



## Improving Self Awareness Workshop

Self-awareness is an important part of everyday life. It transfers over to your personal, social, physical and work life. It can help one gain a better understanding of themselves, and how to live a better, more fulfilling life. When working to deepen one's own self-awareness, it is important to fully engage yourself. One should take the time and proper steps, to fully become self-aware.

With the Improving Self Awareness workshop, your participants will learn how beneficial becoming more self-aware can be. A highly self-aware person will become more equipped to deal with daily life and its challenges. Through this workshop, your participants will gain a new perspective on themselves and their emotions, and become a valuable member to society.

### Workshop Objectives:

- Define the self and different aspects of the self
- Learn from introspection
- Understand the nature and value of emotions
- Appreciate themselves
- Appreciate others
- Improve effectiveness

For more information or to reserve your spot in this workshop, please contact:

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The Emotional Self

The Mental Self

The Spiritual Self

Case Study

Module Two: Review Questions

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Case Study

Module Three: Review Questions

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Goal Management

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Case Study

Module Four: Review Questions

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Emotional Valence

Case Study

Module Five: Review Questions

### **Module Six: Mood Management**

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Case Study

Module Six: Review Questions

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Case Study

Module Seven: Review Questions

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Addressing Different Thinking Styles

Addressing Different Learning Styles

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Case Study

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Case Study

Module Nine: Review Questions

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Case Study

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Case Study

Module Eleven: Review Questions

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