**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 | |
| **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-awareness  2.1.4 Cultivating self-leadership | |
| **Self-evaluation (multiple choice queries and answers)** | 1. **Knowing inner self matters for:**   **a**.- To combat anxiety, stress and depression  b.- To better combat challenges  **c.- All of above**   1. **Being self-aware helps**   **a.- emotion control**  b.- sleeping disorder  c.- does not help at all   1. **Following types of self-awareness exist:**   **a.- internal**  **b.- external**  c.- mixed   1. **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.- unrelated  c.- 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> | |
| **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> | |
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