

SESSION 3 — Deep Dive into Self-Awareness

 Duration: 14–16 Hours

Concepts Covered

- Types of self-awareness: Internal & External
- Strengths, weaknesses & blind spots
- Self-belief vs Self-judgment
- Values & personal identity
- Behavioural patterns & emotional habits

Hands-On Activities

- **Strengths & weaknesses tracker**
- **Johari Window exercise** (peer feedback included)
- **Personal values discovery workshop**
- **Blind spot identification activity**

Outcomes

- Discover personal values
- Recognize patterns that shape emotional behaviour