

Self+Reflection Enhances Self+Awareness

Presented by,
Jess Hooper, MSW, LISW

Introductions

- Who am I?
- Who is here?
Name
What County are you from?
What unit/s do you supervise?



Self+Reflection Leads to Self+Awareness

AGENDA:

1. What is Self+Awareness
2. What is Self+Reflection
3. How does Self+Reflection enhance Self+Awareness
 - i. Start with self+awareness
4. Why it matters in work and life



What is Self+Awareness

By Definition:

NOUN: conscious knowledge of one's own character, feelings, motives, and desires



What is Self+Reflection

By Definition:

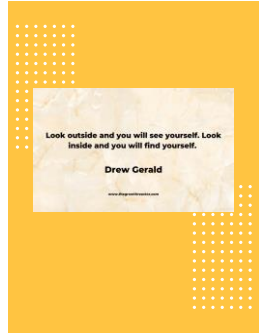
NOUN: meditation or serious thought about one's character, actions, feelings, and motives.

Difference between reflection and self+reflection



How does Self+Reflection Enhance Self+Awareness???

1. Why should I reflect
2. Need to start with Self+awareness.
 - EQ basics
 - Brain basics

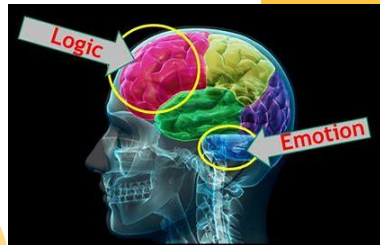


EQ Basics



Brain Basics

Feelings and the brain.....



Knowing the Brain Basics and EQ Basics leads to DEPTH in self+reflection.....

Travis Bradberry Video

<https://youtu.be/2NpYp0d6uQ>

You cannot see your reflection in boiling water.
Similarly, you cannot see the truth in a state of anger.
When the water is calm, clarity comes.

@MasteringLawofAttraction

Self+reflection is a tool that is used to build self+awareness



DIEP Model

Developed by the Royal Melbourne Institute of Technology, this model is very similar to the reflective learning cycle. In order to reflect the practitioner is encouraged to work through the following steps.

- D** DESCRIBE (the event)
- I** INTERPRET (how do I feel it went?)
- E** EVALUATE (what is good and bad?)
- P** PLAN (what can I do differently in the future?)

(RMIT University 2007)

No matter what **MODEL** or **METHOD** of self+reflection you choose, ensure you *listen to yourself*.....

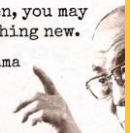
VIDEO: Lessons on Wisdom (The power of self awareness and reflection)

<https://www.coursera.org/lecture/lessons-on-wisdom/the-power-of-self-awareness-and-reflection>

www.linkedin.com/company/curriculum-source-mobile/utm_medium=page_share&utm_content=td&utm_campaign=109_3

When you talk, you are only repeating what you already know. But if you listen, you may learn something new.

- Dalai Lama

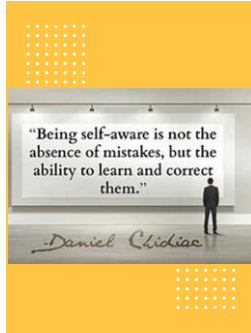


We all experience spaces of ease and discomfort in self+reflection

SELF+REFLECTION OPPORTUNITY.....

Where do you experience EASE in self+reflection????

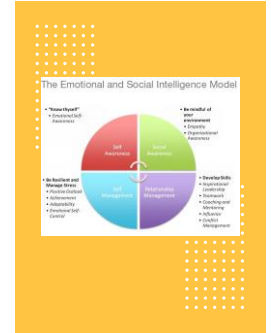
Where do you experience DISCOMFORT in self+reflection????



The self+awareness to self+management move

Once you are self-aware you then have to move into self+management, you choose here....

EXAMPLE



Anchoring WHY this all matters for work!

The Reflective Leader is more likely to experience team harmony and cohesion, even amidst system struggles.

The Diversity-Informed Leader
Self-Awareness leads to better services for families!

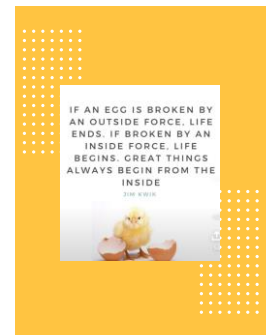
Working with infants, children and families requires all individuals, organizations, and systems of care to REFLECT on our own culture, values and beliefs, and on the impact that racism, classism, sexism, ableism, homophobia, and other systems of oppression have had on our lives in order to provide diversity-informed, culturally attuned services.

<https://diversityinformedleaders.org>



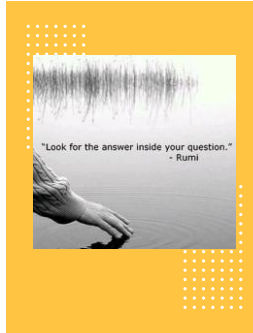
Can you add more self+reflection?

What is one way I will add more self+reflection into my work and personal life?



Wrap-up/ Takeaways

1. Self+Reflection is a primary tool for enhancing Self+Awareness.
2. Self+Reflection is an intentional and internal process
3. Self+Awareness is the first step in becoming more emotionally intelligent.
4. When you become more self+aware you have to move into self+management
5. PLEASE SHARE YOUR MAIN TAKEAWAY



QUESTIONS/COMMENTS

Thank you for joining!

*NEW "Reflective Leader Intensive" COHORT
STARTING NOV 1st

Contact Jess:
Email: jesshooper@live.com

Website: www.rayofhopefulreflectivecoaching.com



Ray of Hope, LLC
www.rayofhopefulreflectivecoaching.com

REGISTRATION NOW OPEN

To register for this course visit www.rayofhopefulreflectivecoaching.com

Find jesshooper@live.com

Meet your course instructor and coach www.rayofhopefulreflectivecoaching.com

The Reflective Leader Intensive

8 Week Course
Starts on November 1st, 2022

REGISTRATION OPEN TO:
Human Services, Leaders & Supervisors, any area of Human Services institutions.

Course Offerings Include:

- 8 weeks of practice based, online Reflective Leadership training through our Reflective Coach, with access to the course content for 1 year.
- 4 one-on-one Coaching Sessions (60 mins) weekly with our personal Business Coach, who will also serve as assigned to your daily journal entries and reflections.
- 1 90-minute live training session on coaching and relevant topics that address Reflective Coaching, such as the current research on emotional intelligence and how to harness this knowledge to grow your leadership abilities.