

Lesson 1: Self-awareness and emotional intelligence

On successful completion of this lesson, you will be able to:

- ✓ Analyse recommended resources and discuss them with your peers.
- ✓ Gain insights on self-awareness and emotional intelligence.
- ✓ Demonstrate understanding of self-awareness and emotional intelligence through various resources and activities.

Pre-class engagement

1. Make annotations as you read the following two **required** readings. Remember to click on the **full text pdf** version found on the left column of the respective pages.
Flanagan, J. (2013). Self-awareness. *Training Journal*, 1-6. Retrieved from <http://libproxy1.nus.edu.sg/login?url=https://www-proquest-com.libproxy1.nus.edu.sg/trade-journals/self-awareness/docview/1446975266/se-2?accountid=13876>
2. Owen, N. (2017). The charisma connection. *Training Journal*, 1-5. Retrieved from <http://libproxy1.nus.edu.sg/login?url=https://www.proquest.com/trade-journals/charisma-connection/docview/2226345621/se-2?accountid=13876>
3. Based on the two resources above, what is your **concept of self-awareness and emotional intelligence** and what is the **relationship between them and leadership communication**? Use rhetoric devices such as analogies, metaphors, examples, or diagrams to illustrate the connections.

In-class engagement

4. In groups, you will analyse and present, your interpretation of #3.
5. Based on your insights on self-awareness how would you objectively describe yourself using these domains.
 - a) Strengths
 - b) Your trigger points
 - c) Values that you practise
 - d) Your constant inner conversation?
 - e) Your inner conversations before, during and after oral presentations?
6. Analyse Guy Winch's presentation in 'How to practice emotional first aid?' at <https://youtu.be/F2hc2FLOdhI>. How does he show the link between self-awareness and emotional intelligence? Focus on rhetoric, content, and presentation strategies.

After class engagement

- Go through Lesson 1 slides (this will be uploaded on Friday).
- In 2 minutes, using your own stories/experiences **AND key** ideas from any ONE **Extra resources**, convince **your peers** on the importance of the topic. Mere presentation of key ideas is **not** sufficient. Visuals are not required but you could use the white board if needed.

Extra resources

Leadership communication

1. 16 Traits of Great IT Leaders by Rich Hein
<https://www.cio.com/article/288630/16-traits-of-great-it-leaders.html>
(Retrieved 16 Aug. 22)
2. The Most Important Leadership Competencies, According to Leaders Around the World
<https://hbr.org/2016/03/the-most-important-leadership-competencies-according-to-leaders-around-the-world> (Retrieved 16 Aug. 22)

Emotional intelligence

1. Leadership presence- how to show up?
<https://hstalks-com.libproxy1.nus.edu.sg/bm/4157/>
2. How to embrace emotions at work | The Way We Work, a TED series at
<https://youtu.be/sSOBk0v0viM>
3. How sleep affects your emotions | Sleeping with Science, a TED series at
<https://youtu.be/6F8wFkScnME>

Self-awareness

1. Lanz, K. (2013). The art of self-awareness. *Training Journal*, 1-6. Remember to click on the **full text pdf** version found on the left column of the page. Retrieved from <http://libproxy1.nus.edu.sg/login?url=https://www-proquest-com.libproxy1.nus.edu.sg/trade-journals/art-self-awareness/docview/1469704143/se-2?accountid=13876> (Retrieved 16 Aug. 22)
2. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 1- How to be uncertain. Check resources in Canvas. (Pair work).
3. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 2- Algorithms for self-monitoring. Check resources in Canvas. (Pair work)
4. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 4- Billions of self-aware brains. (Pair work)

5. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 6- Learning to learn. (Pair work)