**Training Fiche Template**

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| **Title**  | **SELF-LEADERSHIP AND SELF-AWARENESS** |
| **Keywords (meta tag)** | Self-leadership, self-awareness, personal development |
| **Language** | English |
| **Objectives  / Goals / Learning outcomes** | * Explain the concepts of self-awareness and self-leadership
* Discuss the gains from growing self-leadership and self-awareness in business and in crises
* Identify ways to develop self-awareness and self-leadership
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| **Training area: (Select one)** |
| **Online / Digital Marketing / Cyber-Security** |  |
| **E-Commerce / Financing** |  |
| **Digital Well-Being** | **X** |
| **Smart work / Digital Nomads** |  |
| **Description** | Self-awareness and self-leadership are two mutually related topics that are gaining relevance in management literature and practice. Developing self-awareness helps improving business success but also allows individuals to more easily cope with external shocks such as pandemics. It is also one of essential ingredients of self-leadership. This unit looks at meaning of both concepts and explains their relevance for individuals and organisations. Practical advices for personal self-awareness and self-leadership development are provided.  |
| **Contents arranged in 3 levels** | 1. **Health and work-life balance disorders**

**2.1 Self-leadership and self-awareness**2.1.1 Importance of knowing inner you 2.1.2 What is (not) self-leadership and self-awareness 2.1.3 Cultivating self-awareness2.1.4 Cultivating self-leadership |
| **Self-evaluation (multiple choice queries and answers)** | 1. **Knowing inner self matters for:**

**a**.- To combat anxiety, stress and depressionb.- To better combat challenges**c.- All of above**1. **Being self-aware helps**

**a.- emotion control**b.- sleeping disorderc.- does not help at all1. **Following types of self-awareness exist:**

**a.- internal****b.- external**c.- mixed1. **Following practices are not relevant for self-awareness:**

a.- mindfulness**b.- cooking****c.- car driving**1. **Self-leadership and self-awareness are:**

**a.- positively related**b.- unrelatedc.- negatively related |
| **Resources (videos, reference link)** | * Increase your self-awareness with one simple trick <https://www.youtube.com/watch?v=tGdsOXZpyWE>
* High impact leadership: The importance of self-awareness
* <https://www.youtube.com/watch?v=5_e6poHiV4I&t=1s>
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| **Related material** |  |
| **Related PPT** | ESMERALD\_WLB\_UNIDU\_COMPOSITE.pptx |
| **Bibliography** | * Du Plessis, M. (2019). Positive self-leadership: A framework for professional leadership development. In L. E. Van Zyl & S. Rothman, Sr. (Eds.), *Theoretical approaches to multi-cultural positive psychological interventions* (p. 450). Springer International Publishing.
* <https://pooja.coach/self-awareness/whats-self-awareness-how-does-it-lead-to-success/>
* Duval, S. and Wicklund, R.A. (1972). A theory of objective self-awareness. Academic Press
* Eurich, T. (2018). What Self-Awareness Really Is (and how to Cultivate It). Harward Business Review.
* Betz, M. (2021). Why self-awareness is the key skill for growth, health, and happiness. betterup.com
* <https://myquestionlife.com/examples-of-self-awareness-in-everyday-life/>
* <https://www.businessnewsdaily.com/6097-self-awareness-in-leadership.html>
* <https://www.selfawareness.org.uk/news/understanding-the-johari-window-model>
* <https://warwick.ac.uk/services/wss/topics/selfawareness/>
* [https://medium.com/@dzigarmi/the-importance-of-self-leadership-and-how-to-leverage-it-to-improve-organizational-leadership-f32ffb64938c](https://medium.com/%40dzigarmi/the-importance-of-self-leadership-and-how-to-leverage-it-to-improve-organizational-leadership-f32ffb64938c)
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