





Self-Awareness and Emotional Competence

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Brene Brown
quote on
self-
awareness



“Without self-awareness and the ability to manage our emotions, we often unknowingly lead from hurt, not heart. Not only is this a huge energy suck for us and the people around us, it creates distrust, disengagement, and an eggshell culture.”



Our goals for this session broken down

Participants will recognize signs they are not at baseline.

Participants will be able to identify strategies to help them cope

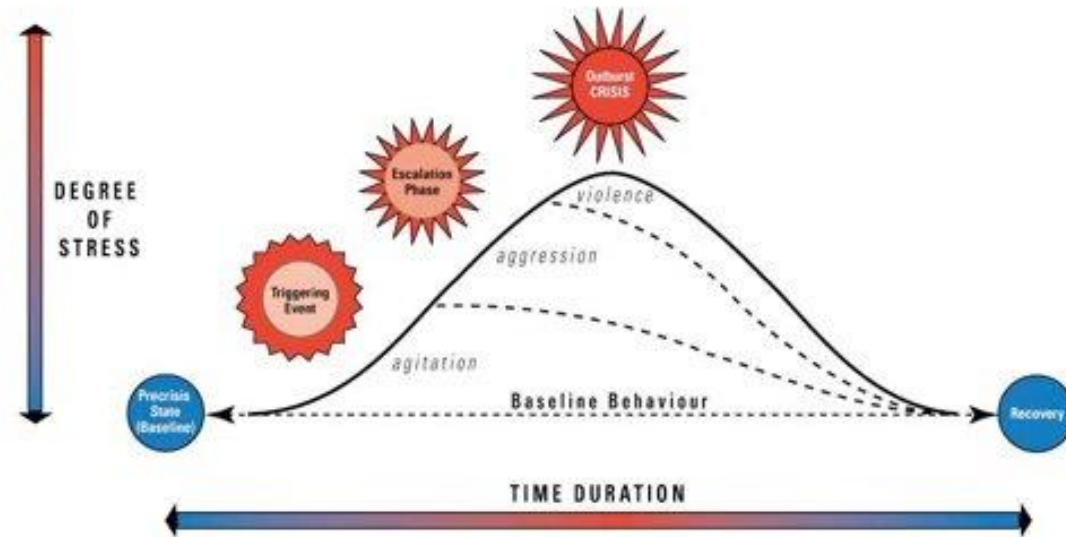
Participants will consider ways that this work can apply to different relationships in their work.



Participants will be able to link how this important work can lead to improvement in student outcomes- both academically and social-emotionally.

Baseline

- Our “typical”
- What does this feel like?
- What does this look like?
- Why is this important?



Setting Conditions

Anything that makes challenging behavior more or less likely to occur. For example:

Organizational culture (*e.g., control oriented, poor communication*)

Environment (*e.g., hot, crowded, noisy, too much visual stimulation*)

Instruction, activities, routines related (*e.g., staffing, quality of instruction, activities*)

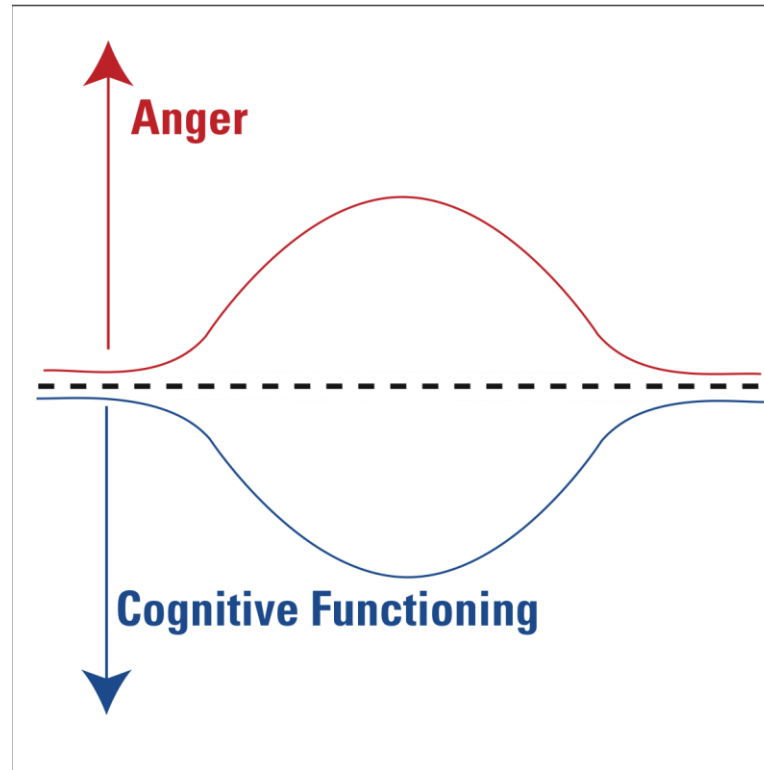
Personal (*e.g., illness, medication, trauma history, feeling unsafe*)

Relationship-based (*e.g., excessive controls, “us versus them” culture, lack of caring community*)



How do you cope!??

“When we are at our angriest, we are at our stupidest.”

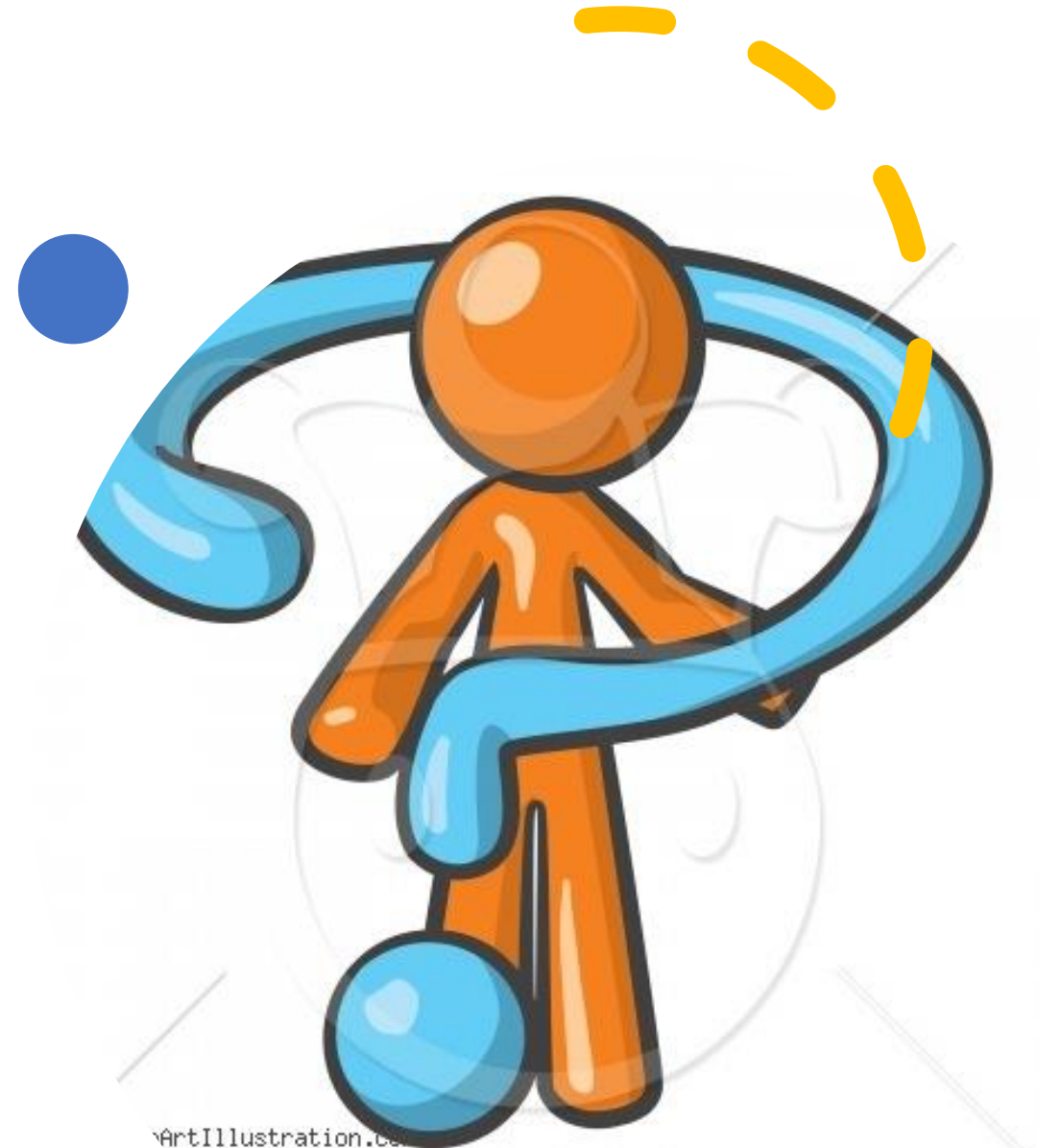


Application to
work- youth
and adults



Emotional Competence Means...

- Being aware of personal goals, values and beliefs
- Understanding cultural and ethnic differences and each other's worldview
- Demonstrating self-regulation skills
- Knowing personal triggers



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Self Awareness Interview

- What self-regulation skills do you use?
- What situations do you find most difficult to deal with in your work?
- What behavior on the part of a student or colleague might trigger a response?
- Can you tie this to a past experience, value or belief?





Discussion time

Talk about a time when having improved self-awareness lead to improved outcomes (academic)

Talk about a time when you, as the adult, stayed regulated and it helped the youth return to baseline (behavior)

Talk about a time when you had a difficult conflict with a colleague and used self-awareness (culture)