



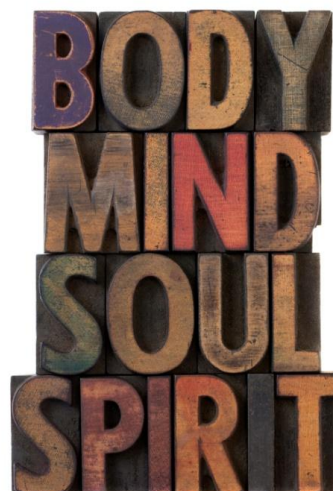
# Self-Awareness as a Leadership Advantage

Self-awareness is a foundational capability for effective leadership. Leaders who understand their thoughts, emotions, values, and behaviors are better equipped to lead with clarity, confidence, and intention. This workshop helps participants develop deeper insight into how they think, react, and show up in everyday leadership situations.

Through guided reflection and practical application, participants strengthen their ability to manage stress, respond thoughtfully under pressure, and understand the impact of their actions on others. The result is greater emotional intelligence, stronger interpersonal effectiveness, and improved decision-making—enabling participants to contribute more positively at work, at home, and within their communities.

## Workshop Objectives:

- Understand self-awareness as a core leadership capability that influences effectiveness, credibility, and trust.
- Identify personal values, emotional triggers, and behavioral patterns that shape leadership responses.
- Increase emotional regulation to respond intentionally rather than reactively under pressure.
- Recognize how personal behaviors impact others, relationships, and team performance.
- Apply self-awareness strategies to improve decision-making and communication.
- Strengthen interpersonal effectiveness through greater empathy and perspective-taking.
- Lead with greater clarity, confidence, and intention in professional and personal settings.



## Course Outline:

Module One: Getting Started  
Module Two: What is the Self?  
Module Three: Awareness of the Physical Self  
Module Four: Time Management  
Module Five: The Emotional Self  
Module Six: Mood Management  
Module Seven: The Psychological Self

Module Eight: Interpersonal Awareness  
Module Nine: The Spiritual Self  
Module Ten: Limitations of Self-Awareness  
Module Eleven: Independence Versus Interdependence  
Module Twelve: Wrapping Up