

COURSE OVERVIEW

Developing Self Awareness

TIMD-102



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Developing self-awareness in business helps leaders make better decisions, build stronger relationships, and adapt confidently to challenges, driving both personal and organisational success.

Effective self-management begins with knowing yourself, your motivations, communication style, behaviour patterns, and openness to feedback. Developing this self-awareness through reflection and feedback helps you grow, adapt, and perform with greater confidence and clarity.

Module 1: Developing Self-Awareness

Personal improvement begins with self-awareness and self-reflection, which help individuals understand their behavioural profile and identify strategies to enhance their performance.

- Why reflecting on personal behaviour
- Gathering feedback
- Self-efficacy and locus of control
- How to view yourself and your achievements
- Emotional Intelligence

Suitable for:

Managers, Supervisors, Team Leaders, HR Professionals, Coaches and Mentors.

Skills achieved:

- Learning Agility (Basic)

Related Resources:

- Work-related stress Assessment

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

32 Minutes

Related Courses:

- Learning to Learn
- Positive Mindset
- Defining Personal Goals
- Positive Psychology
- Emotional Intelligence