

**Instructions: Based on these descriptions below, fill in the Johari Window Matrix in reference to yourself *as a researcher and as a presenter/pitcher*.**

**Open:** These are aspects of ourselves that everyone knows and understands. They are our strengths and weaknesses openly shared and acknowledged.

**Blind:** This refers to our strengths and weaknesses we don’t recognize in ourselves, but others see.

**Hidden:** This is our strengths and weaknesses we believe about ourselves but no one else does. It could contain information, feelings, or (in)abilities that we might hide or keep from others.

**Unknown:** These are aspects of ourselves; our strengths and weaknesses that neither we nor others are aware of, they could be potentially untapped resources or talents!

**Johari Window Matrix – Researching and Presenting / Pitching**

**Titel**

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| --- | --- | --- |
|  | **The self known to self** | **The self not know to self** |
| **The self known to others** | **OPEN** | **BLIND** |
| **The self not known to others** | **HIDDEN** | **UNKNOWN** |

Luft, J. and Ingham, H. (1955) 'The Johari window, a graphic model of interpersonal awareness', Proceedings of the western training laboratory in group development.