



# SKILL: SELF-AWARENESS

CPIP



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1) **Aim** – The aim of this topic is to support workers but also people from a wide range of companies and institutions to be aware of the major importance that self-awareness has both personally and professionally. Self-awareness is essential to personal and professional development, having a positive impact on how we interact with others and navigate life.

## 1) Objectives

- a) To understand the concept of self-awareness and its usefulness in expressing emotions
- b) To learn about key techniques to react more effectively in emotional situations and prevent impulsive actions
- c) To build healthy relationships based on trust and understanding.

## 3) Content

- ❖ (Updated) definition of self-awareness: Learn to effectively define the self-awareness
- ❖ Three key sub-areas of self-awareness: Distinguish three sub-areas of self-awareness development
- ❖ Self-awareness in work environment (nowadays): Familiarize with methods of self-awareness



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### **What is self-awareness in today's work environment and society?**

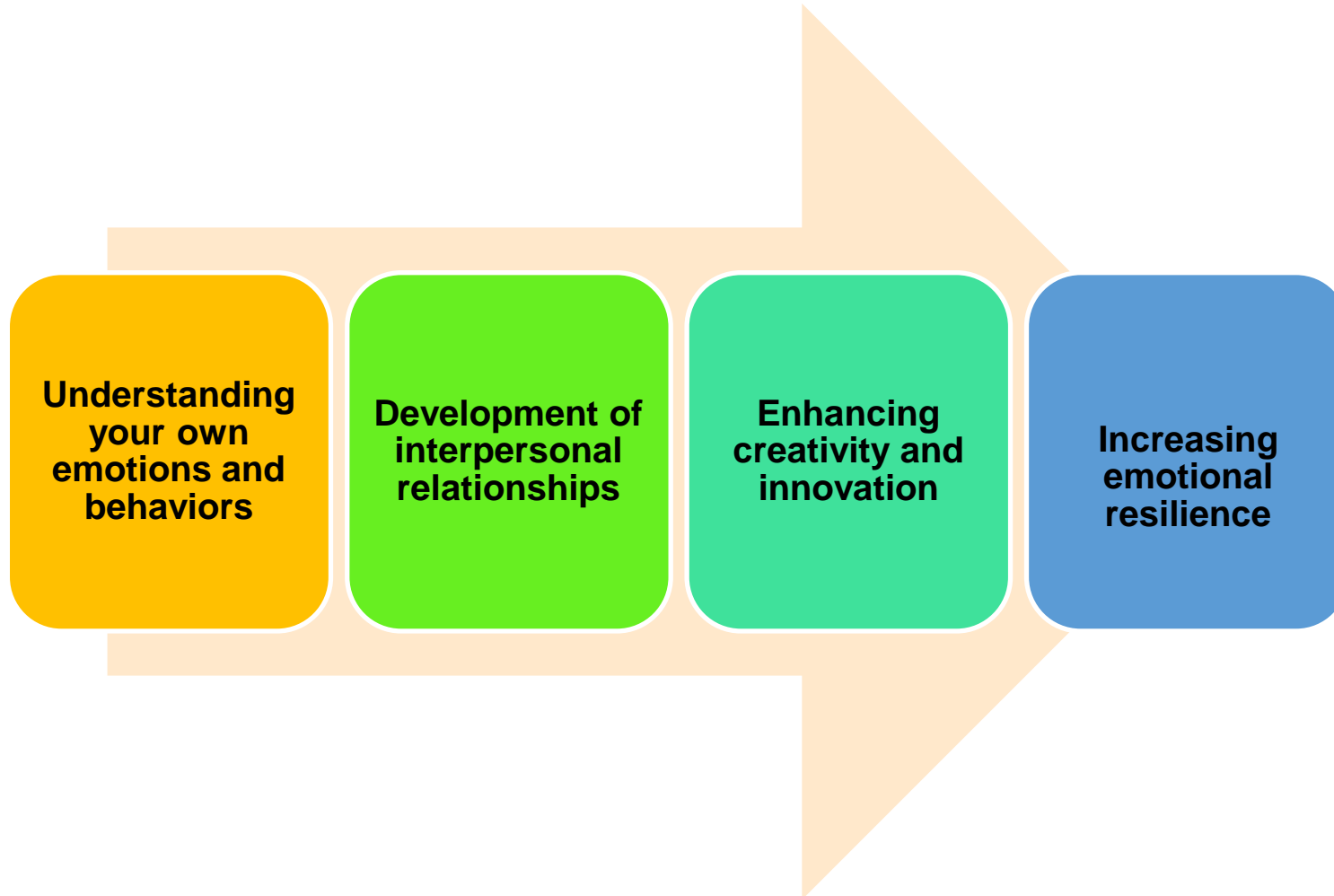
Self-awareness allows you to understand and recognize your emotions, how they affect you, and how they influence your behavior. Thus, you can react more effectively in emotional situations and prevent impulsive or negative reactions. Self-aware workers are better able to manage conflict and find constructive solutions because they understand the perspectives of others and recognize their own mistakes.

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Motivating factors of self-awareness



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## Key sub-area 1 of self-awareness

### Emotional Awareness

This sub-area refers to the ability to recognize and understand one's own emotions and to identify how they influence one's behavior and decisions. It also includes the ability to manage your emotions effectively especially in the workplace.



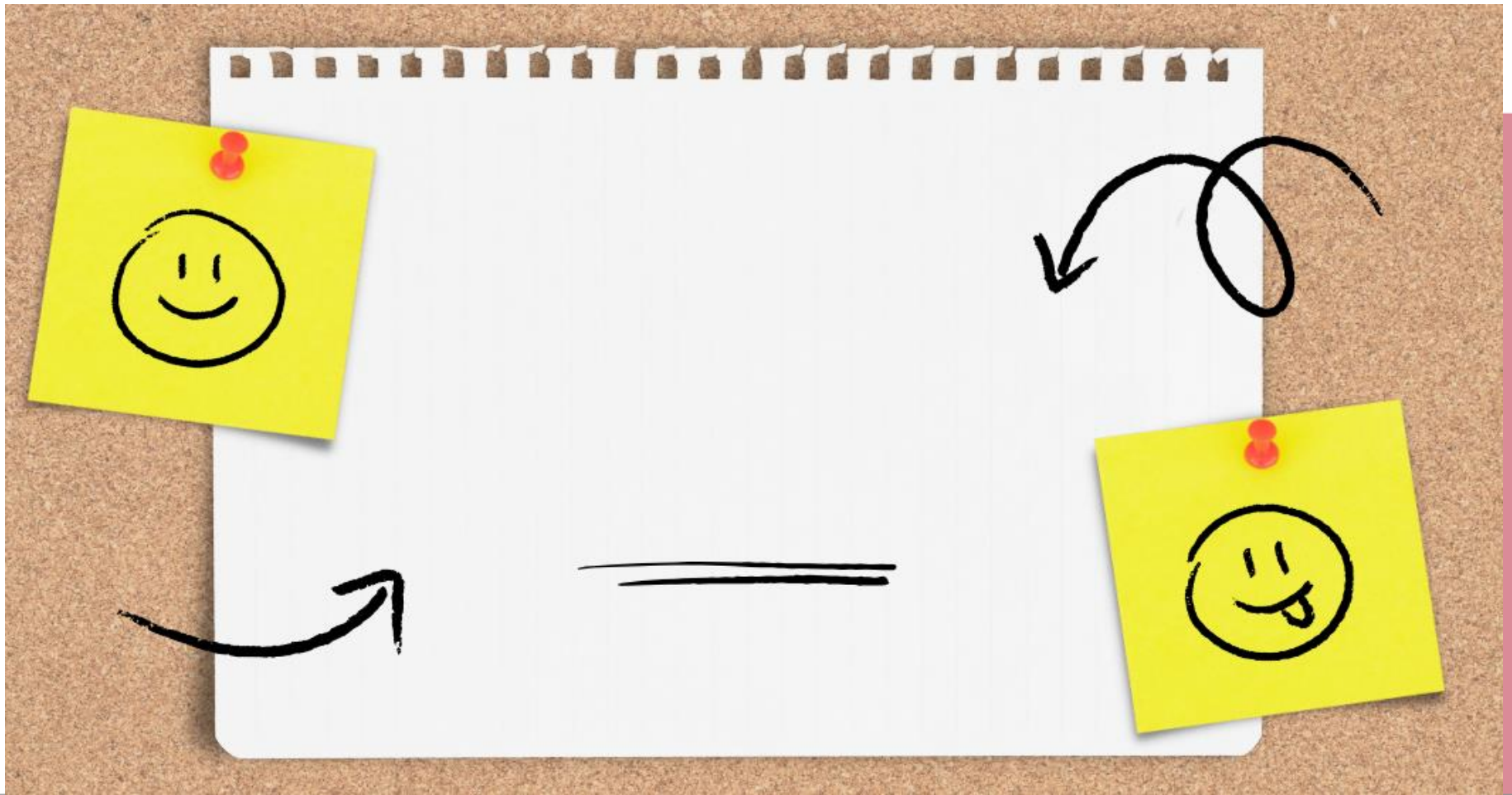
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## Key sub-area 2 of self-awareness

### Awareness of Values and Priorities

It involves knowing your personal values, principles and goals you pursue in your life. Understanding these aspects helps you make decisions aligned with what's important to you and stay authentic in your relationships.





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## Key sub-area 3 of self-awareness

### Awareness of thoughts and beliefs

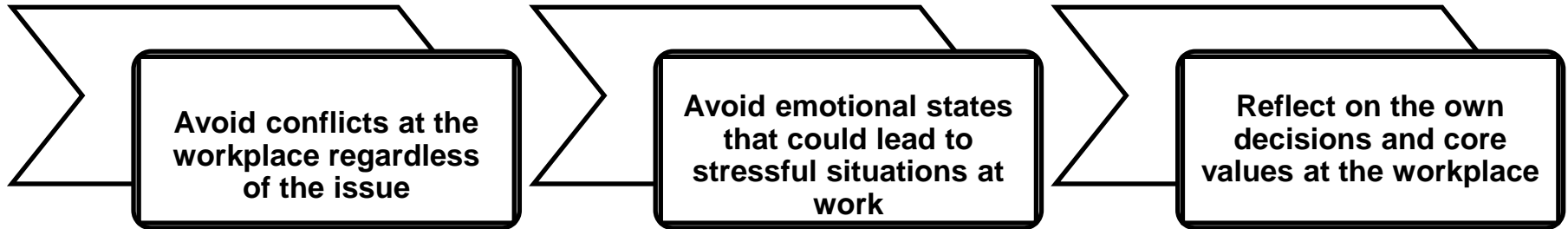
Here, self-awareness involves understanding your thoughts, beliefs, and biases. It is important to realize how these elements shape your perception of the world and how they affect your relationships with others.



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According to recent studies a worker with a good ability of self-awareness can:





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## Remember

**Self-awareness is:**

**A way of recognizing your own skills, talents, and capabilities, as well as your limits and areas where you need improvement!**





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