

## Self Awareness

### Description

## Self Awareness

**Self-awareness is how an individual consciously knows and understands their own character, feelings, motives, thoughts, actions and desires. Lack of it leads to dissonance resulting in negative impact on execution of plans and results. Leaders require deeper insights into their own self first, to be able to actively listen to team members so as to empathize and direct them.**

**Pragati Leadership's intervention programs encourage leaders to become self-aware, acknowledge emotions as a part vital part of decision making and communication. This awareness is the linchpin of every progressive individual and organization as well.**

Stressful emotions restrain and restrict performance. If you don't pause to accept your emotions and that of your team, the barriers to communication will lead to poor performance. This realization is at the core of the self-awareness programs. Performance index will step up when your leaders and the teams will start to acknowledge, and accept their emotional state.

Leaders start finding answers to critical questions like, "What could be the internal challenges of my teammates?" "What is pulling them down?" These answers assist in creating a growth conducive environment.





## Emotional Intelligence

Communication, [people management](#), and productivity are rooted in emotional intelligence. As a leader, you have to be aware of your own emotions and that of your team members. Leaders have to work alongside individuals from different backgrounds, experiences, and cultures. The challenge is to empathize with their emotions and drive them towards enhanced productivity.

Pragati Leadership team discusses and encourages sharing of experiences and perspectives to be able to handle their own emotions and understand other's emotions too.

[Know More](#)

## Leading from within

Before leading others, a leader should be able to lead oneself first. Self-awareness fosters a focused approach and encourages self-improvement. It is only when the inner potential is unleashed, the leader will be able to inspire their teams and achieve collective excellence.

Pragati Leadership will be a part of your growth journey as you invest in leaders who drive and create change. As these leaders start following their inner compass, they constantly review their roles, and responsibilities and renew their talent. It is this that transforms them into the inspired, capable and aware leaders.

[Know More](#)









## AWARE

Feeling of wellness and enjoyment of work are necessary for a productive work culture. But the unprecedented challenges that we are facing have started impacting leaders negatively both physically and emotionally. Burnout rates caused by stress and work-place challenges are on the rise. Some of the stressors and challenges that employees experience are due to a blurred work-life balance and a lack of understanding of simple practices that can help to rectify the same.

Pragati Leadership's [AWARE program](#) deftly helps leaders to build internal coping and striving systems that will enable them to function with optimal health, happiness, and well-being. It addresses the meta-traits that enable Leaders to lead from an inner state of joy which will help them to perform even in the most challenging environments and enable a productive work culture for their teams.

[Know More](#)

**Schedule a call with a Pragati Leadership expert to discuss how we can support your strategic objectives.**

Schedule your Call

**Date Created**

03/09/2022

**Author**

ramkashyap