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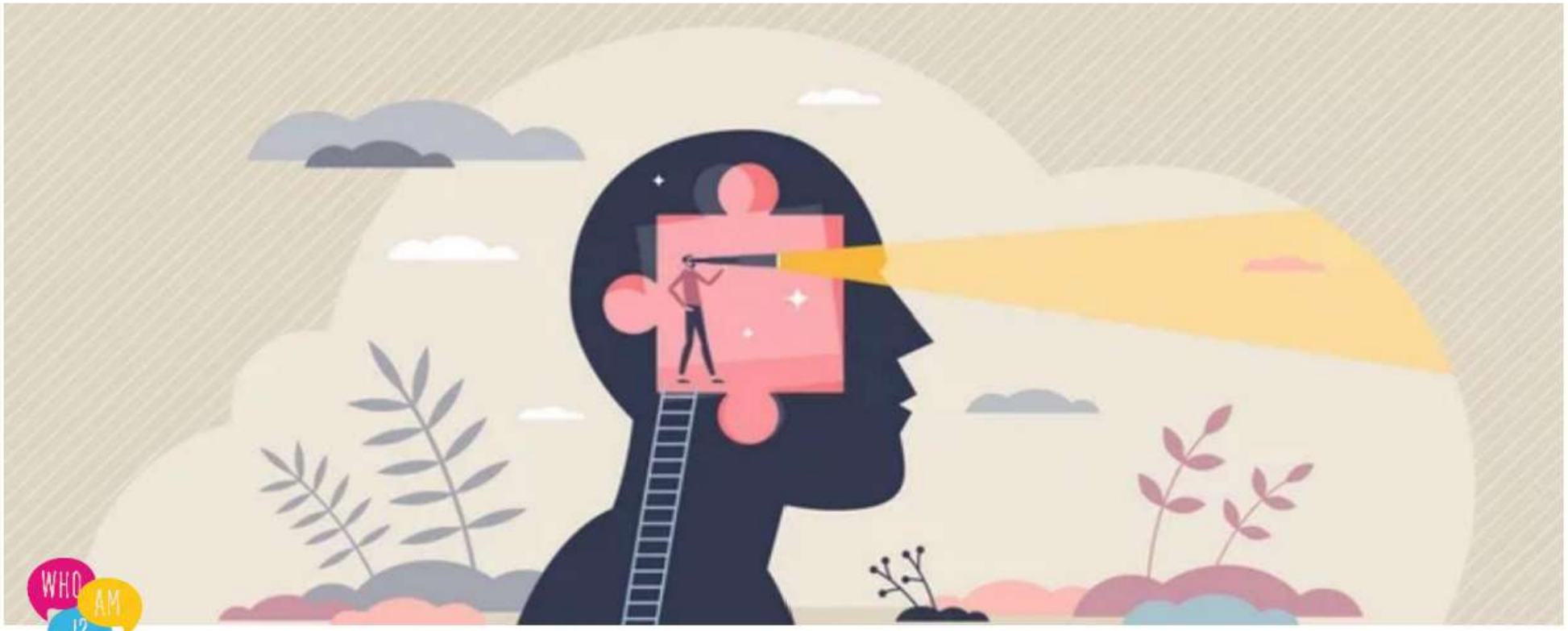
C4L
Creative Learning for Life



SELF AWARENESS

Verona, May 10th 11th , 2023

Guus van Beek

IT'S ALL ABOUT QUALITY
consultancy

4BUSINESS
lifeskills

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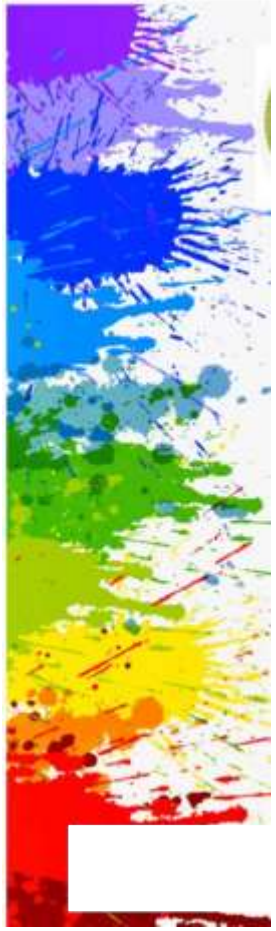

1. Short Introduction
2. Movie
3. In-depth information
4. Individual Assessment on Self-Awareness
5. Self-Awareness Process: Case study
6. Closure remarks

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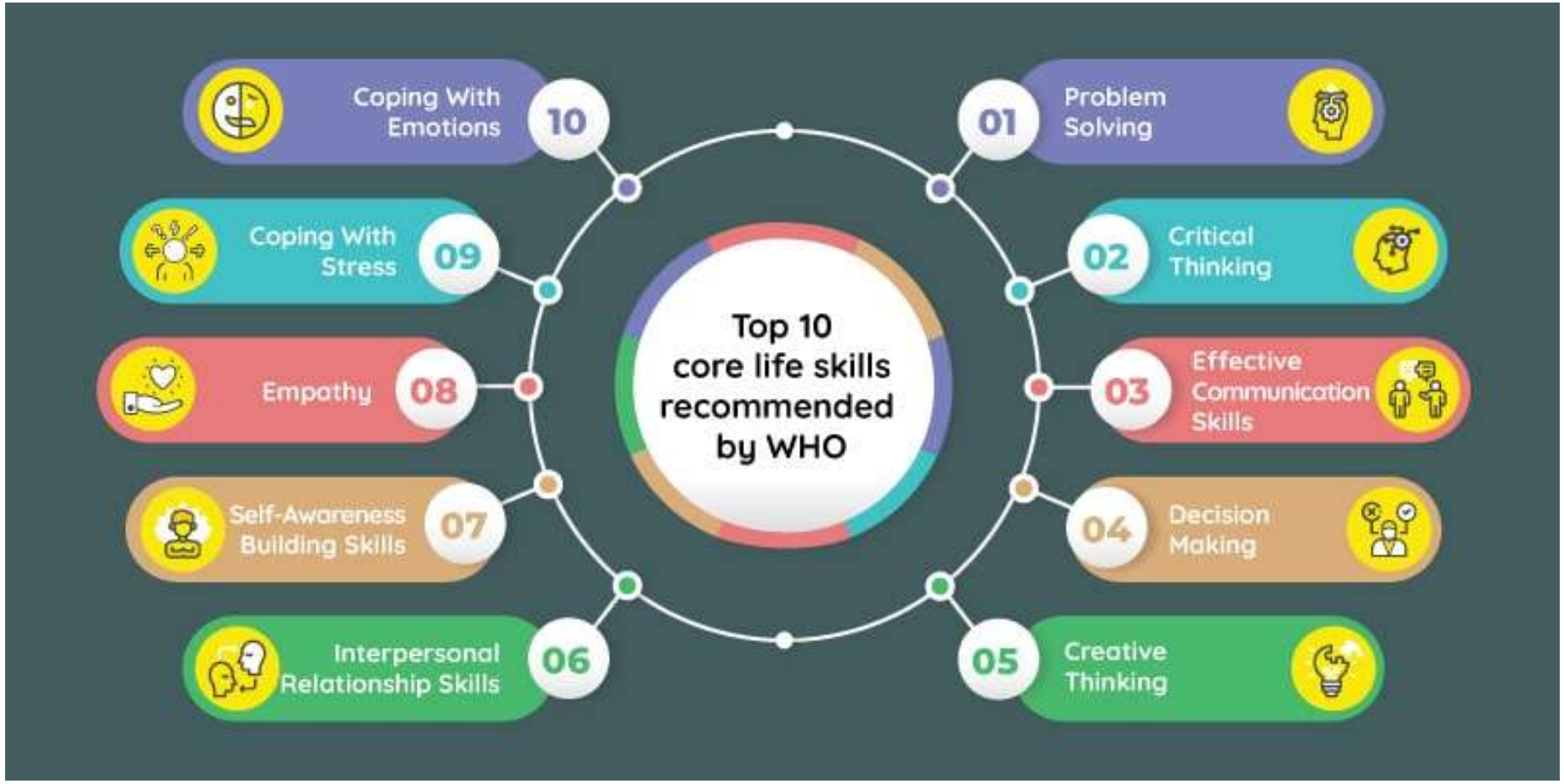
Life Skills



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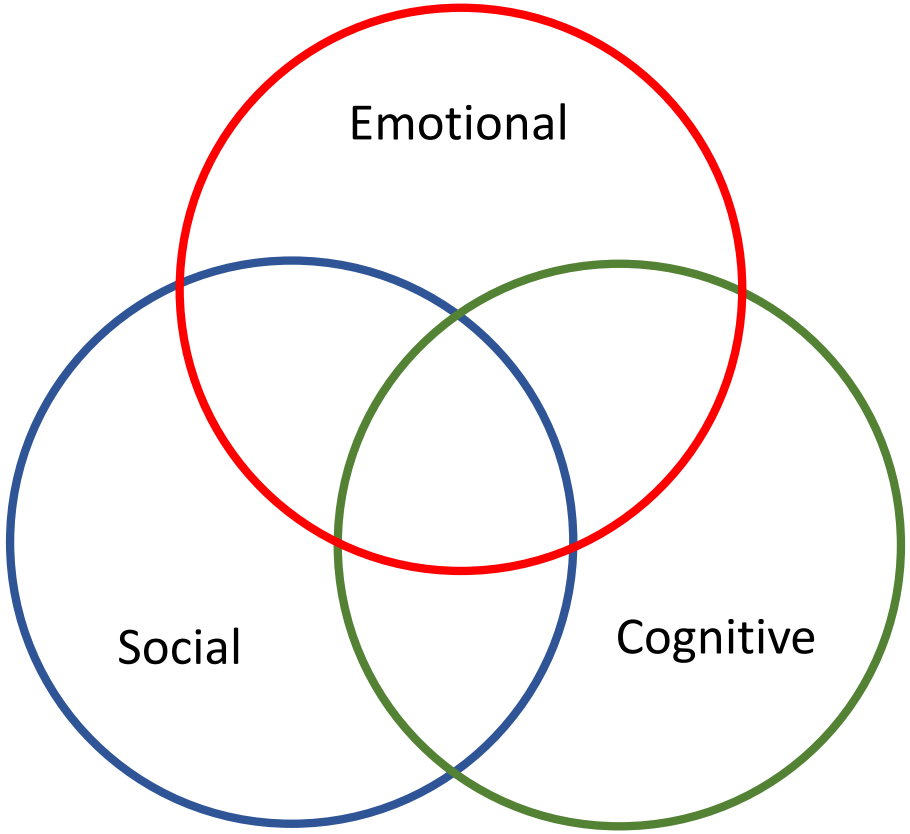
Life Skills

Self-Awareness
Coping with Emotions
Coping with Stress



Effective Communication
Interpersonal relationships
Empathy

Decision making
Problem solving
Creative thinking
Critical thinking

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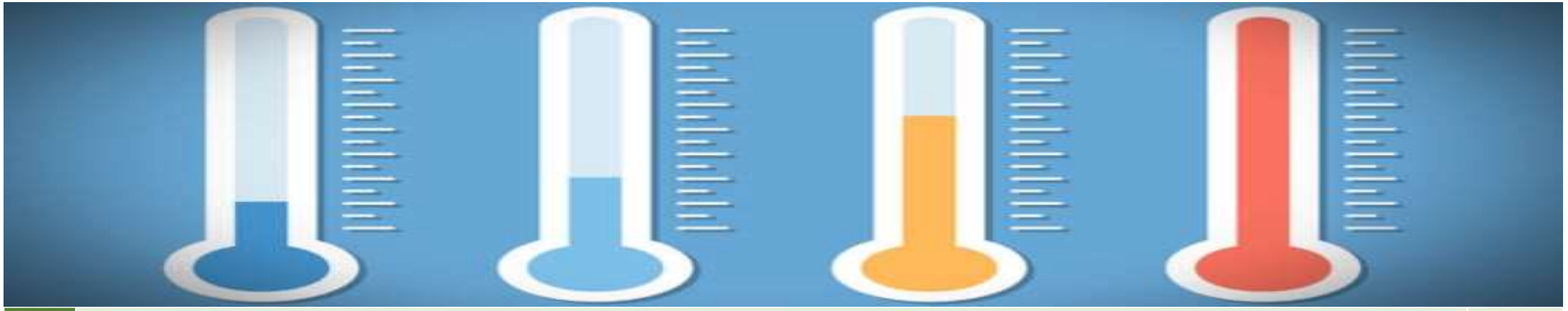
Some indicators



1	On the whole, I am satisfied with myself	+
2	I think that I have a number of good qualities.	+
3	I wish I could have more respect for myself.	-
4	At times I think I am no good at all.	-
5	I am able to do things as well as most other people.	+

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Importance of Self-Awareness

1. Self-awareness is important to our behaviour, satisfaction, and performance
2. It contributes to better decision making and team performance, increased leadership success and more opportunities for career advancement
3. Self-awareness brings psychological benefits (increased self regulation, more attention to others' needs (pro-sociality), and less stress and anxiety.
4. Self-awareness affects behaviours and outcomes through internal states and accuracy of how we believe others view us and how we perceive others.

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Definition

Self-Awareness:

Self-awareness is the ability to see ourselves clearly, that is, to become the object of our own attention

Synonyms:

- Self-insight
- Self-knowledge (what we know about ourselves)
- Self-image
- Self-identity (how we see ourselves and how we think others see us in our various roles)

1. Self-concept
2. Thoughts
3. Feelings
4. Body
5. Emotions

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Self-Concept

Your self-concept is your perception of you.

Your perceptions come from;

1. Your personal experiences.
2. What you expect from yourself in the future.
3. What you believe your abilities are.

If your self-concept is healthy, you are more likely to take on challenges, achieve goals you've set for yourself, and live more positively overall.

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Thoughts

Your thoughts are tied to your emotions, so when you try to become more aware of your emotions, you must first understand your thoughts and thought processes.

If you notice your thoughts are more negative, you may practice mindfulness to discover why your thoughts are that way. Then try to have more positive thoughts or thought processes.

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Feelings

No matter what your feelings are, you must identify which are associated with your thoughts and experiences.

1. How do you feel when you say things about yourself?
2. What about when other people say things about you?

Once you can identify your feelings, keep track of them and see if there are any patterns.
Notice yourself starting down a negative pattern? Take steps to avoid continuing going down with it.

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Body

Sometimes when you're thinking, it comes with a physical response that other people may or may not notice!

Do the feelings present in your expressions, heart rate, voice, or somewhere else? Is this the kind of physical response you want?

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Emotions

Emotions are the most powerful factor in how we interact with others. Knowing what emotional state you're in can go a long way toward enhancing your professional and personal relationships!

If you fail to recognize these responses, you will find it difficult to process your emotions.

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Influencing factors

Self-awareness is influenced by:

1. What others say / think about us.
2. How we think and feel about ourselves.
3. Who we really are.
4. Who we want to become.

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Internal vs External Self-Awareness

1. Internal Self-Awareness
   - includes our affect, beliefs, cognitions, interests, goals, personality, values, and meaningful life patterns.
2. External self-awareness
   - includes our perceptions of our physical appearance, our behaviors, social aspect of self-awareness, our self-evaluations in relation to what others tell us (feedback), our perceptions of how people relate to us and the effects our behavior has on others.

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Self-Awareness Content

Concept	Definitions
Internal Self-Awareness	• How people perceive themselves—their own values, interests, and goals—and their impact on others (Eurich 2017, 2018) • Internal mental states, in particular, feelings/emotions and cognitions/thoughts (Carden et al. 2022) • Awareness of one's attitudes, beliefs, emotions, and motives; recalling past internal states and thinking about who we will be in the future (Wilson 2009)
External Self-Awareness	• Thoughts about how others perceive us (Eurich 2017, 2018) • The similarity or difference in the way a person sees himself or herself, compared to how they are perceived by others" (Murphy et al. 2008, p. 258)
Internal and external integration	• A range of components, which can be developed through focus, evaluation and feedback, and provides an individual with an awareness of their internal state. . .that drives their behaviours. . .and an awareness of how this impacts and influences others" (Carden et al. 2022) • The ability to see ourselves clearly—to understand who we are, how others see us, and how we fit into the world around us (Eurich 2017, 2018)

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Self-Awareness Content

Concept	Definitions
Self-insight	The strengths and weaknesses we see in ourselves and our perception of resources, opportunities, potential rewards, and barriers (London 1983, 1995)
Self-image	The network of psychological dimensions that encompass how we view ourselves and our roles; dimensions include self-efficacy, self-esteem, self-liking, self-confidence, internal control, and openness to learning (Tafarodi & Swann 2001)
Self-identity	Closely related to self-image, self-identity includes the idiosyncratic attributes that one sees in oneself and the roles one has and wants to achieve (London 1983, Maurer & London 2018, Swann 1987)

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Self-Awareness Processes

Concept	Definitions
Reflective self-awareness	Continuous attention to the self, with a focus on conscious, reflective, and balanced learning motivated by curiosity in the self (Itzchakov et al. 2018, Sutton 2016, Trapnell & Campbell 1999)
Ruminative self-awarenes	Attention to self that is motivated by perceived potential or current threat, loss, or injustice (Itzchakov et al. 2018, Trapnell & Campbell 1999)
Metacognition	Knowledge of one's own thought processes and awareness of one's abilities (Jia et al. 2019, Zimmerman & Schunk 2001)
Mindfulness	"Receptive attention to and awareness of present moment events and experiences" (Brown et al. 2007, p. 212) Trait mindfulness—the propensity to be aware of present moment experiences (Hülsheger et al. 2021, Leyland et al. 2019)

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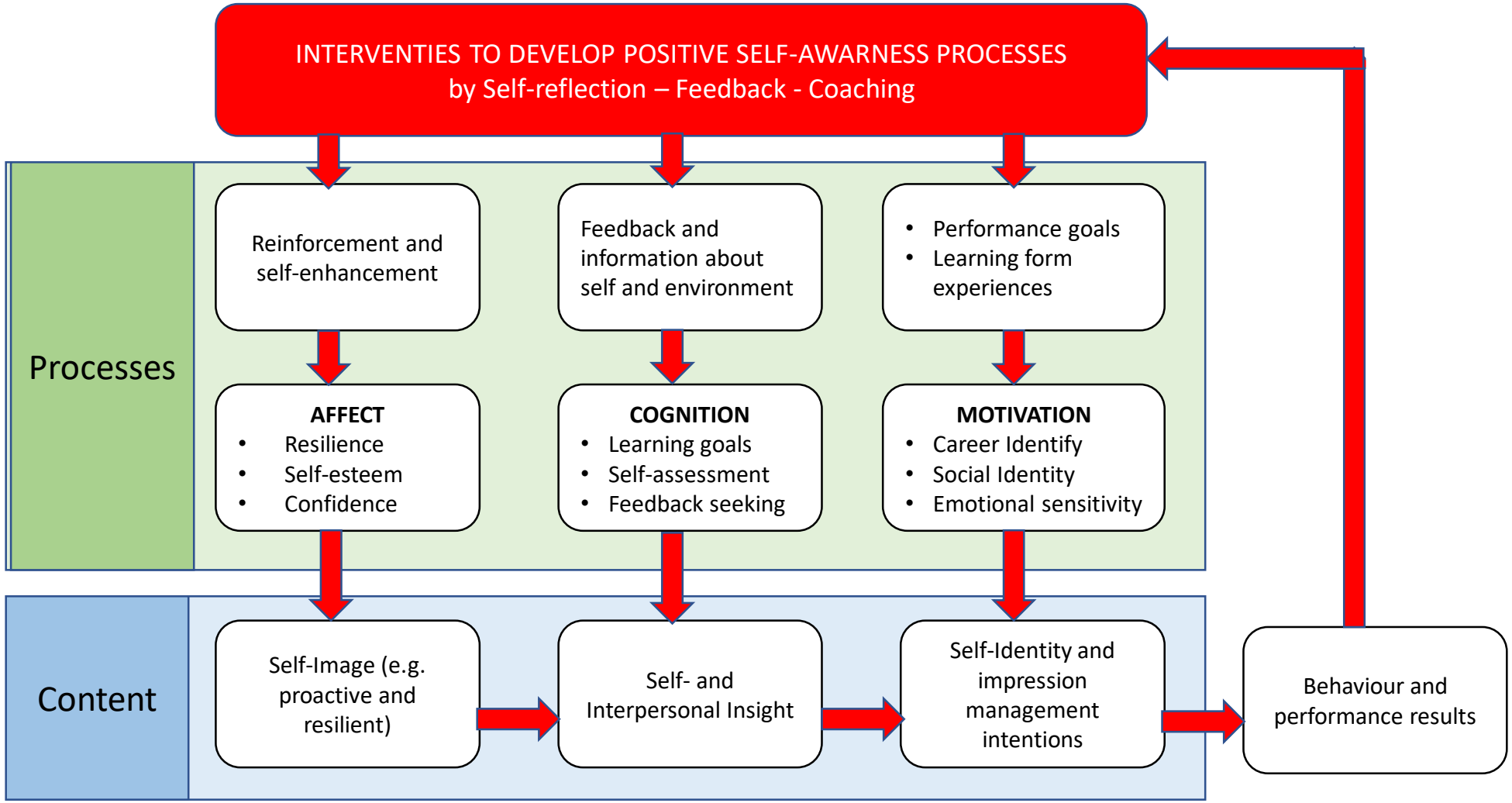
Framework of Self-awareness development



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Who you really are !

Identifying your sparks (passions, interests, talents).

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Self-Awareness Process: Case study

1. Do you know what your sparks (interests, passions) were as a teenager?
2. What were they?
3. How did you discover that these are your sparks?
4. How did you work on your spark?
5. How do you feel when you are doing your spark?
6. Think of somebody who is really into their spark / passion.
7. Who were your spark champions (people who supported your spark)?
8. Do you set goals and make plans to get better at your spark / talent? (Please give an example)

Feedback