



# Self Awareness

01

Seeing yourself clearly and objectively through reflection and introspection

02

Knowing your strengths, opportunities, beliefs, biases, motivations, and emotions

03

Seeking feedback to learn how others perceive you, your attitude, and your responses to them



# How You Learn

**Reflecting** on the definition of Self Awareness, consider suggested activities on the next page to build this leadership capability. Create a personalized plan that provides you with the right blend of formal, social, and action learning.

## ● Formal Learning

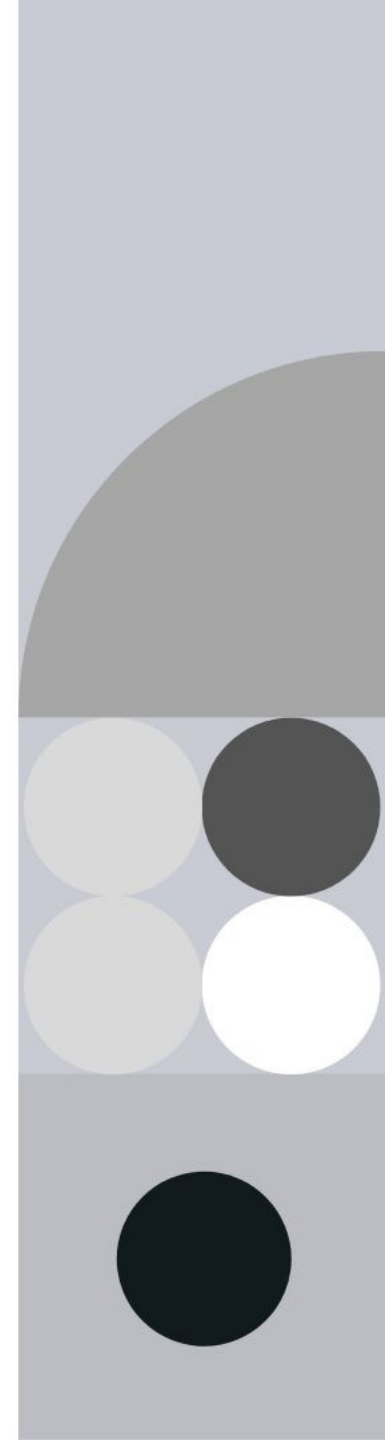
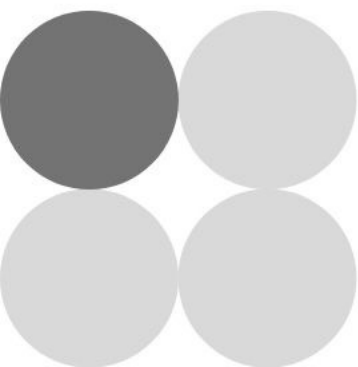
10% of learning is structured. This may include classroom training, eLearning, courses, articles, books, podcasts, and self-reflection surveys.

## ● Social Learning

20% of an individual's skill development comes through social learning opportunities like mentorship, coaching, collaborative opportunities with peers.

## ● Action Learning

70% comes through on-the-job experience. Experiential learning allows an individual to immerse themselves in the nuances of their role, refine skills, and work their way through real challenges.



# Action Learning

- **Establish a routine to help you build your self-awareness and mindfulness – your ability to “be here now”**

Download an app to help you develop a meditation practice, such as Calm or Headspace

- **Complete an assessment to understand yourself a bit better**

Review some of our company’s non-executive assessment options [here](#).

Explore additional assessment options such as [MBTI](#), [DISC](#), [Strengths Finder](#) (paid), [PrinciplesYou](#) and [Sparketype](#) (currently free).

- **Look at yourself objectively and determine what your values are by making a list of what you’re proud of, what’s most important to you, and what makes you happy**

Do your daily activities reflect your values?

- **Write down your key plans, priorities, and passions**

Revisit them monthly to take inventory of how these items are shifting for you and to ensure they’re being actioned regularly in your life

# Social Learning

- **Identify how others perceive you**

Consult with those around you to receive feedback and learn more about how they perceive you

Do their perceptions align with what’s important to you? What was the same? What was different? How might you conduct yourself differently to get better alignment? What should you keep doing?

- **Be a self-awareness role model**

Facilitate an exercise for your team to help team members identify their values, strengths and opportunities

Keep this front of mind during development conversations with your team members

# Formal Learning

Click on the links below

**Building your Leadership Brand**

Workshop

**Stepping Into Leadership**

Video

**Learning Agility**

Infographic

**Leadership 101 (2022 release)**

Workshop