

## Appendix. Excerpts of Lesson 1, on Self-Awareness

### Pre-class Engagement

1. Make annotations as you read the following two required readings.  
Flanagan, J. (2013). Self-awareness. *Training Journal*, 1-6. Retrieved from <http://libproxy1.nus.edu.sg/login?url=https://www-proquest-com.libproxy1.nus.edu.sg/trade-journals/self-awareness/docview/1446975266/se-2?accountid=13876>
2. Owen, N. (2017). The charisma connection. *Training Journal*, 1-5. Retrieved from <http://libproxy1.nus.edu.sg/login?url=https://www.proquest.com/trade-journals/charisma-connection/docview/2226345621/se-2?accountid=13876>
3. Based on the two resources above, what is your concept of self-awareness and emotional intelligence and what is the relationship between them and leadership communication? Use rhetoric devices such as analogies, metaphors, examples, or diagrams to illustrate the connections.

### In-class Engagement

4. In groups, you will analyse and present your interpretation of #3.
5. Based on your insights on self-awareness how would you objectively describe yourself using these domains:
  - a) Strengths
  - b) Your trigger points
  - c) Values that you practise
  - d) Your constant inner conversation
  - e) Your inner conversations before, during and after oral presentations?
6. Analyse Guy Winch's presentation in '[How to practice emotional first aid?](#)' How does he show the link between self-awareness and emotional intelligence? Focus on rhetoric, content, and presentation strategies.

## After class Engagement

In two minutes, using your own stories/experiences AND key ideas from any ONE Extra resources, convince your peers on the importance of the topic. Visuals are not required but you could use the white board if needed.

### Emotional intelligence

1. Leadership presence- how to show up?  
<https://hstalks-com.libproxy1.nus.edu.sg/bm/4157/>
2. How to embrace emotions at work | The Way We Work, a TED series at  
<https://youtu.be/sSOBk0v0viM>
3. How sleep affects your emotions | Sleeping with Science, a TED series at  
<https://youtu.be/6F8wFkScnME>

### Self-awareness

1. Lanz, K. (2013). The art of self-awareness. *Training Journal*, 1-6. Remember to click on the full text pdf version found on the left column of the page. Retrieved from <http://libproxy1.nus.edu.sg/login?url=https://www-proquest-com.libproxy1.nus.edu.sg/trade-journals/art-self-awareness/docview/1469704143/se-2?accountid=13876> (Retrieved 16 Aug. 22)
2. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 1- How to be uncertain. (Pair work).
3. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 2- Algorithms for self-monitoring. (Pair work)
4. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 4- Billions of self-aware brains. (Pair work)
5. Fleming, S. M., & OverDrive, I. (2021). Know thyself: the science of self-awareness. Basic Books. Chapter 6- Learning to learn. (Pair work)