



The 6th Evening Talk

Venue: Hilton, Nairobi
7th August 2019

Topic: Who Am I?: The Self-awareness Continuum

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“Finished files are the result of years of scientific study combined with the experience of many years”.



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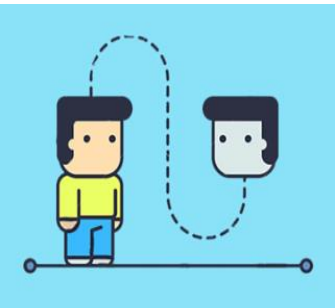
Increase your awareness of
the SMALL but
SIGNIFICANT things in your
life



“The person in life that you will always be with the most, is **yourself**. Because even when you are with others, you are still with **yourself**, too”!

– C. JoyBell C.

Agenda



UNDERSTANDING
SELF-AWARENESS



IMPORTANCE OF
SELF-AWARENESS



DIFFICULTIES
IN GAINING
SELF-AWARENESS

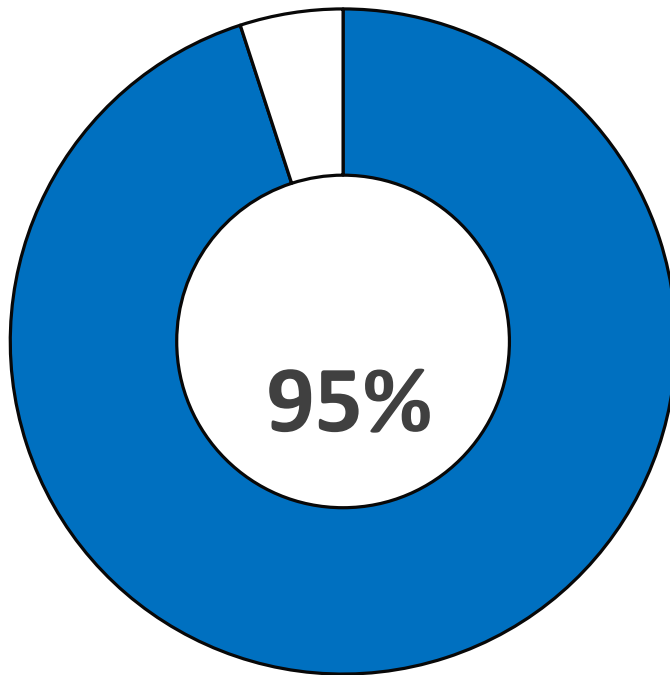


CULTIVATING
SELF-AWARENESS

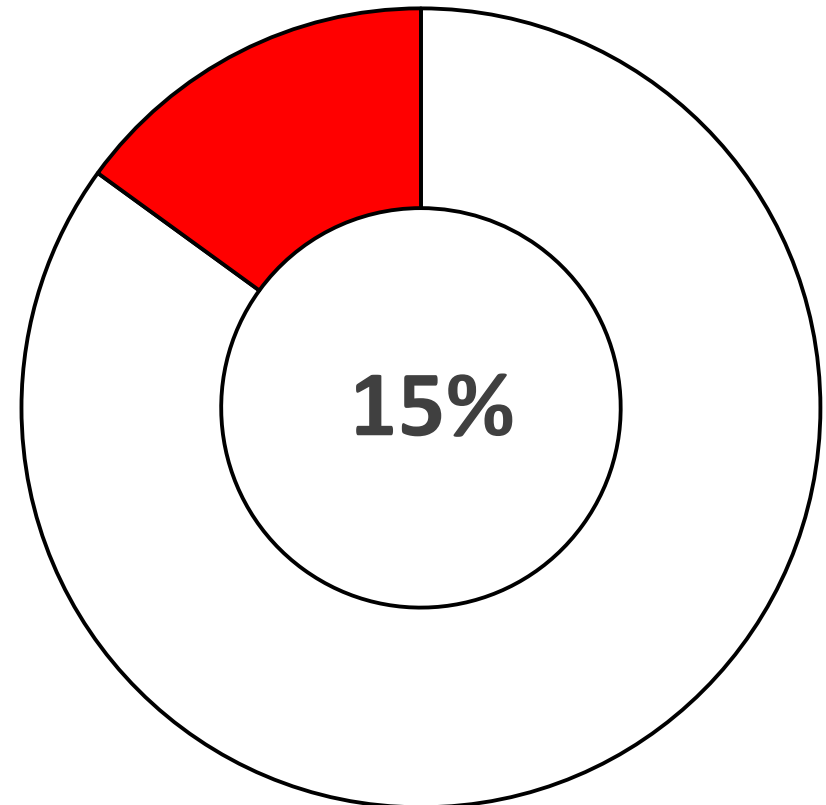
UNDERSTANDING SELF-AWARENESS



How many think they are self aware?



Are self aware



SELF



A person's **essential being** that **distinguishes them** from others, especially considered as the object of introspection or reflexive action.

Oxford Dictionary

Awareness



“What you notice in life”



Self Awareness



“A **skill** and ability to take an honest look of one’s **own** internal states, preferences, resources, and intuitions **over time**”



SELF-AWARENESS



	Low external self-awareness	High external self-awareness
High internal self-awareness	<p>INTROSPECTORS</p> <p>They're clear on who they are but don't challenge their own views or search for blind spots by getting feedback from others. This can harm their relationships and limit their success.</p>	<p>AWARE</p> <p>They know who they are, what they want to accomplish, and seek out and value others' opinions. This is where leaders begin to fully realize the true benefits of self-awareness.</p>
Low internal self-awareness	<p>SEEKERS</p> <p>They don't yet know who they are, what they stand for, or how their teams see them. As a result, they might feel stuck or frustrated with their performance and relationships.</p>	<p>PLEASERS</p> <p>They can be so focused on appearing a certain way to others that they could be overlooking what matters to them. Over time, they tend to make choices that aren't in service of their own success and fulfillment.</p>

IMPORTANCE OF SELF-AWARENESS



Importance of Self Awareness



- ✓ See yourself more clearly
- ✓ Self Confidence
- ✓ Creativity
- ✓ Self-management

Importance of Self Awareness



- ✓ Build stronger relationships
- ✓ Communicate More Effectively
- ✓ Less likely to lie, cheat & Steal

Importance of Self Awareness



- ✓ Better workers who get promotions
- ✓ Effective leaders, satisfied employees & more-profitable companies
- ✓ A higher level of emotional intelligence

DIFFICULTIES IN GAINING SELF-AWARENESS



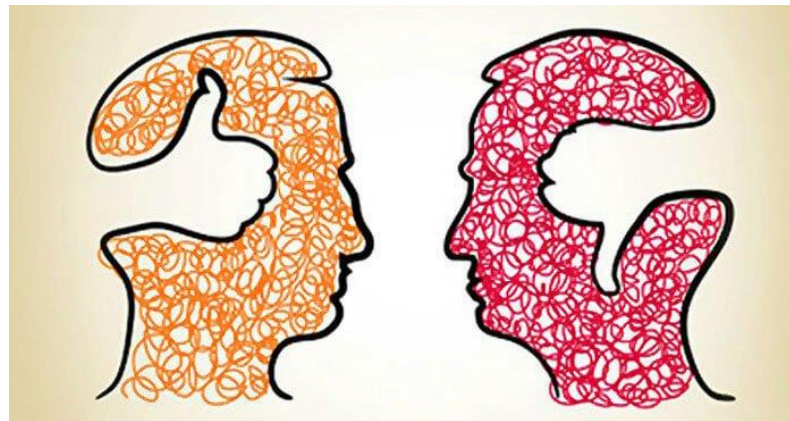
DIFFICULTIES IN GAINING SELF-AWARENESS



WE ARE NOT PRESENT



MIND WANDERING

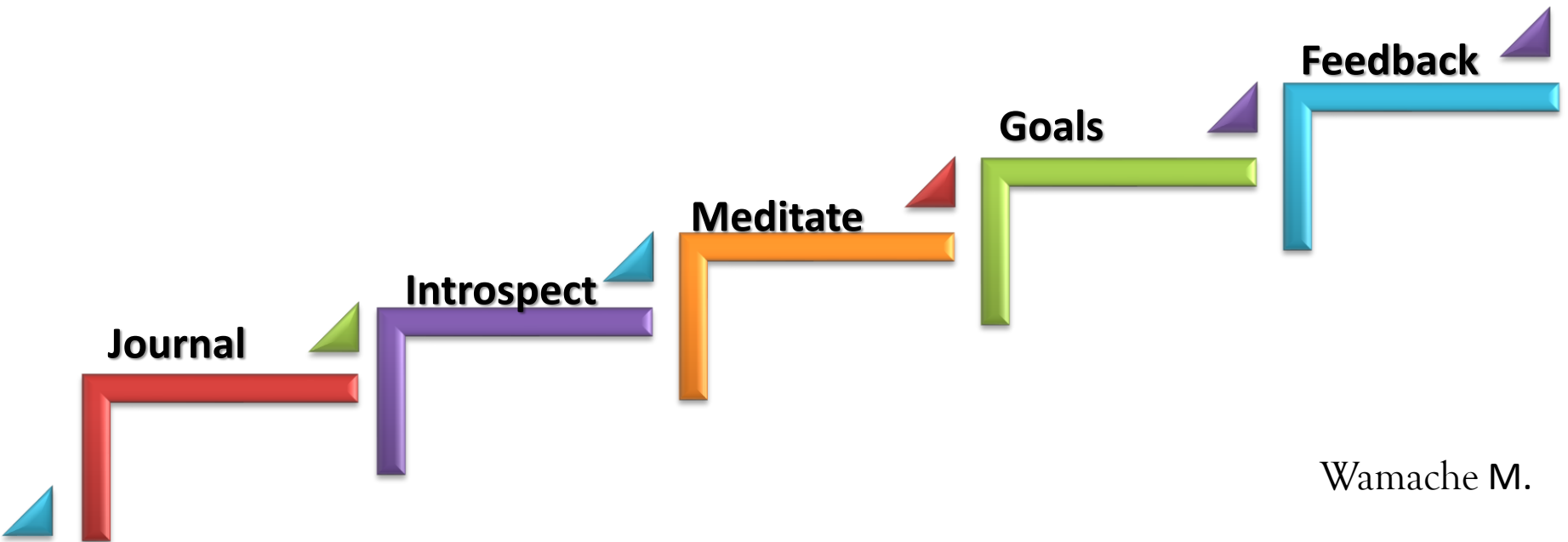


COGNITIVE BIAS

CULTIVATING SELF - AWARENESS



Cultivating Self-Awareness



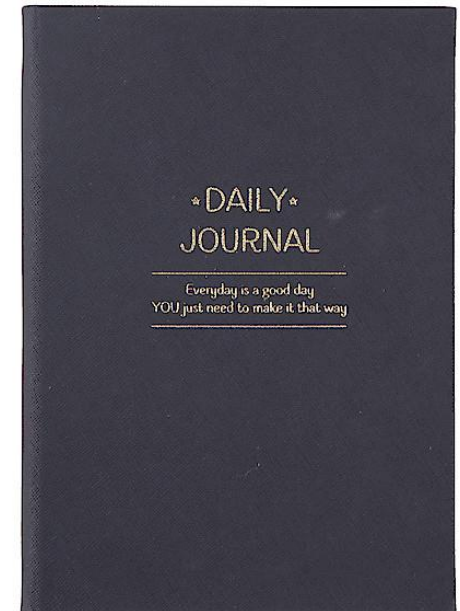
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Journal



Activity – Write down

- 3 things bothering you
- 3 things you are grateful for
- Task for the day (B-ALERT)



Introspection



- The Common Question WHY?
 - Makes us invent answers
 - Leads us away from the true nature – (Recency effect)
- Ask WHAT not WHY
 - What – moves you forward
 - Why – Traps you



Meditation



- Sit still for 10 minutes
- What are you doing that is working?
- Observe your thoughts
- Keep your mind still



Goals



- Make an 18 month Plan
- Write down your strengths & weaknesses
- Write your values and priorities
- Compare reality vs. expectations



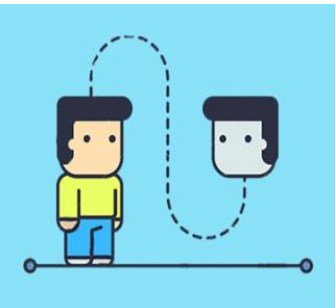
Feedback



- Find 10 people (family, colleagues & friends)
- Ask what they think about you
- Ask for your strengths & areas that need improvement
- Overlapping responses are facts
- Personality & Psychometric tests



Agenda Recap



UNDERSTANDING
SELF-AWARENESS



IMPORTANCE OF
SELF-AWARENESS



DIFFICULTIES
IN GAINING
SELF-AWARENESS



CULTIVATING
SELF-AWARENESS

Learning Outcome



Better understanding of yourself
and how to develop your skillset
along the along the self awareness
continuum

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