

# OUTLINE

## Improving Self-Awareness

### Lesson One

#### *Getting Started*

- Housekeeping Items
- Pre-Assignment Review
- Workshop Aims
- Action Plan

### Lesson Two

#### *What is the Self?*

- The Physical Self
- The Emotional Self
- The Psychological Self
- The Spiritual Self
- Case Study
- Review Questions

### Lesson Three

#### *Awareness of this Physical Self*

- Scanning
- Progressive Relaxation
- Physical Stressors
- Exercise
- Case Study
- Review Questions

### Lesson Four

#### *Time Management*

- Organisation
- Goal Management
- Priorities
- Procrastination
- Case Study
- Review Questions

## Lesson Five

### *The Emotional Self*

- Validity of Infection
- Utility of Infection
- Arousal
- Valence
- Case Study
- Review Questions

## Lesson Six

### *Mood Management*

- Emotional Intelligence
- Categories of Emotions
- Case Study
- Review Questions

## Lesson Seven

### *The Psychological Self*

- Thinking Style
- Learning Style
- Character Style
- Distorted Thinking
- Case Study
- Review Questions

## Lesson Eight

### *Interpersonal Awareness*

- Addressing Different Thinking Styles
- Addressing Different Learning Styles
- Active Listening and Body Language
- Transactional Analysis
- Case Study
- Review Questions

## Lesson Nine

### *The Spiritual Self*

- Mindfulness
- Meditation
- Cultivating Positivity
- Gratitude
- Case Study
- Review Questions

## Lesson Ten

### *Limitations of Self-Awareness*

- Navel Gazing
- Dangers of Excessive Self Discipline
- Humility
- Empathy
- Case Study
- Review Questions

## Lesson Eleven *Independence Versus Interdependence*

- What is Interdependence?
- Systems Theory
- More than the Sum of Parts
- Team Building
- Case Study
- Review Questions

## Lesson Twelve

### *Wrapping Up*

- Words From The Smart
- Lessons Learned
- Recommended Reading
- Completion Of Action Plans And Evaluations

This course can be fully customised for your business team.  
Please contact us for more details and our team will happy to assist.

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