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Helping Adults Identify and Get on the Right Career Path

Career Management Skills

SELF- AWARENESS

Module about Career management
skills #1



01

Introduction

What is Self-awareness?

Theory

Theoretical information about Self-awareness

02

03

Practice

Tools and instruments about Self-awareness

Conclusion

Conclusion what Self-awareness is about

04



1. SELF-AWARENESS

Self-awareness is the experience of one's own identity, so of who we are, what we do, think, feel or have experienced. Self-conscious people tailor their choices to what they really need, or to what they don't need. They are aware of how patterns affect their daily lives. Someone who is self-conscious and has self awareness is able to live with full conviction from his or her own heart.

Self-awareness is an important leadership quality. Conversely, various studies also show that there is a positive relationship between the extent to which the manager is aware of the effects of his own behavior and the judgment that senior managers and employees have about the effectiveness of the manager.



2. SELF-AWARENESS INFOGRAPHIC

PROCESS 1
DEFINE YOUR OWN STRENGTH



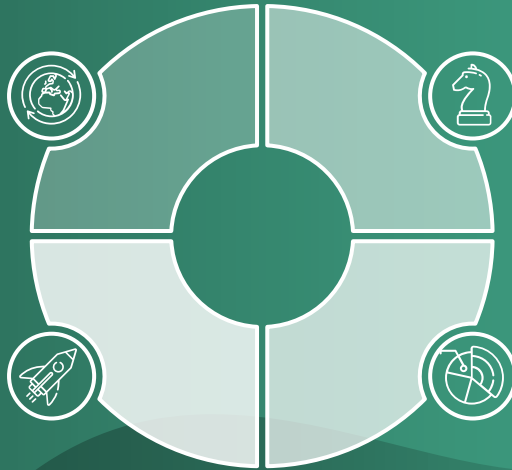
PROCESS 2
STRUCTURE YOUR DAILY LIFE



PROCESS 4
EXECUTE MINDFULNESS



PROCESS 3
CREATE YOUR OWN SPACE



The SELF-AWARENESS process...

How exactly can you go through life more self-consciously? In any case, one thing is clear: there is no one way at any given time. It is a constant process that you have to be actively involved in. Ultimately, this results in greater emotional intelligence. The better you know yourself, the easier you can move through life.

A balanced consciousness brings peace and tranquility. By continuing to work on it and take good care of it, you will stay mentally healthy and bring a lot of positivity into your life. Here are some tips to get and keep your consciousness in balance, which you can find in the appendix.

Source: <https://bylot.nl/groen-en-bleu/waagje-5-194/>



Self-awareness theoretical resources?

| 1 | 2 | 3 |
|--------------------------|----------------------------|--------------------------|
| Articles | Case study | Podcasts |
| | | |



Games about SELF-AWARENESS?

SELF AWARENESS SCALE

[Try it here!](#)

The Self Consciousness Scale (Scheier & Carver, 1985) has been validated and translated into several languages. It helps to better understand one's level of rumination and to shift it instead to objective reflection.

WHEEL OF AWARENESS

[Try it here!](#)

There are variations of the self-awareness wheel used in counseling, mindfulness practices, and even education. Though the wheel has many variations, the version from Dr. Dan Siegel is evidence based. It is a visual metaphor for the process of integrating consciousness.

ONLINE ESCAPE ROOMS

[Try it here!](#)

Escape rooms are timed games that get groups working together to solve puzzles. Traditionally, players enter a locked room and must complete all puzzles in an hour or two to unlock the door. However, groups can also play escape rooms online.



More inspiration for practical activities needed?

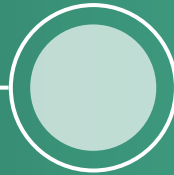
Start :)



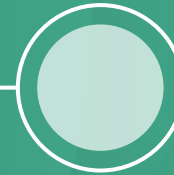
[positivepsychology.com](https://www.positivepsychology.com)



actforyouth.net



developgoodhabits.com



nik.art

End :)



04. Conclusions

Self-awareness is an important part of career development because it forces you to look at yourself objectively. Examining your strengths, weaknesses, successes and failures is enlightening. It can help you determine what works and what doesn't. Then you can move forward with fresh perspective and ambitions.

A thorough awareness of one's interests, values, talents, and lifestyle preferences enables individuals to set appropriate career goals, develop appropriate career strategies, and regulate their behavior successfully.



Just keep in mind..

**“Look outside and you will see
yourself, look inside and you will
find yourself”**

By Drew Gerald



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