

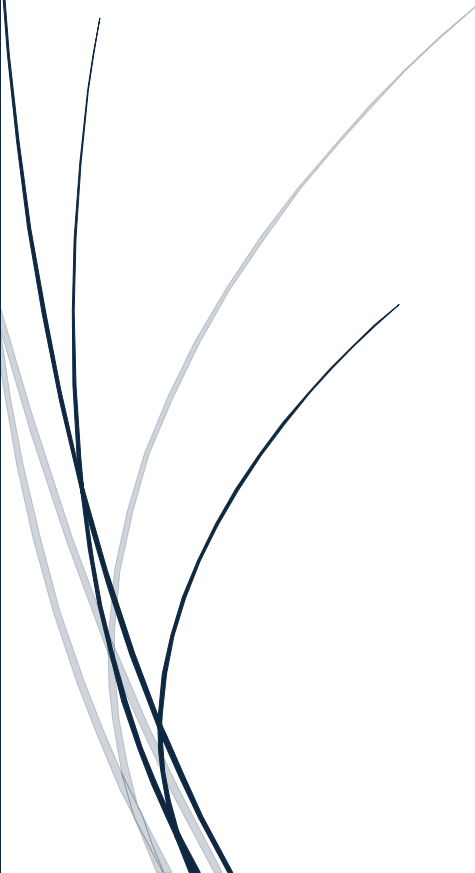
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FAMH40001A

Johari's Window



Ethan Terblanche
[COMPANY NAME]

<p>Open <i>Known to both me and others</i></p> <p>Dependability and commitment: I am a person that people can rely on, both personally and professionally, because I always show up and fulfill my obligations.</p> <p>Reflective and creative: I write and engage with others in a thoughtful, poetic manner, expressing myself creatively.</p> <p>Caring and empathetic: My experience as a loved one's caretaker attests to my capacity for profound empathy and aiding in trying times.</p> <p>Strong leader and organizer: I naturally bring people together and facilitate conversations, making them feel heard and appreciated, whether in group or community settings.</p>	<p>Blind Spot <i>Unknown to yourself but known by others</i></p> <p>Leadership presence: I might not always be aware of how much my capacity to lead and unite people in many contexts is noteworthy.</p> <p>Resilience and patience: People close to me may perceive my capacity for handling difficult circumstances and my patience more clearly than I do.</p> <p>Creative depth: I may not fully appreciate the ways in which my introspective and creative thinking informs my job, discussions, and general outlook on life.</p>
<p>Hidden Area <i>Known to you but not to others</i></p> <p>Personal vulnerabilities or challenges: I may be keeping some deeper emotions or personal issues concealed, such the emotional toll of caring for others or other private circumstances.</p> <p>Inner thoughts or reflections: I might have more profound ideas, dreams, or convictions that I want to keep to myself rather than share with others.</p> <p>Anxieties or insecurities: I may harbour anxieties or uncertainties about my personal development or life choices that I am reluctant to share with others.</p>	<p>Unknown Area <i>Unknown by both you and others</i></p> <p>Unrealized potential: I might possess abilities or strengths that I haven't completely explored or utilized yet, but they might surface in the future.</p> <p>Undiscovered passions or interests: I may have unexplored hobbies or interests that could reveal fresh facets of my identity.</p> <p>Developing self-awareness: As life progresses, I might learn new things about my character, routines, or preferences that neither I nor others have yet to recognize.</p>

My Johari’s Window

Aspect	Rating	Comments
Counsel & Direction	Agree	Provides clear guidance when necessary.
Composure in Pressure	Strongly Agree	Maintains confidence in high-pressure situations.
Transparency	Strongly Agree	Shares key information with the team.
Encouragement of Independent Thinking	Strongly Agree	Promotes problem-solving among team members.
Collaboration	Strongly Agree	Actively seeks input and contributions.
Adaptability	Agree	Adapts well to evolving challenges.
Areas of Excellence	Agree	Attention to Detail, Teamwork, Communication.
Areas for Improvement	Strongly Agree	Openness to Alternative Approaches.

Exploring Self-Perception Through the Johari Window: Data

In my google form I asked the following question: *What skills or competencies do you think might enable me to be a more effective health systems thinker? (Communication, leadership, teamwork, health advocacy, adaptability, etc.)*

These are the responses that I got:

Skill/Competency	Comments
Communication & Advocacy	Essential for representing those without a voice.
Systems Thinking	Ability to see the big picture.
Effective Communication	Vital for clear verbal and written exchanges.
Leadership & Collaboration	Important for guiding teams effectively.
Ethical & Cultural Competence	Ensures equitable health decisions.
Adaptability	Necessary for navigating conflicts and changes.
Accountability	Reinforces team responsibilities.
Health Advocacy	Promotes community health needs.
Real-life Experience	Insights from practical corporate experience.
Creativity	Encourages innovative yet realistic solutions.

My personal reflection based on the outcomes of the Johari's Window

Reflecting on my Johari Window has allowed me a moment to take stock — not just of how I view myself, but also of how others may experience me. There's something reassuring in acknowledging those qualities that are readily visible, both in me and in the people in my life. Dependability, empathy and creativity are not merely words on a piece of paper — they are characteristics I aim to embody every day. I have always prided myself on being there for others, in my professional space or in the quiet, often invisible labor of caregiving. It's encouraging to know that this dedication is seen and sensed.

At the same time, it can be eye-opening to think about the things that's often seen in me that I may not fully see in myself. I never really considered my leadership presence or quiet resilience as anything unusual. I have done what has needed to be done. Understanding that others perceive strength, patience and creativity in the way I work through challenges inspires me to embrace those roles more intentionally. Perhaps I don't always credit myself enough.

There are parts of me that are, of course, more private. Some of my thoughts, dreams and worries exist in quieter spaces not because I'm hiding, but maybe because I'm still working them out myself. The act of caring for others is, of course, profoundly meaning, but it can also be emotionally intricate, and not every sentiment has found words yet. I've also noticed how a few of my anxieties or uncertainties remain hidden in plain sight, and I think that's a universal experience that growth often happens behind the scenes, in the ways we don't always share.

And there is the unknown the potential and possibilities I have yet to discover. That part feels hopeful. It reminds me I'm still becoming, still unfolding. Perhaps there are corridors I've not strode, muscles I've not flexed, or facets of my being yet to be discovered. And that's okay. I don't need to have it all figured out.

These reflections allow me to see myself with a little more tenderness and curiosity. It is a reminder that I'm known, but also a work in progress, and that we are a work in progress and that's a journey worth staying on.