

Self - Awareness as a Leadership Tool

Learning How to Check Yourself Before You Wreck Yourself.



Journaling

Mindfulness

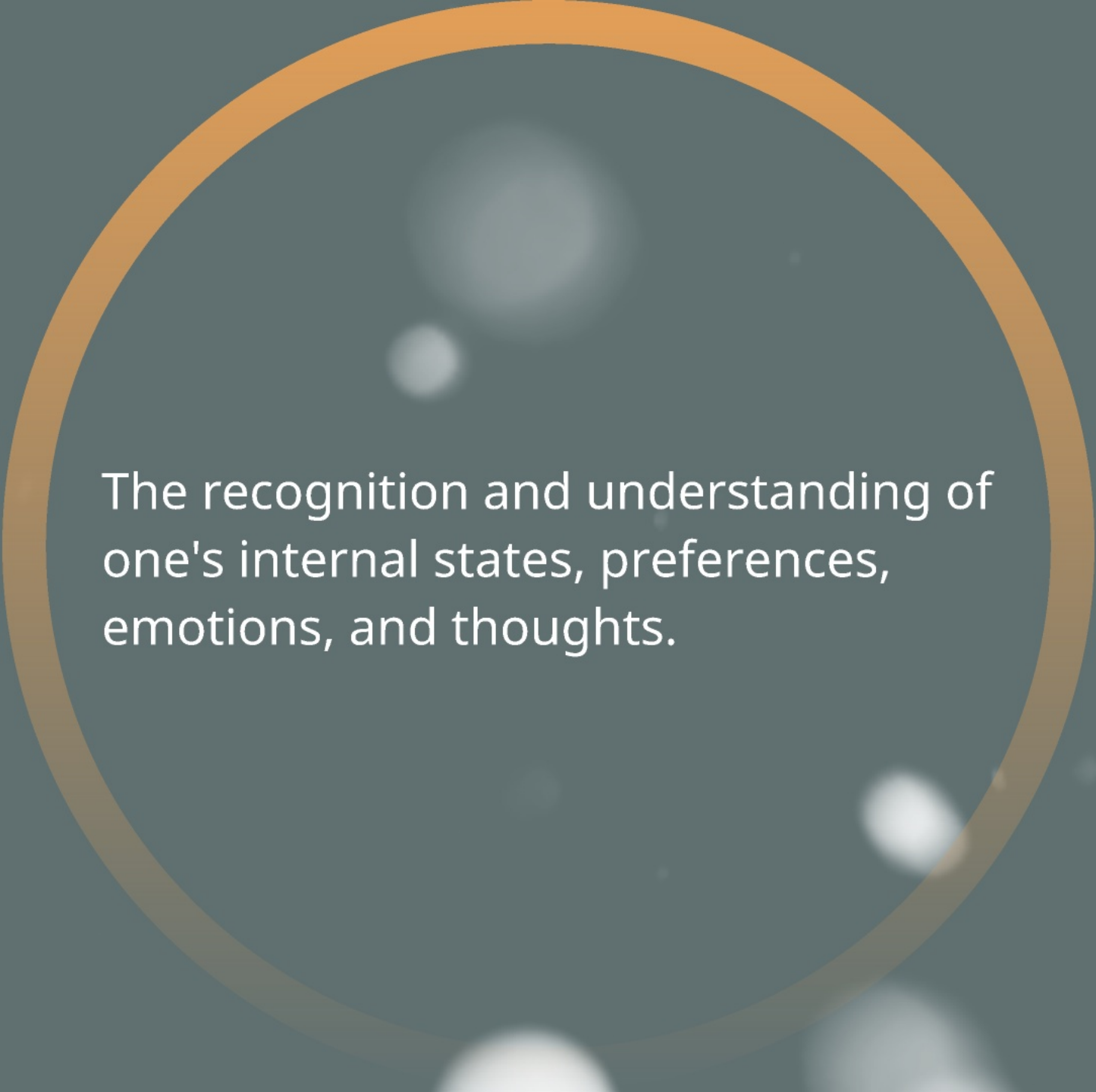
Decision
Paralysis

Self Awareness

The knowledge and awareness of your own personality or character.

Internal

External

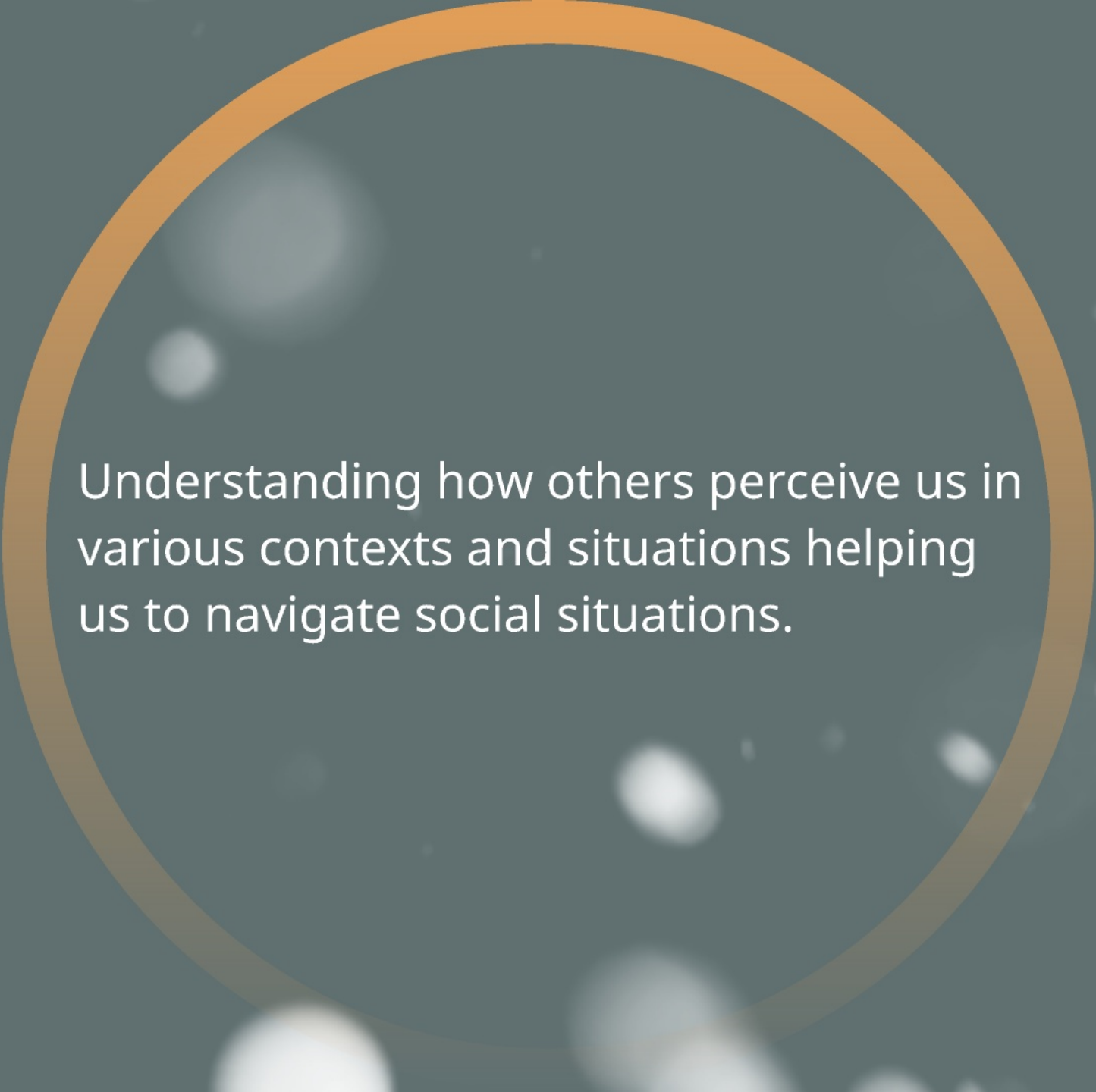
A large orange circle is centered on a dark gray background. Inside the circle, the text "The recognition and understanding of one's internal states, preferences, emotions, and thoughts." is written in white.

The recognition and understanding of
one's internal states, preferences,
emotions, and thoughts.

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A large orange circle is centered on a dark gray background. Inside the circle, there is white text.

Understanding how others perceive us in various contexts and situations helping us to navigate social situations.

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Ways to begin checking Yourself



Self-Reflection

Feedback Loops

Journaling

Mindfulness



Journaling

Mindfulness

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Mindfulness



Feedback Loops

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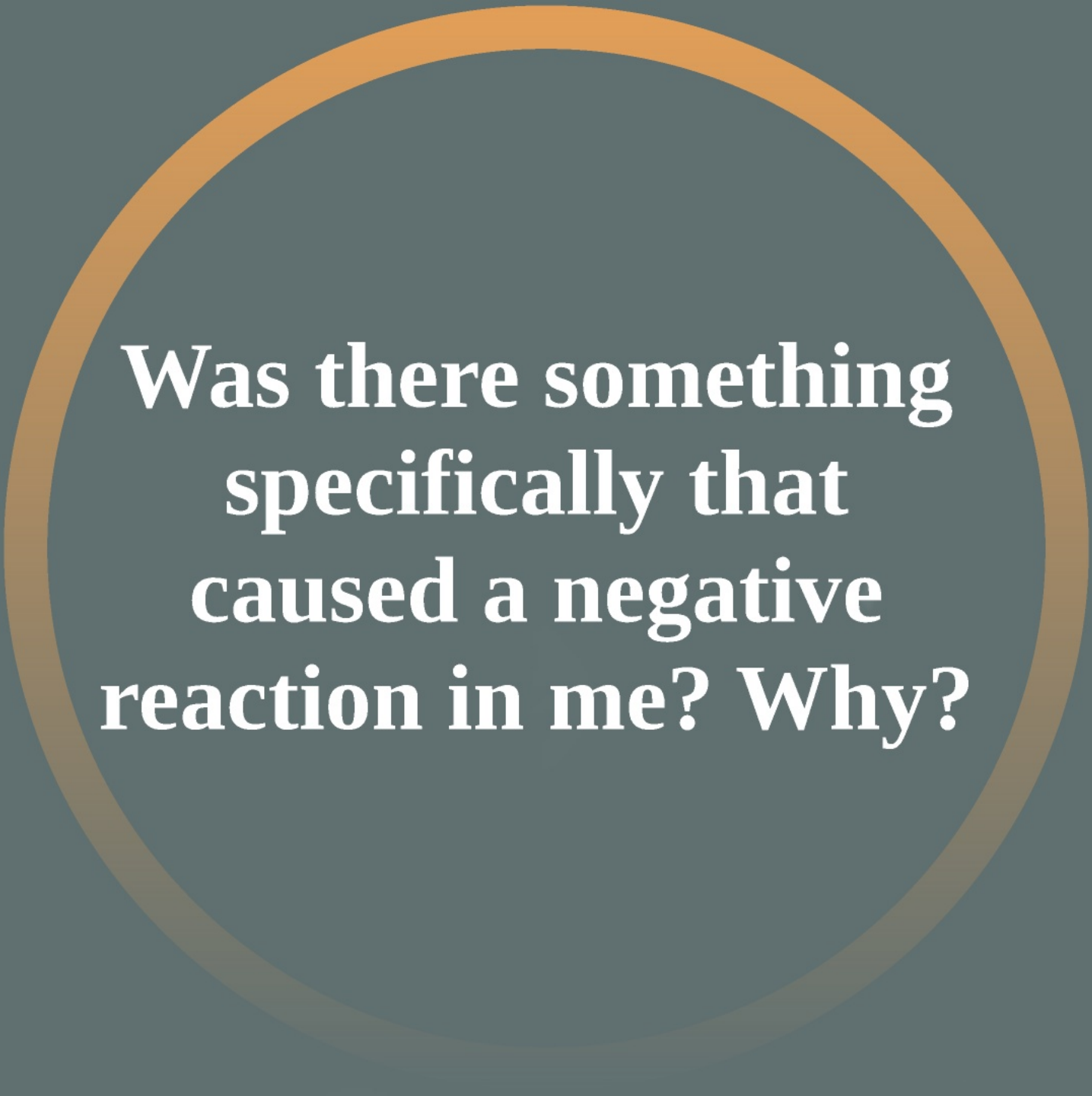
Things to ask Yourself

**Think of these questions
in relation to an event or
situation.**

?

?

?



**Was there something
specifically that
caused a negative
reaction in me? Why?**

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**How did others react
to me?**

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A large, thick orange circle is centered on a dark gray background. The circle's interior is empty, and the text is placed within it.

Did my decisions align with my values?

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**Did I consider other
perspectives before
making a decision.**

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**Did I listen more than
I spoke, or did I
dominate the
conversation.**

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**What assumptions did
I make that were not
accurate.**

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Pitfalls to be mindful of...

Blind Spots

**Decision
Paralysis**

**Overly
Critical of
Self**

Feedback



Behaviors, beliefs, or biases that we are unaware of

- Impacts how we make decisions
- May determine how we interact with others
- Mismanagement of risks
- Unfair team treatment
- Unnecessary conflict

Strategies


Strategies to Overcome Blind Spots

- Seek diverse perspectives before
- Encourage honest feedback after
- Regularly question your initial assumptions.

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Finding yourself
overwhelmed and confused
with a certain situation or
decision.

- Constantly questioning your own motives, strengths, weaknesses, etc.
- Missed opportunities
- increased stress and diminished confidence
- Team will feel uncertain and frustrated

Strategies

Strategies to overcome decision paralysis

- Set clear goals
- Use a structured decision making tool
- Limit your choices - based on data
- Set a deadline

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Never feeling content with yourself

- Erodes self-esteem
- Reduces trust in own abilities
- Increase stress, anxiety, and exhaustion
- Project harsh standards onto others

Strategies


Strategies to Overcome being too critical of yourself

- Give yourself the compassion you would give others.
- Aim for progress rather than perfection
- Do not compare yourself to others
- Set specific times for self-assessment

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- 
- Must be HONEST
 - Can come from any organizational and personal level
 - You must be ready for it

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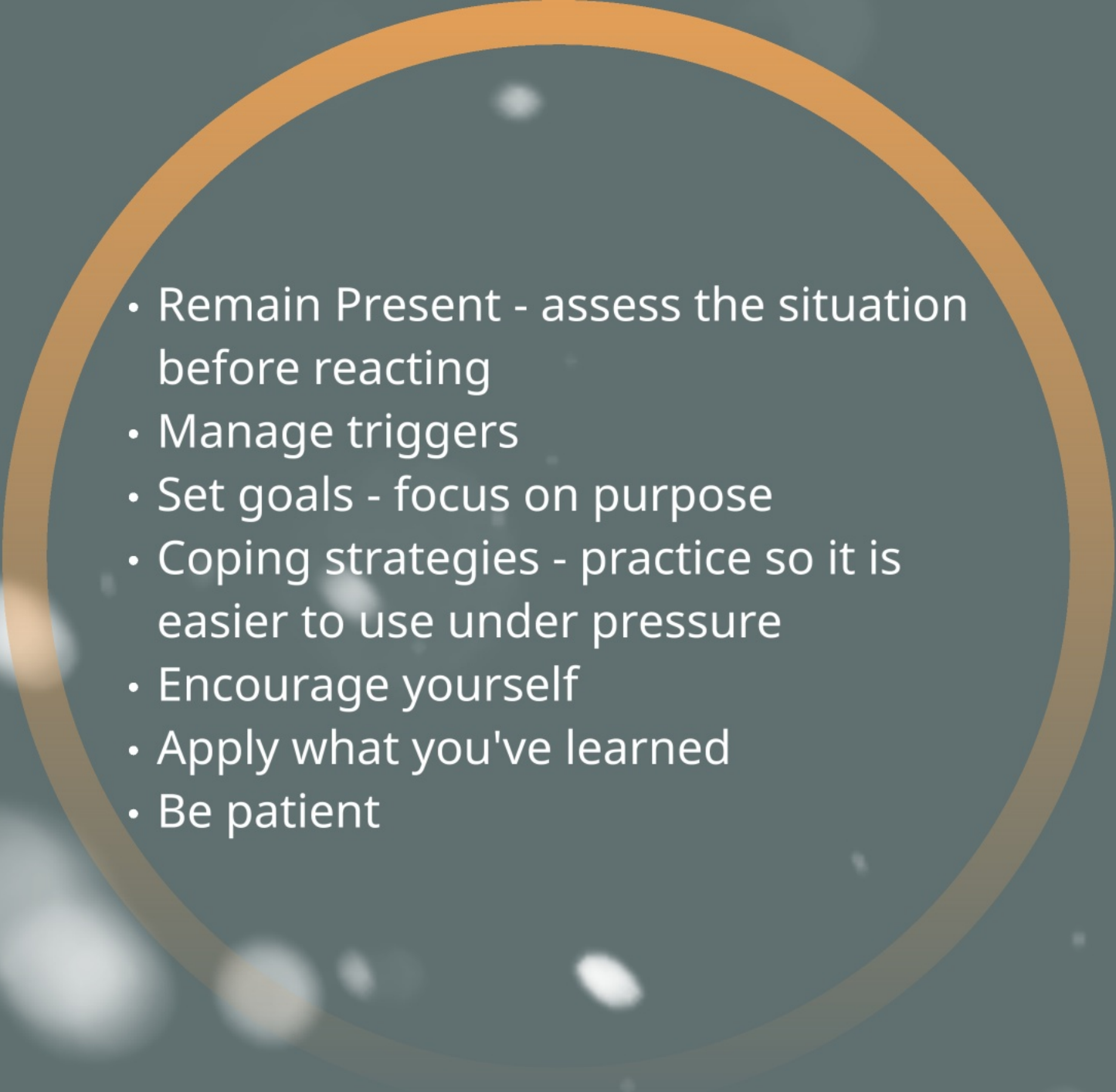


A diagram consisting of two concentric circles. The outer circle is large and contains the title 'Self-Regulation' and a definition. The inner circle is smaller and contains the word 'How?'. Both circles have a thick orange border. The background is a solid dark grey-blue.

Self-Regulation

The ability to manage and control your emotions, thoughts, and behaviors in different situations.

How?

- 
- Remain Present - assess the situation before reacting
 - Manage triggers
 - Set goals - focus on purpose
 - Coping strategies - practice so it is easier to use under pressure
 - Encourage yourself
 - Apply what you've learned
 - Be patient

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Emotional Intelligence

The ability to recognize,
understand, manage, and
use emotions effectively.

Wrap-Up

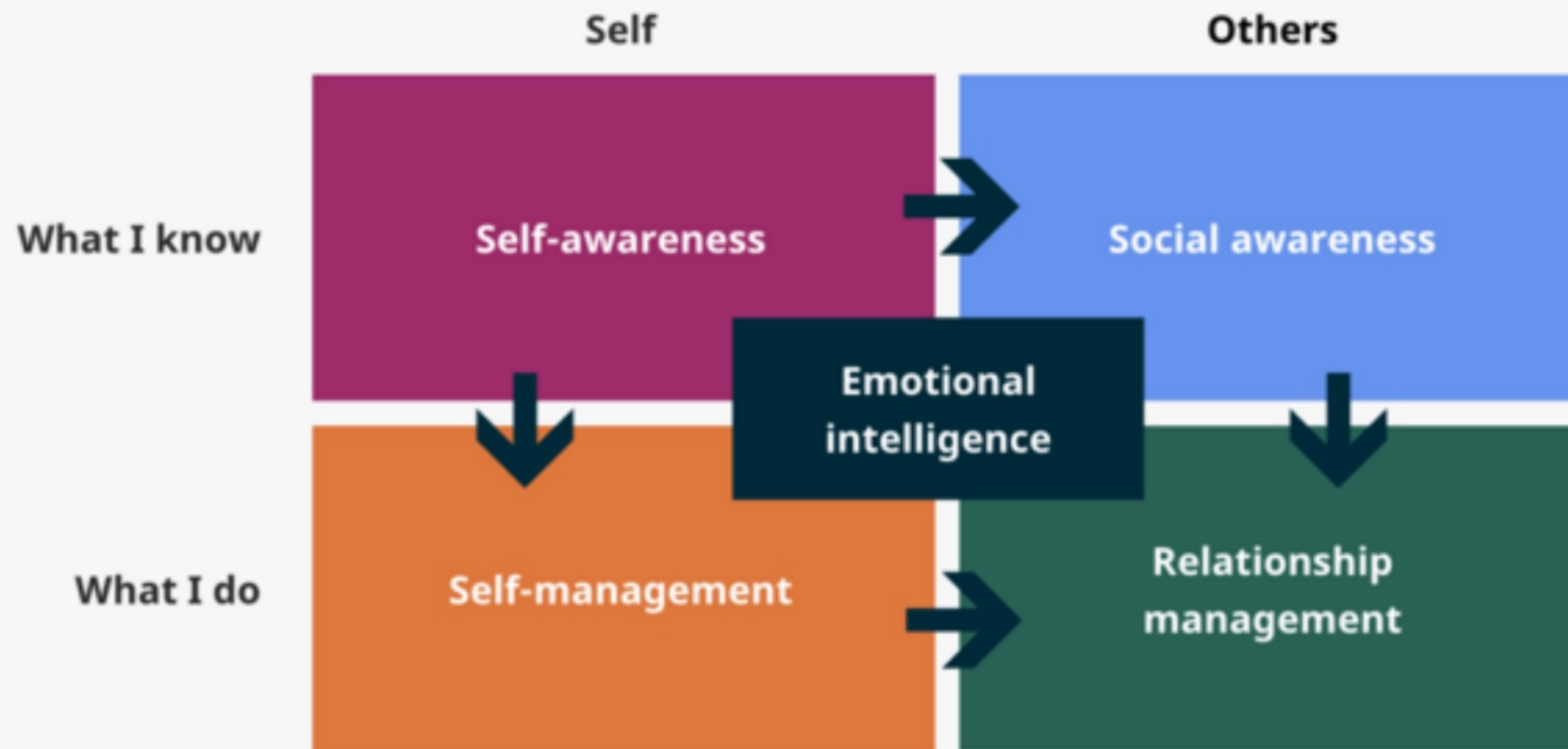


Chart illustrating Goleman's four quadrants of EI.

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Leadership Interests: Dedicated to advancing industry standards, through the understanding of leadership theory and how to apply them to public safety effectively.

Education: B.A in Criminal Justice (Canisius College), M.S. in Emergency Management (Capella University), M.A. in Human Development (Fielding Graduate University), working toward becoming a Ph.D in Organizational Development and Change

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