

# DEVELOPING SELF-AWARENESS

Building **self-awareness is a critical leadership skill**. Research shows that while most people believe they are self-aware, only a small minority has an accurate understanding of how others see them.

One of the best ways to increase self-awareness is to **have a conversation** with a trusted advisor and **ask them questions** about how you are perceived by others and what blind spots you may have.

Use the below questions to guide these conversations.

## AWARENESS CONVERSATIONS

### MY TRUSTED ADVISOR IS:

#### Sample Questions:

What impression do other people have of me when we first meet?

What words would you use to describe me.

What might be holding me back from achieving my goals?

What behavior do I engage in that might not have the impact I intend it to?

What are my strengths?

What are my opportunities for growth?

What would you most like me to know about my behavior and communication style?

#### NOTES:

#### BLIND SPOTS: