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Module 1 Self Awareness And

Learning Objectives: Develop an understanding of strengths, talents and impact your leadership has on others Enhance skills in leadership communication capabilities to effectively lead others How to articulate and demonstrate positive leadership qualities. Lesson Topics Prework Module 1: [Content] Self Awareness and Impact On Others Homework

self-awareness and self-acceptance

Module 3: The Self - Essentials of Social Psychology

MODULE #1: Self-Awareness and Self Knowledge

1 MODULE #1: Self-Awareness and Self Knowledge Objectives: Participants will recognize their personal strengths and enhance their self-image. Participants will be provided an opportunity to compare their positive self-concepts with others' positive perception of them. Participants will be introduced to the concept of self-disclosure.

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- Module 5: Mindset & learning to be the boss of our thoughts

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Module 1: [Content] Self Awareness and Impact On Others. By HMLcrew. Topic Progress: ← Back to Lesson. Questions to consider for today's call. What are the potential unintended negative messages and consequences from these behaviours? What are those behaviours I know I need to express more of to become more effective?

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self-describing words. Students should add to the list. Facilitate this process by questioning; do not make decisions for the group. Module 1: Self-Awareness Chapter 1 LESSON 1 – DESCRIBING ME Materials Needed: Poster with class rules, chart paper, graphic organizers Describing Me and My Characteristics

Module 1: Self-Awareness Chapter 1 LESSON 1 - DESCRIBING ME

module phase for all National Service Training Program students. Topics include the orientation on the NSTP Law, discussion on the Human Person, The Filipino Value System, Groups, Leadership, Decision-Making, Disaster Preparedness, Awareness and Management and Substance Abuse Education

PROGRAM MODULE - 1

Self-awareness is being able to identify your strengths, opportunities for development, and knowing how others perceive you. When it comes to conflict situations, it is important to know how do you typically react, what are your "hot buttons" (i.e., issues, people, and situations that you find especially difficult) and how you manage them.

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Module 3: The Self . Module Overview. Human beings, by their very nature, are prone to focus on the self and to engage in behavior to protect it. Module 3 will cover some of the ways this occurs. We will start by focusing on the self-concept or who we are and self-schemas.

Module 3: The Self - Essentials of Social Psychology

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