

# Developing Self Awareness through Emotional Intelligence

WORKSHOP  
TO ENHANCE PERSONAL SKILLS



# self-a·ware·ness



*noun*

conscious knowledge of one's own character, feelings, motives, and desires.



create

# What You Will Learn

- Understand the hidden beliefs that lie behind our everyday feelings and behaviour; emotional intelligence.
  - Learn to recognise some common barriers to self-awareness
  - Understand how our perceptions of other cultures influence our interactions.
  - Be aware of and respectful towards people of other cultures Are aware of the vocabulary needed to work effectively in a team.
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# The importance of Self Awareness



*Knowing yourself is the beginning of all wisdom.*

Aristotle

# SELF-AWARENESS

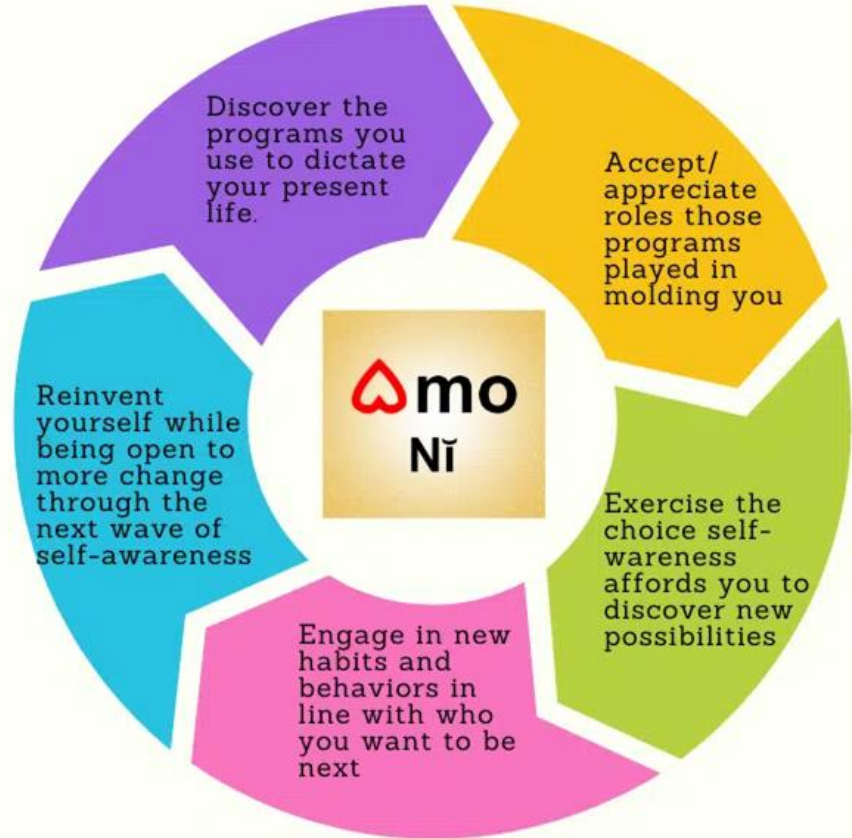
SELF-  
AWARENESS

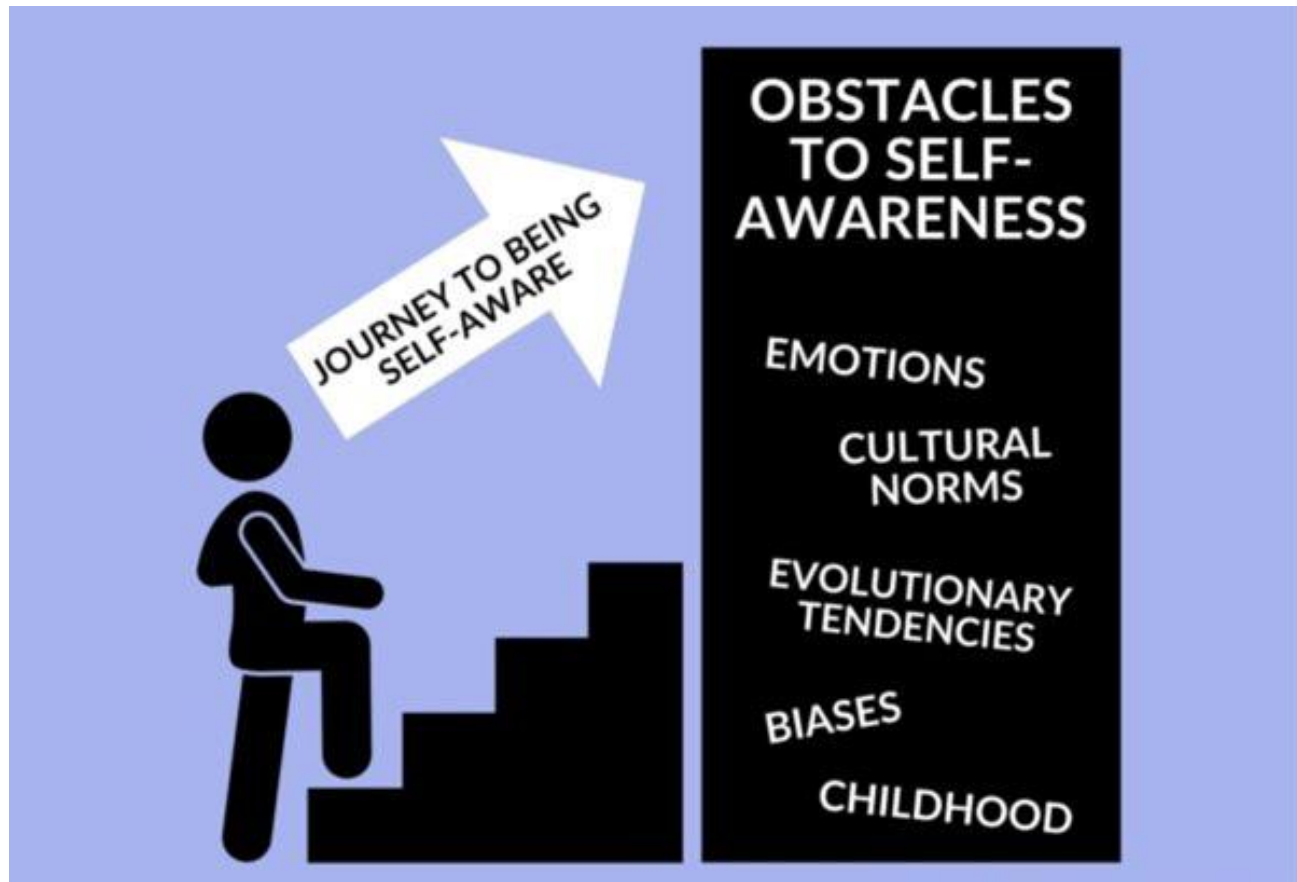
SELF-  
ACCEPTANCE

SELF-  
DISCOVERY

SELF-  
ACTIVATION

SELF-  
REALIZATION





# Self-Awareness

## The Foundation of Emotional Intelligence

### Research at Cornell University

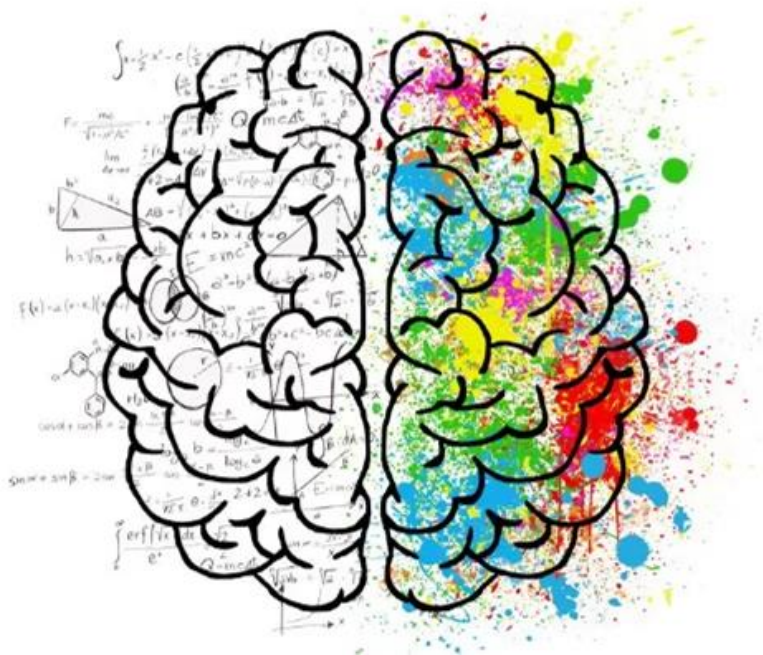
showed that a high Emotional Self-Awareness score was the strongest predictor of overall success.

With a developed foundation in this competency, people are more likely to have strengths in leadership competencies, Teamwork.





# EMOTIONAL INTELLIGENCE



Emotional intelligence is most often defined as the ability to perceive, use, understand, manage, and handle emotion



# Five Elements of Emotional Intelligence



## HIGH EMOTIONAL INTELLIGENCE



Accepts self  
and others



Can communicate  
assertively



Displays  
empathy

## LOW EMOTIONAL INTELLIGENCE



Is not  
accepting to  
self and others



Uses passive or  
aggressive  
communication



Lacks  
empathy

# How Self Awareness can develop our Emotional Intelligence

- Improve our ways of communicating.
- Identify similarities and differences between ourselves and others to build empathy.
- Identify our own emotional patterns and manage our actions.
- Build trust in teams for improved group dynamics.

Let's get started on developing our Self Awareness  
Skills and learn more about ourselves and how we are  
seen by those around us.  
All the Best!!!



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