



Developing Emotional Self Awareness

Emotional Self Awareness is about understanding how you are feeling and the impact this has on yourself and others.

Benefits of high Emotional Self Awareness at work:

- ✓ Helps you manage your emotions
- ✓ Able to consider emotions in decision making
- ✓ Associated with high performing teams

Consider developing Emotional Self Awareness if:

- You struggle to label emotions
- You find it difficult to identify the causes of your emotions
- You do not know the impact of your emotions on others

What are your key takeaways from the video?

SAMPLE

Which development strategy are you going to use?

Increase your vocabulary

Record regularly

Shift to what

Other



My START Development Plan

<p>Strategy</p> <p><i>Which technique do I want to try?</i></p> <p><i>What specific actions am I going to take?</i></p>	
<p>Time</p> <p><i>When am I going to start?</i></p> <p><i>How long will I work on this?</i></p>	
<p>Achieve</p> <p><i>How will I measure my achievement?</i></p> <p><i>What will success look like?</i></p>	
<p>Resources</p> <p><i>What additional resources do I need?</i></p> <p><i>Are there people who can support me?</i></p>	
<p>Test</p> <p><i>What potential tests or barriers might I face?</i></p> <p><i>How will I overcome these?</i></p>	

Research suggests we are more likely to achieve our goals when someone holds us accountable. Consider sharing your plan with someone you know and asking them to check on your progress.

I will share my plan with:

Signed:

Date:



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Check in

Use the questions below to check your progress after 3-6 months.

Date:

Since writing my development plan I have:

Shared my development plan with someone I know

Started my development plan

Achieved my goal

How has your Emotional Self Awareness changed? Please provide examples.

How could you develop your Emotional Self Awareness further?

What would you like to achieve in the next 6 months? How are you going to achieve this?