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Skills Converged Training Resources

Q2: Think of when you were a leader and took a stand on an issue and then backed down.

How did you feel?

How do you think others felt?

Giving Feedback Exercise: Improve Your Self-Awareness

Purpose

This is a simple exercise that anyone can use to measure his self-awareness. Simply think about answering a series of questions and through that become more aware of how you feel and how others feel about you.

Objective

Fill the form by answering the questions provided.

What You Need

- A copy of "Self-Awareness Form" for all delegates.

Setup

- Distribute the "Self-Awareness Form" to all delegates.
- Ask them to fill the form by examining their past actions.
- Allocate 15 minutes for this exercise.
- Get everyone back and ask them to share their thoughts and findings.
- Follow with a discussion.

Timing

Explaining the Exercise: 2 minutes

Activity: 15 minutes

Group Feedback: 10 minutes

Discussion

How useful were the questions? Did you discover something about yourself that you were not aware of before? Did you get inspired by what others found about themselves? Did their thoughts made you feel more comfortable about yourself?

Improve Your Self-Awareness

Q1: Think of when you were a leader and you took a stand and made sure everyone followed.

How did you feel?

How do you think others felt?

Q2: Think of when you were a leader and took a stand on an issue and then backed down.

How did you feel?

How do you think others felt?

Q3: Think of when you were a leader and didn't take a stand on a particular issue when you should have.

How did you feel?

How do you think others felt?

Q4: Think when you were an employee and took a stand on an issue and did not back down.

How did you feel?

How do you think others felt?

How did your boss feel?

Q5: Think when you were an employee and took a stand on an issue, felt forced and backed down.

How did you feel?

How do you think others felt?

How did your boss feel?

Q6: Think when you were an employee and didn't take a stand on an issue and then later strongly regretted that you should have not backed down.

How did you feel?

How do you think others felt?

How did your boss feel?
