

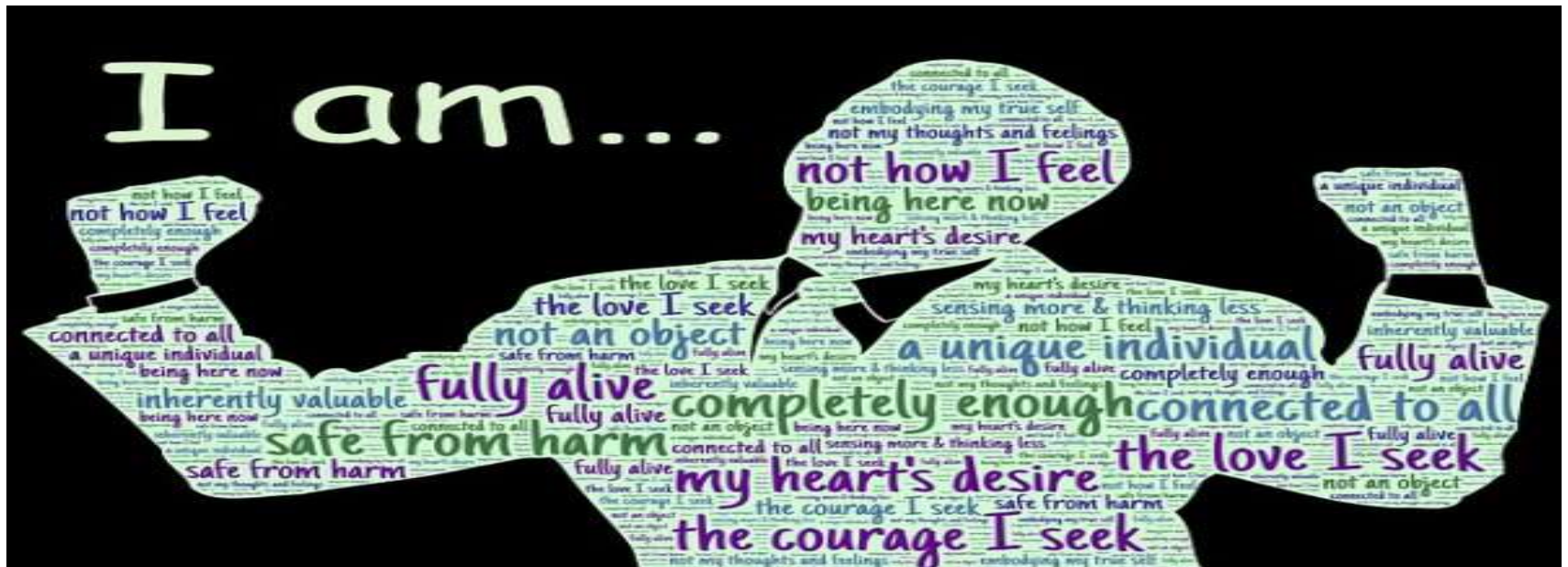
# "After School Clubs to Increase Motivation and Prevent Dropout" No. 2018-1-PL01-KA229-050748

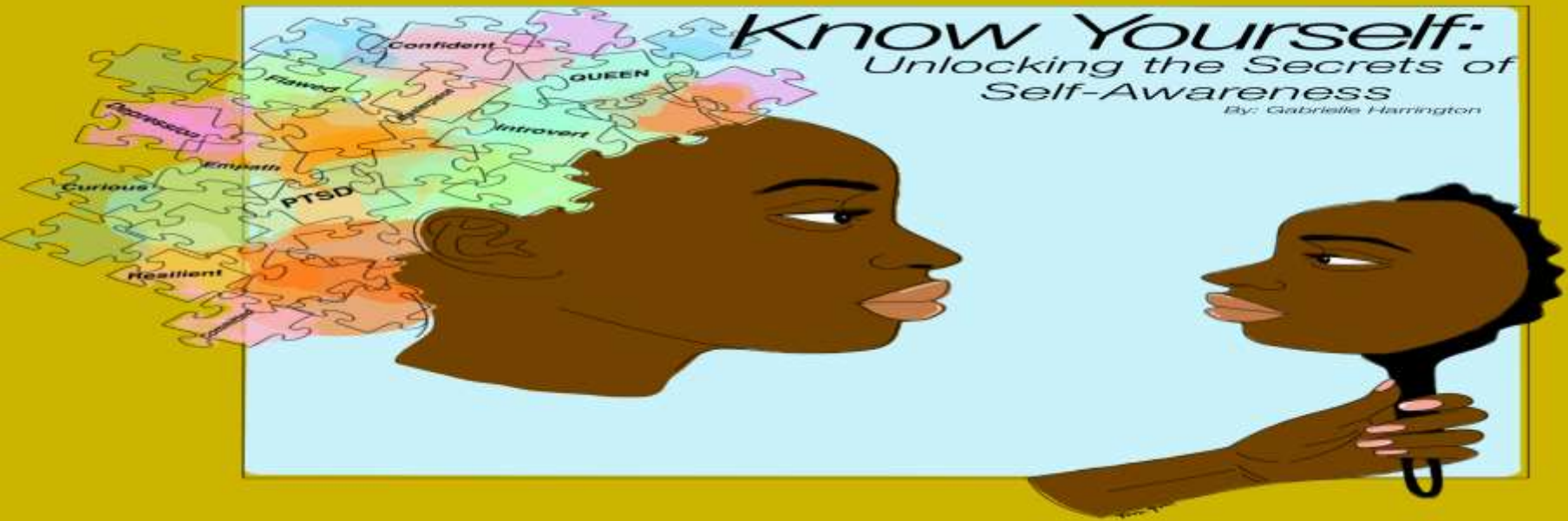


# Developing Personal Competence



**Personal Competence** requires the development of two assets, namely **self-awareness** and **self-management**, which seem to be critical to the desirable performance of individuals inside and outside of school.





## Self-Awareness

This is your ability to recognize your own emotions and their effects on your self and other people. It represents the foundation of EQ because without being aware of and understanding your own emotions it is impossible to move into the other EQ competencies like self-management and social awareness.



- *Self-awareness means that you understand how you feel and can accurately assess your own emotional state. To do this you need the following competencies:*

→ Emotional self-awareness

→ Accurate self-assessment

→ Self-confidence

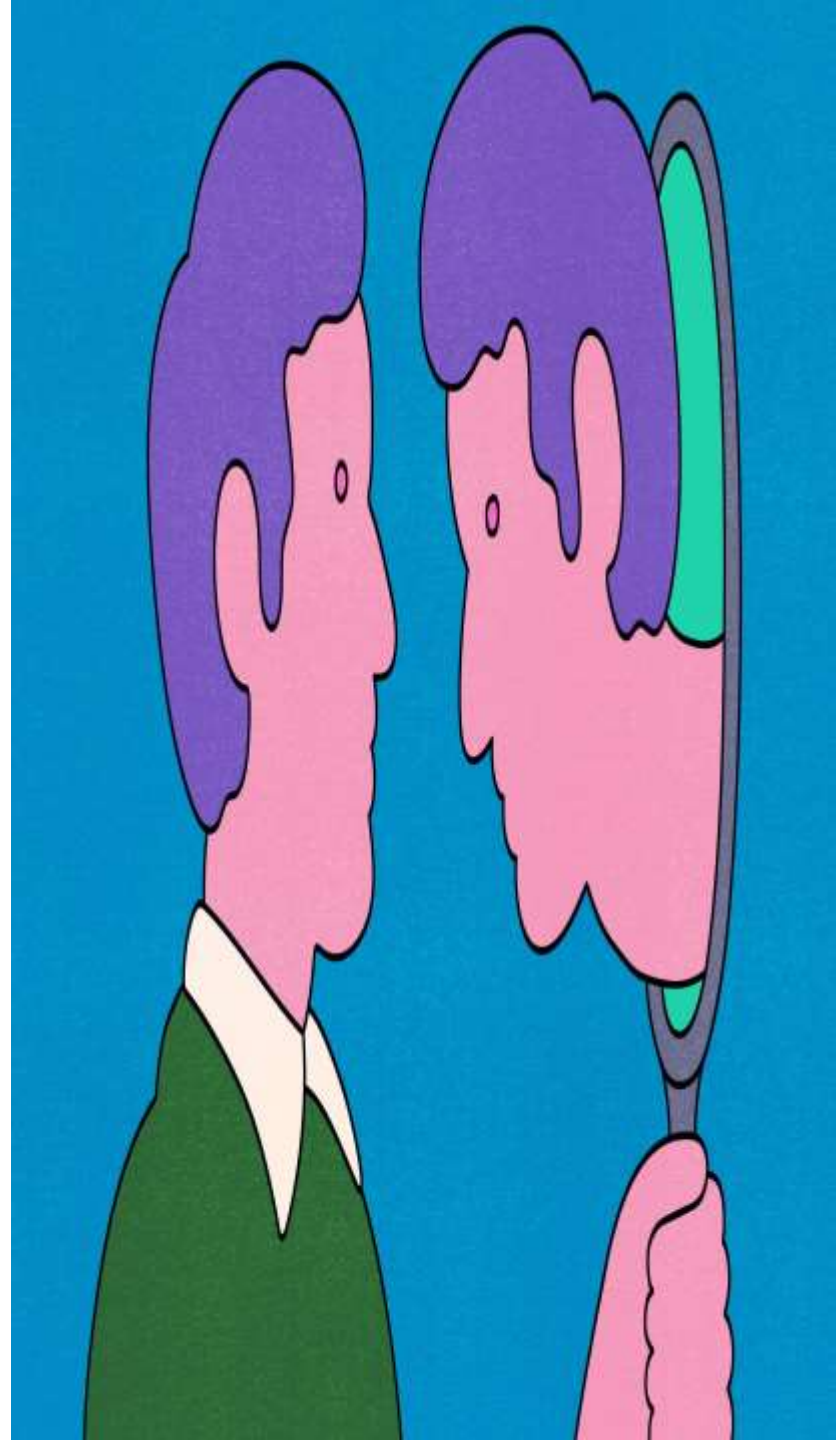
**Self-  
Awareness**  
competencies

Emotional Self-  
awareness

Self-  
confidence

Accurate  
Self-  
assessment

**In order for a person to become emotionally self-aware they may need to accept that they have an inbuilt reluctance to admit to certain negative feelings. This can be overcome by being aware of the behaviors that result from these negative emotions, rather than necessarily having to admit to the underlying negative emotions.**





*You can recognize an individual who has a high level of emotional self-awareness because they will:*

- Know which emotions they are feeling and why
- Realize the links between their feelings and what they think, do, and say
- Recognize how their feelings affect their performance
- Have a guiding awareness of their values and goals
- Adopt behaviors that minimize the effects of their own emotions on a situation.

# How Self-Awareness Makes You More Effective



- Once you are able to identify your own emotions (self awareness) and how they can impact situations you are able to accurately assess yourself.
- This enables you to understand and explore your own strengths and weaknesses, as well as being willing to explore them with others.

# ***Thus, you become;***

- ✓ **Aware of their strengths and weaknesses**
- ✓ **Reflective and capable of learning from experience**
- ✓ **Open to candid feedback and new perspectives**
- ✓ **Interested in continuous learning and self-development**
- ✓ **Able to show a sense of humor and perspective about themselves.**

THANKS  
FOR  
WATCHING

**Kadir DOKUR**  
**17.02.2020**