

1 Personal development

- ▶ personal qualities
- ▶ the Johari window
- ▶ roleplay: play the Truth game

1.4 Management skills Self-awareness and communication

Discussion

1 How do you know what other people think of you and your behaviour? In small groups, make a list of all the possible ways you can find out. Which kinds of feedback do you feel are most reliable, most sensitive, and most difficult to obtain?

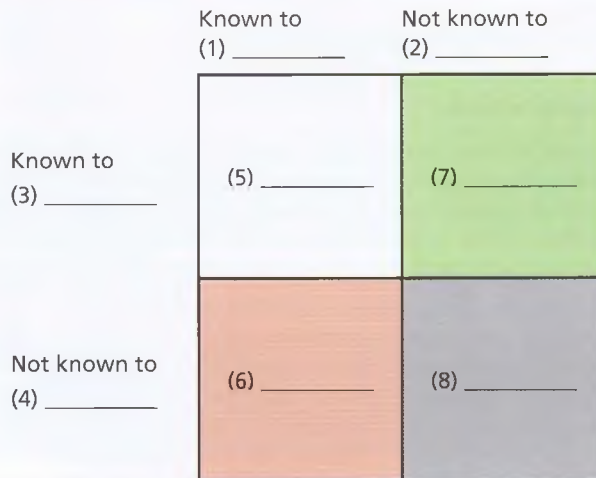
2 Divide into pairs. Working individually, first choose five or six adjectives from the list below which you feel describe you and how others might perceive your behaviour at work. Then, still individually, choose five or six adjectives which describe your partner.

able	dependable	intelligent	patient	sensible
accepting	dignified	introverted	powerful	sentimental
adaptable	energetic	kind	proud	shy
bold	extroverted	knowledgeable	quiet	silly
brave	friendly	logical	reflective	spontaneous
calm	giving	loving	relaxed	sympathetic
caring	happy	mature	religious	tense
cheerful	helpful	modest	responsive	trustworthy
clever	idealistic	nervous	searching	warm
complex	independent	observant	self-assertive	wise
confident	ingenious	organized	self-conscious	witty

3 With your partner, compare your lists. Write the adjectives into the quadrants below as follows.

- 1 In the top left quadrant, write any adjectives that both you and your partner chose to describe you.
- 2 In the bottom left quadrant, write any adjectives that you chose to describe yourself but that your partner did not choose.
- 3 In the top right quadrant, write any adjectives that your partner chose to describe you but that you did not choose.

Johari window



Listening

4 1:09 Listen to a presentation of the Johari window and complete the labels 1–8 on the chart above.

Discussion

5 With your partner, discuss how well your Joharis describe you.

I think of myself as someone who ... I hadn't thought of myself like that.
 I (do) tend to ..., so, yes, perhaps I am a bit ... I consider myself ...
 I'm rather a(n) ... kind of person. Do you think so? I'm really hopeless at ...

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Arena
 Blind spot
 Façade
 Johari window
 megabucks
 Unknown