

Understanding Self Awareness

Duration:

One day

Objective

Self-awareness means knowing one's self at a deep level. This includes, as Carl Jung suggested, the shadow side which is everything in us that is unconscious, repressed, undeveloped, and denied. Without this deep awareness of who we are, these ignored feelings can surface in our personal or work life and cause conflict. Deep awareness includes understanding ourselves. No one is perfect and a deep understanding and recognition of ourselves, our fears, the things which excite us and how our behaviour is perceived by those around us, can all help us to live and work in harmony with others.

Contents

The importance of Self Awareness
Understanding yourself and others, your strengths and weaknesses and your motivation
Overcoming internal barriers
The key concepts of communication
The communication process - perception and our impact on others
Maximising your verbal and non verbal communication skills
Building Rapport
Listening and Questioning skills
Assertiveness techniques

Who should attend

Ideal for anyone interested in finding out more about both themselves and the behaviours of others. This course will be beneficial on both a personal and a work level.

Course benefits

Achieving results through improved motivation
Demonstrate empathic behaviour
Enhance your own image, self-esteem and confidence

Additional information

This course is designed to give delegates the opportunity to explore themselves and address how an increased sense of self can help them motivate, work with and understand others.

Certificates

All delegates who successfully complete this course will receive a certificate of attendance.

Trainers background

The trainer for this course has extensive experience in design and delivery of personal development skills training as well as an understanding of NLP. They have been successfully delivering training to both public and private sector organisations for over twenty years and has worked across a range of industries.