### Reflection 1 and Competency: Self-Awareness

Healthcare sector has various stakeholders hold different visions that are very different depending on the position and type of stakeholder. The stakeholders are motivated by the principles and values of the societies and the things they want to attain from a healthcare system. These stakeholders comprise health care providers whose vision is attaining quality in a technical sense through therapy correctness, diagnosis exactitude, and improvement of patients. Employers are another group of stakeholders whose goal is to minimize operating costs and ensure employees resume working quickly. Patients are also an important group of stakeholders in health care since other stakeholders rely on them for survival. Their goal is to be attended to with compassion and skill and communicated properly. Another group of stakeholders in healthcare are payers or stakeholders who help pay patients’ bills, such as insurance companies. Their vision is to ensure cost-effectiveness (Ref-D4E5F6). Ultimately, the goals of each stakeholder are important to healthcare administrators as they are only left with the role of ensuring stakeholders attain value and manage to reach their vision about healthcare.

To determine the most important stakeholder, begin by brainstorming who your stakeholders are. As part of this, think of all individuals affected by your work, who influence it, power over, or even have interest in its conclusion, successful or unsuccessful.

Different stakeholders are useful in different ways. For instance, employers are useful in different ways. First, they provide the necessary resources to help me execute my work accordingly and provide a conducive working environment for quality services. They also offer training to help grow my skills and pay salaries for my service (Ref-VF39DG). Stakeholder analysis is an example of a metric that can be used to evaluate the usefulness of stakeholders.

### Self-Awareness

Self-awareness is the capacity to view yourself objectively and precisely through self-examination and reflection. Once you understand your personality, which is your emotion’s driving force, strengths, weaknesses, and beliefs, you are in a position to understand others and how they perceive your attitude and reactions through that moment interactions. With the provided information, I believe self-awareness entails empowering yourself to do better continuously (Ref-AB1CD2). Being in healthcare, you have to be self-aware of your surrounding and the reactions of your clients. When I joined the health care professionals first, I had a facial expression that would respond to your inquiries, and at times due to this, my leadership would skip over me. One of my mentors pulled me aside and mentioned to me that “you have exceptional intentions and have much value to this team; however, you should control your facial expressions to avoid being perceived as a person you are not.” Following this, I realized the need to work on myself and control my facial expressions from within. Accordingly, this helps me know myself better and communicate assuredly while being sensitive to my weaknesses.

It is easy to give criticism but really hard to digest if you are self-aware or not. When dealing with others, trust is an extraordinary strong word you might fail to know or just get to know when receiving criticism. If someone is extremely negative or toxic, self-awareness comes in in such situations and knows that the criticism is biased. It helps you not take it into the heart but let it pass without affecting you. Whether you believe the criticism is biased or not, it can be used positively since you reexamine yourself irrespective of “What can I do to be better” and “Am I doing that?” It gives you an opportunity to build from it, grow and be well rounded. I believe all perceptions are biased since it is an individual viewpoint on how they see it and have their right to an opinion.