9065

In-Class

8 hours

Course Description:
This course empowers participants to develop greater self-awareness as the foundation for personal growth, emotional intelligence, and effective communication. Through reflective models and structured activities, learners will explore their values, behaviors, and internal drivers. The course also helps individuals recognize how their mindset, blind spots, and reactions influence relationships and workplace effectiveness, leading to more intentional and resilient professional behavior.

Target Audience:
This course is designed for employees, supervisors, and team leaders with 3 to 7 years of experience who seek to enhance their emotional intelligence, interpersonal effectiveness, and self-leadership capabilities.

Course Objectives:
By the end of the course, participants will be able to:
- Explain the core components of self-awareness and how they influence behavior and emotional responses
- Apply reflective techniques to enhance emotional intelligence, self-regulation, and professional communication

Course Outline:

Module 1: Exploring Self-Awareness
- Definition and dimensions of self-awareness
- The role of self-awareness in emotional intelligence
- Personal values, beliefs, and motivation
- Recognizing thinking patterns and cognitive distortions
- The Johari Window model
- Internal triggers and self-perception

Module 2: Self-Awareness in Action
- The connection between thoughts, emotions, and behavior
- Blind spots and feedback-seeking strategies
- Techniques for emotional regulation and response control
- Practicing presence and mindfulness
- Building self-awareness for interpersonal growth
- Linking self-awareness to resilience and adaptability

Assessment Strategy:
Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

Upon Successful Completion of this Course, participants will obtain:
0.6 CEUs

Course Language:
English Material
Bilingual Explanation

Prerequisites:
N/A