

# Self Awareness



## Introduction

Self-awareness means looking objectively at your values, personality, needs, habits, emotions, strengths, weaknesses, etc. With a sense of who you are and a vision of the person you want to become, a plan for professional or personal development can be created. Moreover, self-awareness allows you to motivate yourself and manage your stress better, helps you with your intuitive decision making, and helps you to lead and motivate others more effectively.

## Duration

1 day

## Course Outline

- ◆ What is self-awareness and why is it important ?
- ◆ Personality types – Myers Briggs Type Indicator
- ◆ Values and goals
- ◆ Identifying personal strengths and weaknesses
- ◆ Motivation and commitment
- ◆ Using feedback to become more self-aware
- ◆ Learning Styles
- ◆ Self-confidence and overcoming limiting beliefs

### How to Book

You can choose from the following options:

- ◆ Call our TRAINING CENTRE on 01189 778562
- ◆ Email us at our specially designated TRAINING CENTRE address:

[info@mass-trainingcentre.com](mailto:info@mass-trainingcentre.com)

