

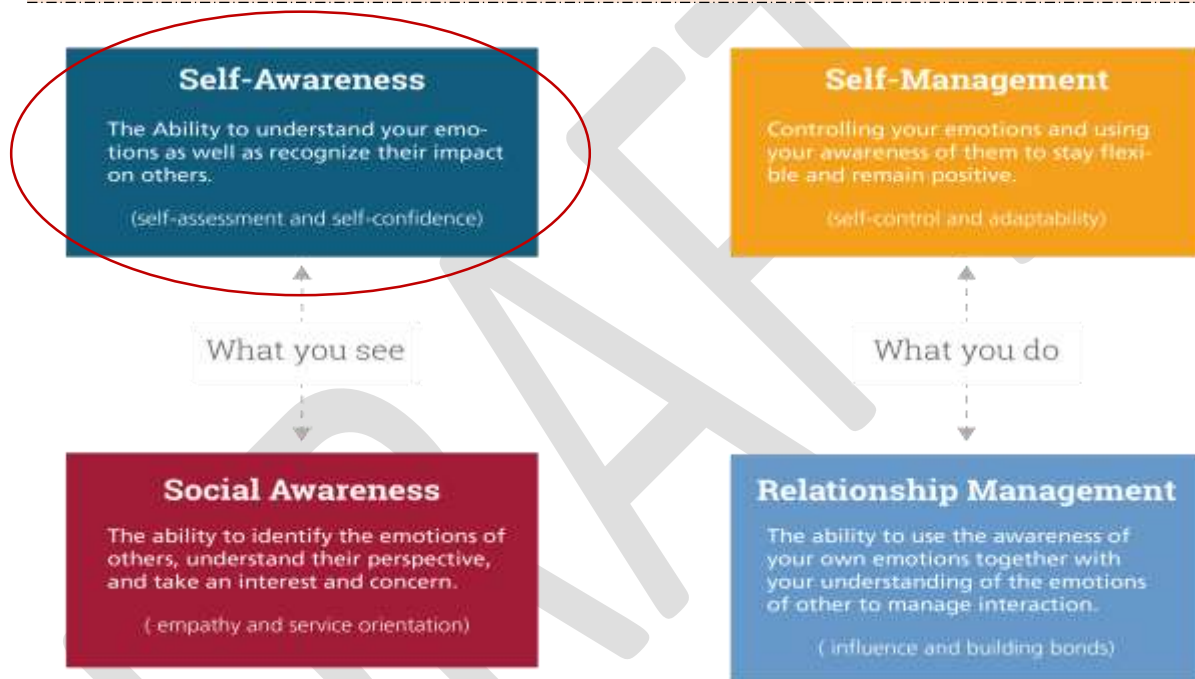


March 2017

Coaching Tip of the Month for Staff

Self-Awareness

Self-Awareness is one of the four elements of Emotional Intelligence. As discussed in the Intermediate Coaching Trainings, having self-awareness is one of most critical pieces of being a good coach. We can ask powerful questions, use goal setting tools and celebrate our participant's accomplishment, but without self-awareness and emotional intelligence, we may not be able to build rapport and manage a healthy relationship with participants.



Tips to improve Self-Awareness:

1. **Learn more about yourself.** Strength Finder 2.0, Myers-Briggs Type Indicator, and the Big Five are popular, short, free or relatively inexpensive quizzes that can give you more insight into how you behave and how others view you. Keep in mind that there are no right or wrong answers, or types of people. These are simply tools that can help increase your self-awareness.
2. **Reflect.** Consider keeping a short, written journal of how you feel after work. This could be on the notes feature on your phone, or a small notebook you keep in your bag. Were you frustrated? If so, what set that in motion? Did you feel pride or a sense of accomplishment? At which points of the day were you tired or overwhelmed? Keeping these journals can help build “emotional fluency” and, if done regularly, can help increase your self-awareness. You will be more “in-tune” with your inner emotional state, the effect it has on your outer world, and where you may or may not need to make adjustments.