

# Self-awareness and self efficacy



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# Self-awareness and self efficacy

- It involves being flexible, resilient, and open to change.
- Flexibility: Willingness to change plans or approaches as needed.
- Resilience: Ability to bounce back from setbacks or adversity.
- Open-mindedness: Willingness to consider new ideas, perspectives, and feedback.
- Proactiveness: Taking initiative to anticipate and prepare for changes.



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# Understanding Self-Awareness and Self-Efficacy

## **Self-Awareness**

The conscious knowledge of one's own character, feelings, motives, and desires.

## **Self-Efficacy:**

The belief in one's own ability to succeed in specific situations or accomplish a task.

Reflect on your needs, aspirations and wants in the short, medium and long term.

Identify and assess your individual and group strengths and weaknesses.

Believe in your ability to influence the course of events, despite uncertainty , setbacks and temporary failures



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# What is it all about?

- Being aware of our strengths and shortcomings is vital in all aspects of our lives, but more so when we think about our future
- If we can identify where we are lacking, we can also find ways to make up for that, while maintaining the belief that we have what it takes to make it



[ self-awareness ]

*"The ability to take an honest look at your life without attachment to it being right or wrong."*

*- Debbie Ford*



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# IMPORTANCE OF SELF-AWARENESS IN THE WORKPLACE

Identifies personal strengths and weaknesses

Clarifies values and passions

Enhances decision-making skills

Facilitates personal growth and development



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# Developing Self-Awareness

- Reflection:

- Regularly assess your thoughts, emotions, and behaviors.

- Feedback:

- Seek constructive feedback from peers, mentors, and supervisors.

- Journaling:

- Keep a journal to document experiences and insights.

- Mindfulness:

- Practice mindfulness and meditation to increase awareness of the present moment.

# The Role of Self-Efficacy in Career Management

1. Drives motivation and persistence
2. Enhances resilience in the face of challenges
3. Promotes proactive career planning and goal setting
4. Increases likelihood of achieving career goals



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# Strategies to Enhance Self-Efficacy

- Mastery Experiences:
  - Engage in tasks and activities that build competence.
- Social Modeling:
  - Observe and learn from the successes of others.
- Social Persuasion:
  - Seek encouragement and positive reinforcement.
- Psychological Responses:
  - Manage stress and anxiety through coping strategies



# Synergizing Self-Awareness and Self-Efficacy

- Use self-awareness to set realistic and meaningful career goals.
- Leverage self-efficacy to pursue and achieve these goals.
- Continuously reflect and adjust strategies based on experiences and outcomes.



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# Overcoming Challenges

## 1. Fear of Failure:

- Reframe failure as a learning opportunity.

## 2. Imposter Syndrome:

- Recognize and challenge negative self-beliefs.

## 3. Lack of Direction:

- Utilize career assessments and exploration activities.



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# Defining your skillset

When exploring the options for a career path, however, whether that involves self employment or working for someone else, it's not enough to understand what we **like** to do. Realising what we **can** and **cannot** do is an equally important part, as it gives us a realistic view of our potential. It allows us to anticipate shortcomings in our future endeavours and gives us the opportunity to solve a potential problem before it even appears.



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# Action Plan

- Set Goals:
  - Define clear, actionable career goals.
- Self-Assessment:
  - Conduct regular self-assessments to track progress.
- Seek Support:
  - Build a network of mentors, peers, and resources.
- Continuous Learning:
  - Commit to ongoing personal and professional development.



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# CONCLUSION

The importance of self-awareness and self-efficacy.

Encourage proactive self-management and continuous improvement.

Inspire confidence in using these tools for career success.



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# THANK YOU!



## DISCOVER & EMPOWER



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