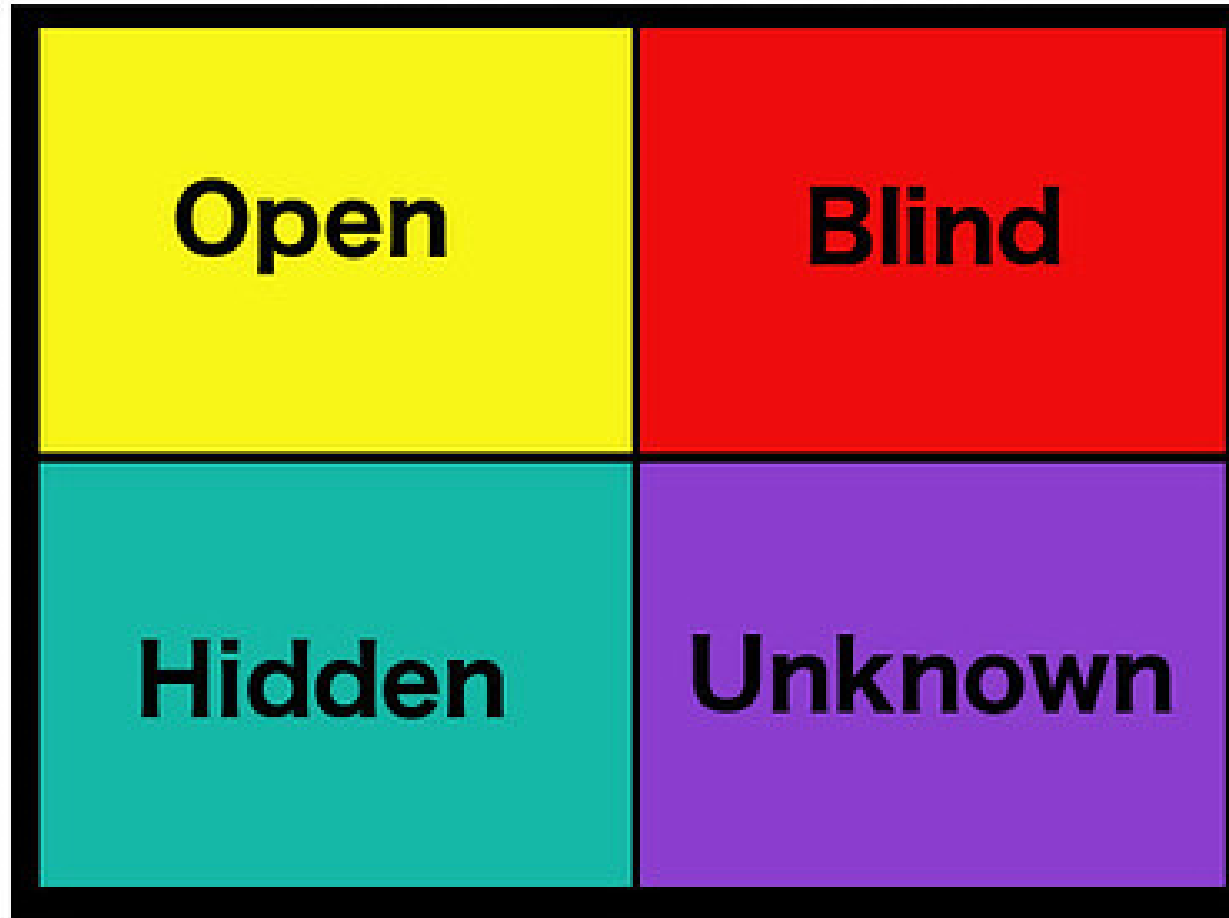


EMOTIONAL INTELLIGENCE



Known to Self

Known to others



Luft & Ingham 1955

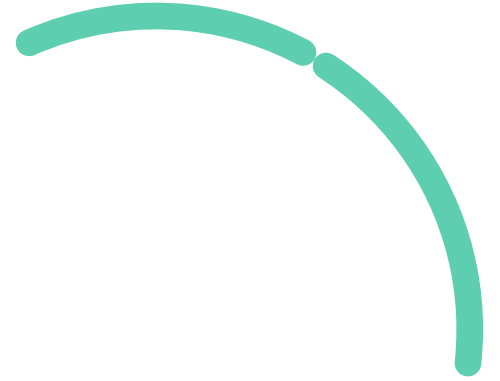


YOU ARE NOW LEAVING
THE COMFORT
ZONE



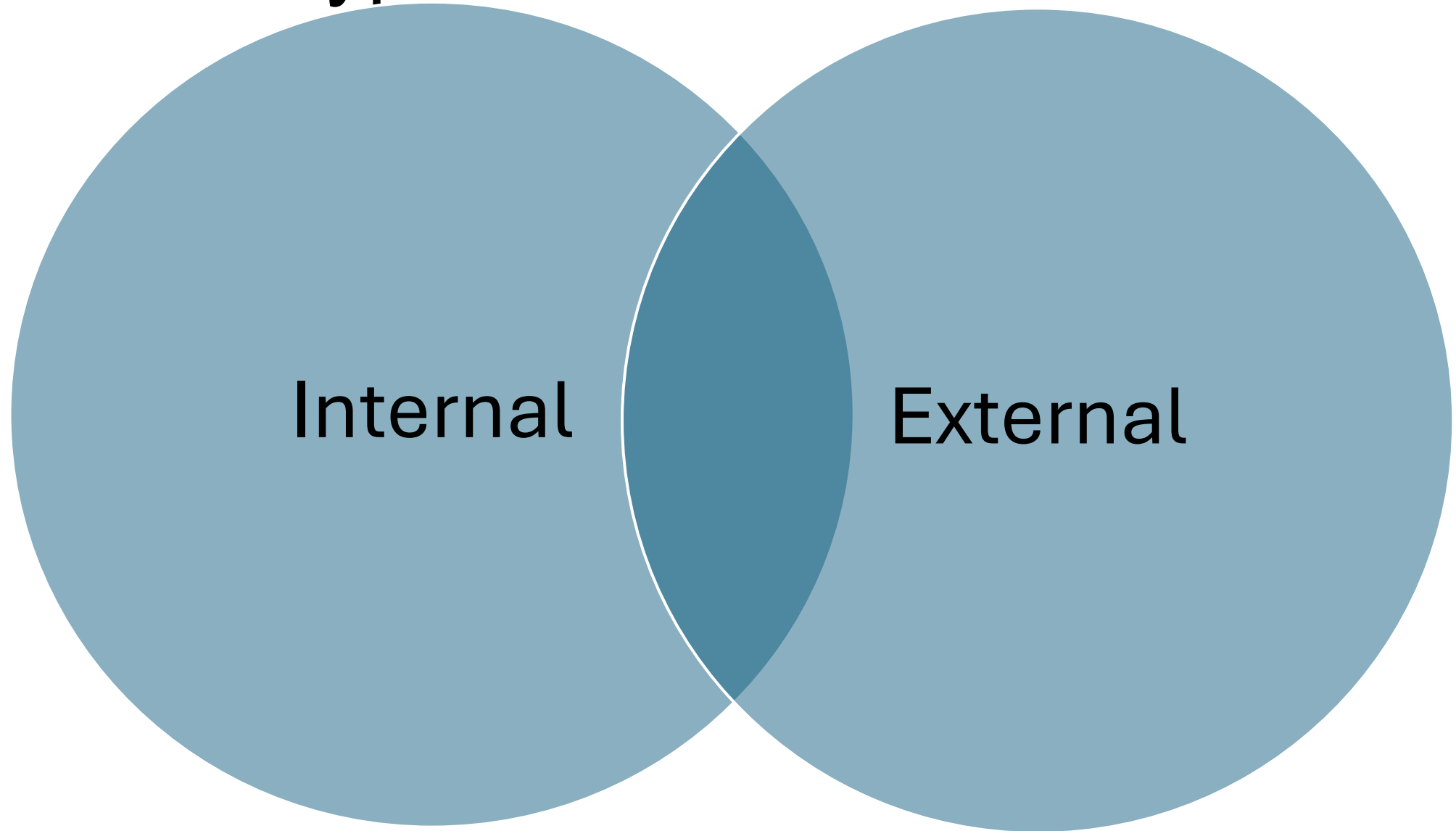


Be George



- 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

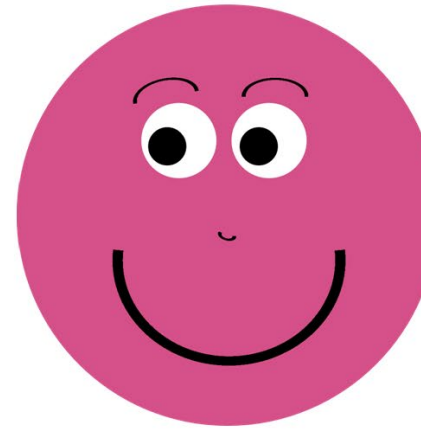
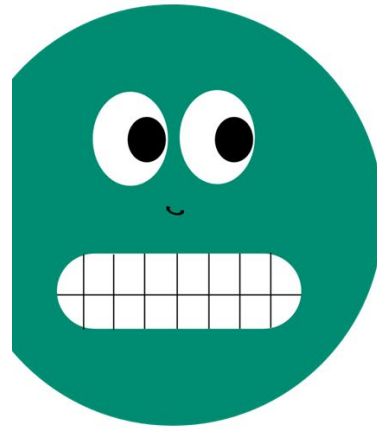
Doing the Work

- 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

Thoughts “I can’t believe I did something so careless. I’m so stupid.”	Emotions Shame Low mood Sadness
Behavior Shut down/stop working Eat Over apologize	Physical sensation 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

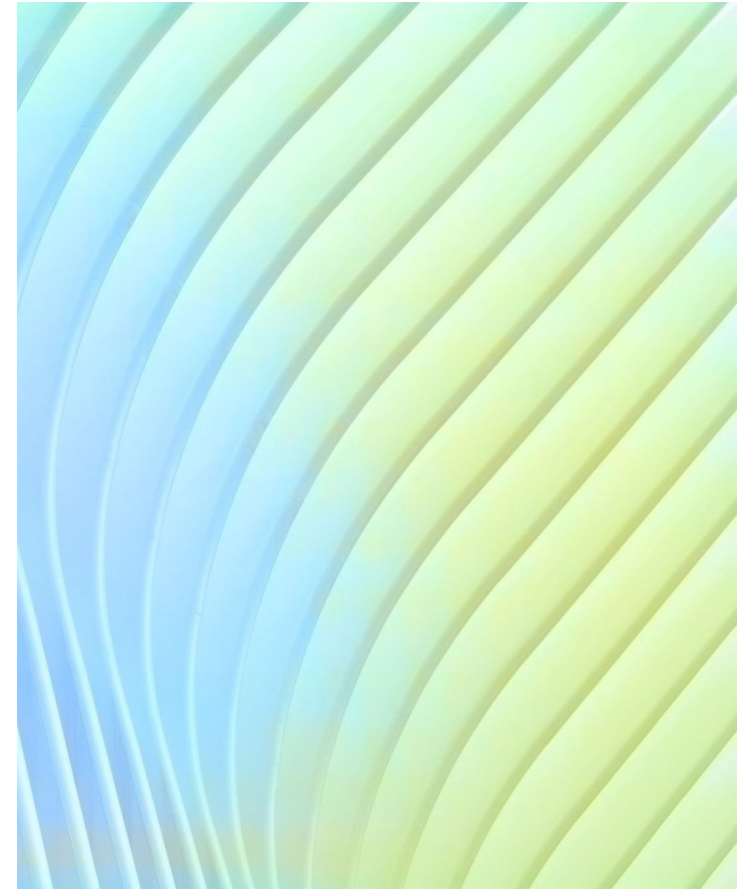
External Self-Awareness

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!

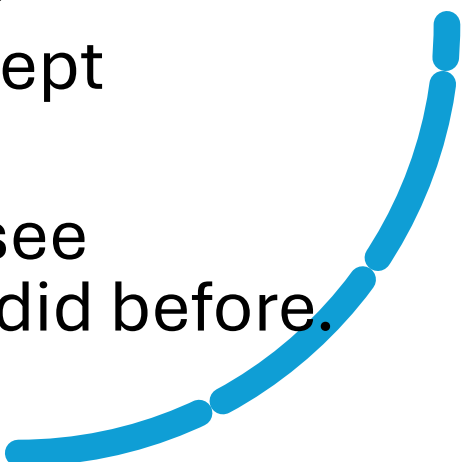




**Spend time with people
who think differently, who
have different values, and
who live differently.**



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.
- 



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



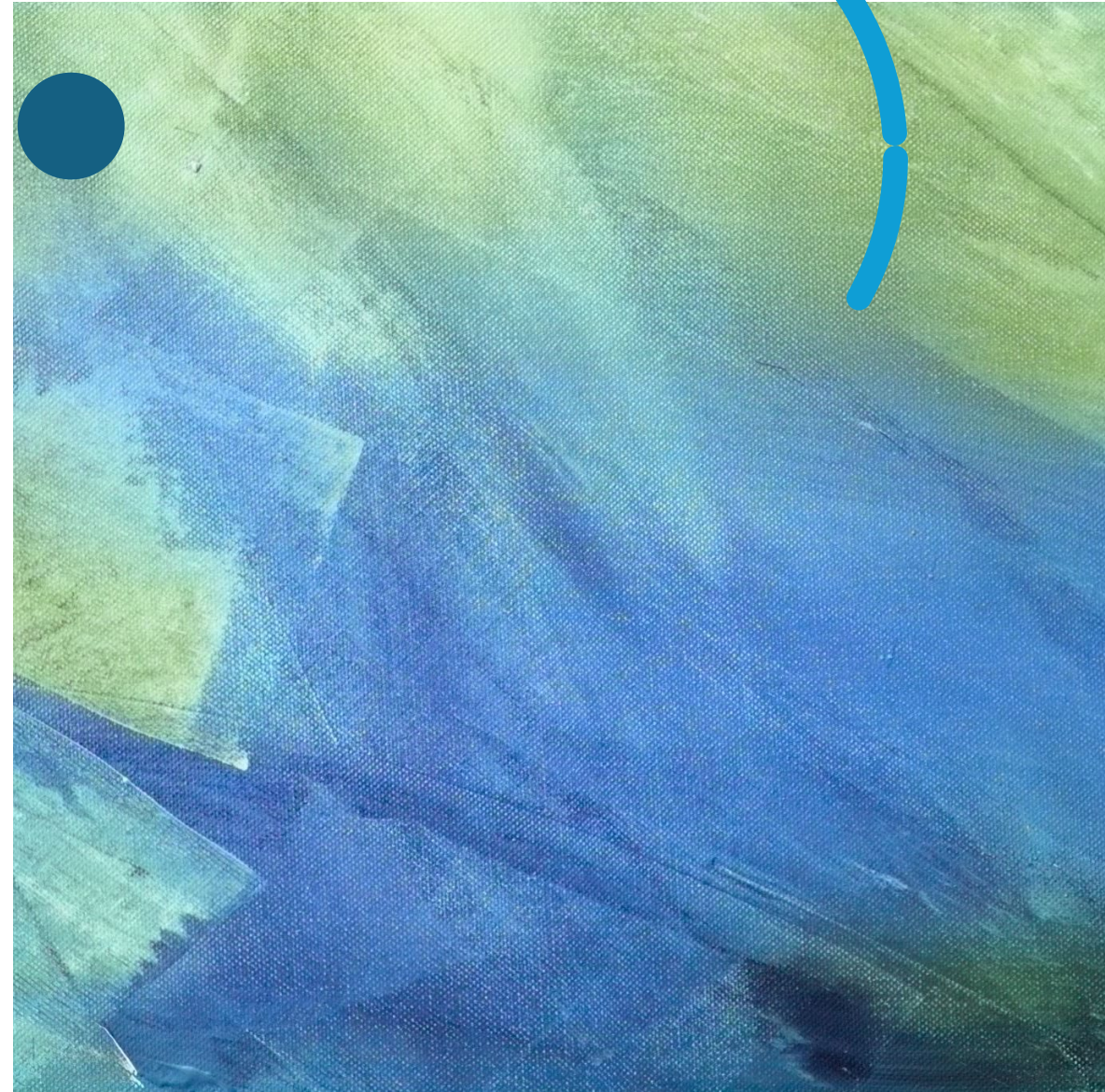
A new activity



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 way 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

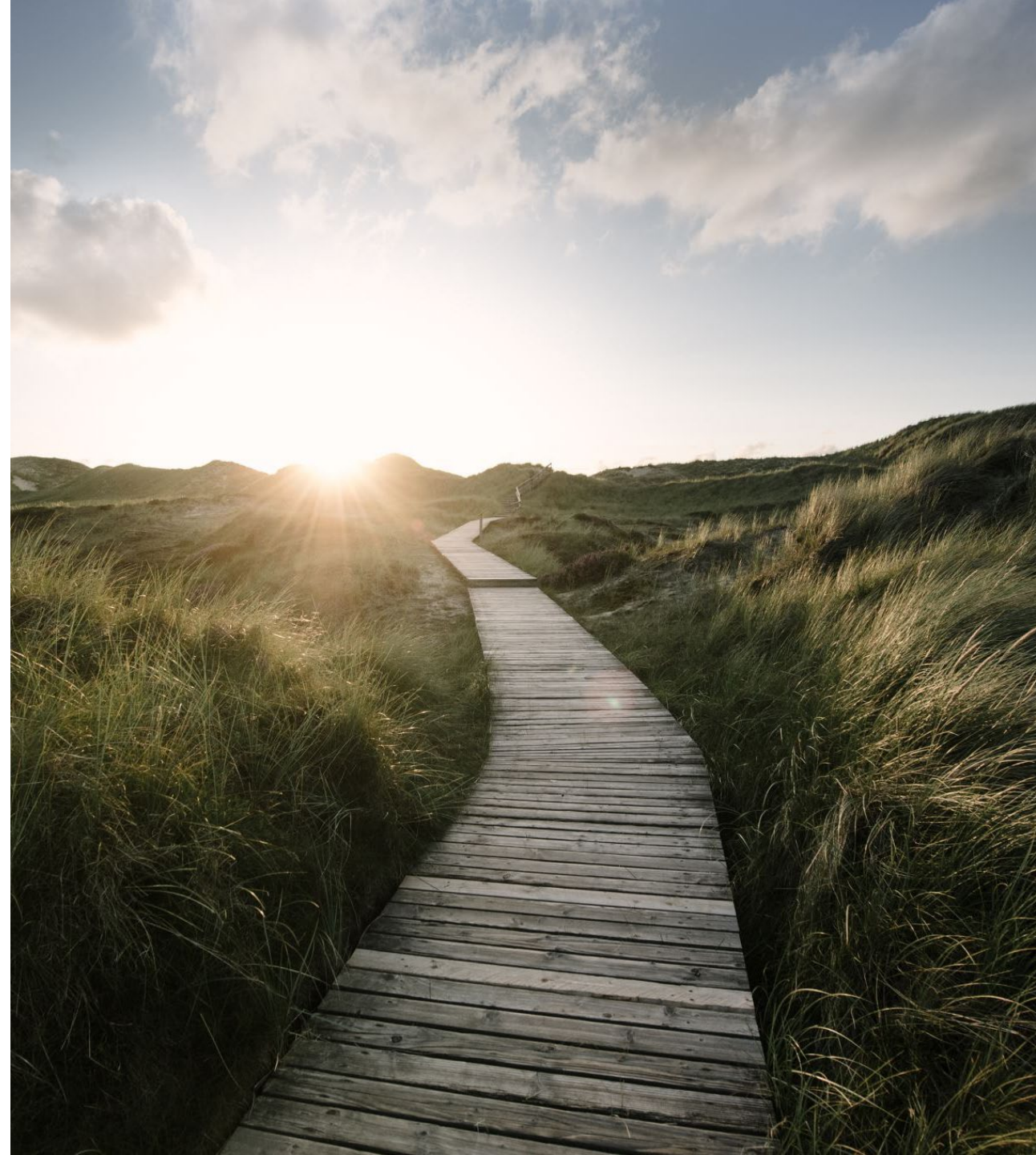
Life is never made unbearable by circumstances but only by lack of meaning and purpose.



Take Aways

Be curious:

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



Feedback?

Thank you

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