

SELF-AWARENESS



TEAM MEETING GUIDE

This Week is About...

becoming more aware of how and why we respond to things the way we do and how that awareness is a superpower we can use to navigate even the most challenging situations.

Why it Matters



A lack of self-awareness often leads to knee-jerk reactions and patterns of response that bring us the opposite result we want.

Learning to pause and consider where our reaction is coming from helps us respond in more balanced ways that can lead to more positive, equitable outcomes for all involved.

During Your Team Meeting

**Remind everyone to bring their completed Self-Assessment.....* 

STEP 1. Create a safe space to talk

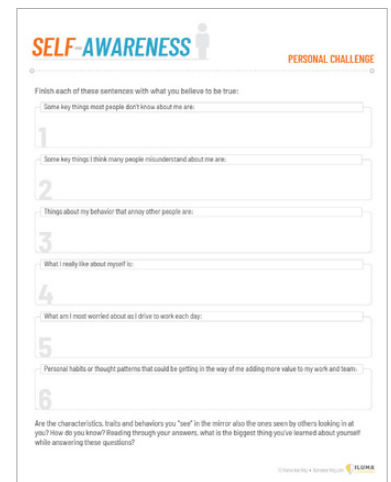
-  This week's topic can sometimes be a little uncomfortable for all of us.
-  What we talk about here during our Leadership Ignite sessions is private and will not be shared with anyone outside of our group. Can we all agree to that?


STEP 2. Discuss

- ? How well do you think you know yourself?
- ? What's something you wrote down that would be useful for our team to know about you so that we can work better together?
- ? What do you worry about at work?

STEP 3. Ask a question that goes a little deeper

- ? How is our growing self awareness going to help us as a team?



SELF-AWARENESS  **PERSONAL CHALLENGE**

Finish each of these sentences with what you believe to be true:

- Some key things most people don't know about me are: _____
- Some key things I think many people misunderstand about me are: _____
- Things about my behavior that annoy other people are: _____
- What I really like about myself is: _____
- What am I most worried about as I drive to work each day: _____
- Personal habits or thought patterns that could be getting in the way of me adding more value to my work and team: _____

Are the characteristics, traits and behaviors you "see" in the mirror also the ones seen by others looking in at you? How do you know? Reading through your answers, what is the biggest thing you've learned about yourself while answering these questions?

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Give your team as much time as you can allow for them to share and discuss. Keep the conversation supportive and positive, redirecting focus back to the core topic when needed. Thank them for sharing what they've learned, encourage them to continue working on their self-awareness and to ask for support when they need it.