

## Workshop Outline: The Power of Self-Awareness

---

### The Power of Self-Awareness

"Self-awareness is a psychological state in which people are aware of their traits, feelings and behavior. Alternatively, it can be defined as the realization of oneself as an individual entity." (Crisp & Turner, 2010). Leaders who are self-aware are able to recognize their strengths and weakness and draw on others' strengths and creativity to create better results. This workshop challenges the conventional wisdom of "nice guys finish last" in businesses and organizations ever since Brooklyn Dodgers manager, Leo Durocher, said it (about the rival New York Giants) in 1946. Leaders, who are good people managers, produce better strategic and financial performance, according to scientific findings based on the research conducted by Green Peak Partners in collaboration with a research team at Cornell University's School of Industrial and Labor Relations. During this highly interactive workshop, the participants will be exposed to the latest studies and techniques to increase self-awareness to deliver extraordinary results in personal and professional lives.

### Objective

By the end of this course, the participants will explore ways to increasing self-awareness and will receive practical tools to:

1. Deeper understanding the benefits of realization of oneself as an individual entity
2. Assess personal traits and behaviors
3. Use "soft" skills to drive "hard" results
4. Set long term goals to increase self-awareness
5. Create action plan to exercise self-awareness and track results to maximized profits

### Participants

10-12 (Customizable workshop is available for an audience of up to 20 participants)

**Audience:** Managers and leaders

### We will cover

1. The latest studies in self-awareness and benefits of knowing yourself
2. Application of psychological tests to determine personal preferences and tendencies
3. Best practices and setting of the long term goals to increase self-awareness and create action plans to continuously build on the knowledge received during the workshop
4. Ways to observe and techniques to measure improvements in personal behaviors

### Preparation

Complete a pre-course (on-line or paper) self-assessment.

### Duration

Standard workshop is 4 to 6 hours. Customization of the program determines the timing of the agenda. The workshop topics could be broken into separate 1-2 hour sessions.

### Location

At employer's site for a 4 to 6-hour workshop or on-line for a 1-2-hour session.