Goskills

Strategies to Improve Self-Awareness

GoSkills online course syllabus

Skill level
Beginner

Lessons
20

Pre-requisites
No prior experience needed

Video duration
53m

Estimated study time
53m 22s

Instructor
Joel Pérez

Introduction

1 The key to unlocking your potential

Self awareness is the secret sauce towards achieving success in your career and relationships.

What is Self-Awareness

2 Self-awareness is not self-help

In order to be in a position to improve self-awareness, you must first define it.

3 Gratitude is attitude

Being grateful makes it easier to recognize all the good you are surrounded with, especially when things are tough.

Knowing yourself

4 Identifying your core values

When trying to build awareness, you should start with the values and thoughts that influence you.

5 Identifying implicit biases

Everyone has different biases, so it's important for you to recognize your biases and how you can overcome them.

6 Interpersonal relationships

What role do your family, friends, and colleagues play in developing self-awareness?

Overcoming Challenges

7 Feedback avoidance

If you have a hard time soliciting feedback, you might be missing out on valuable information that can help you succeed.

8 Not taking action

Do you struggle with complacency? Complacency can lead to stagnation. After this lesson you learn how you can move to action.

9 Getting complacent

Self-awareness takes work. After this lesson, you'll be able to develop habits to keep you from becoming lazy.

Self-Awareness Strategies

10 Don't underestimate your potential

Have you been told that you have potential to achieve great things?

11 Understanding motivation

Understanding your motivators is key to developing self-awareness.

12 Your personal wiring

You hold the keys to build up your self-awareness; all it takes is recognizing what will work for you to persevere through it.

Applying Strategies

13 Mindfulness

Developing the discipline of being able to "pause" and create space for self-awareness is key.

14 Leverage your network

How do you develop and leverage a personal and professional network?

15 Coaching self-awareness

Working on yourself can feel daunting, but luckily, there are external resources, such as coaching, that can help you stay motivated.

Benefits to Self-Awareness

16 Personal improvement

In life, it's common for humans to want to feel progress and growth over time.

17 Communicating with self-awareness

Effective communication is essential for many reasons, including solving problems, resolving conflict, and giving direction.

18 Managing stress

If you find yourself feeling stressed, perhaps tapping into your self-awareness is the solution.

19 Self-aware leadership

If you're interested in being a leader at any point in your career, self-awareness can be a great skill to hone as part of your arsenal.

Conclusion

20 The path of self-awareness

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