

MODULE 1: BEHAVIOUR AND LEARNING

SELF AWARENESS



LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

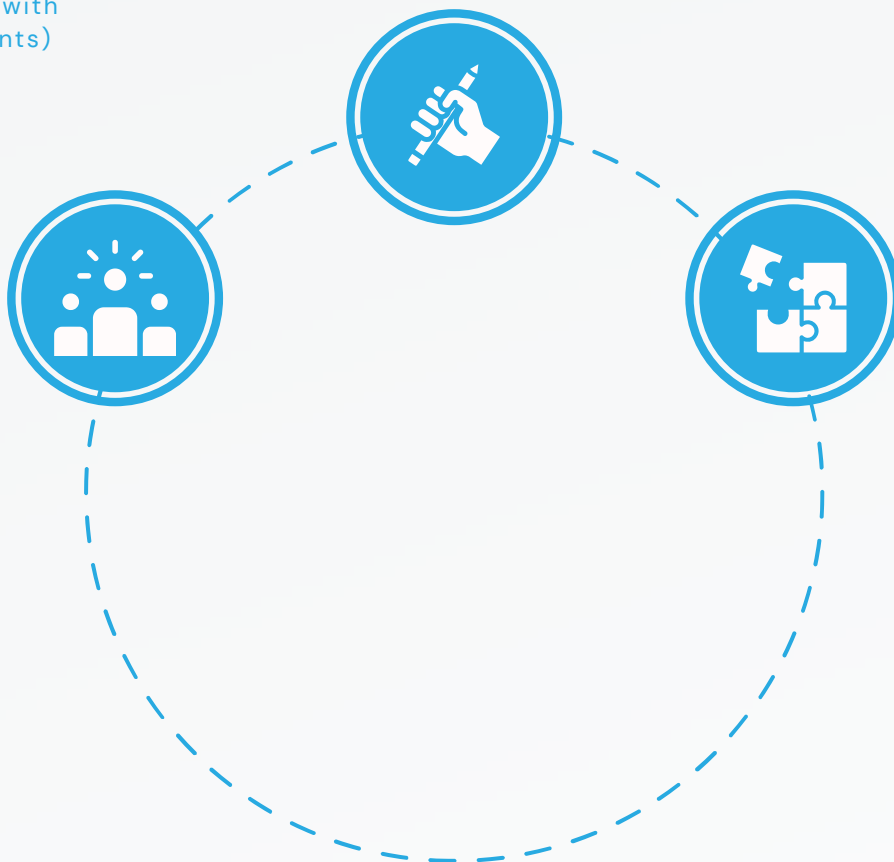
Become aware of yourself and be in connection with yourself to be able to be in connection with others (your clients)

Objective n° 2

Getting to know self-awareness as a key to stress management and conflict management

Objective n° 3

Learning simple tools to foster self-awareness



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MODULE 1: BEHAVIOUR AND LEARNING



Self awareness

ACTIVITY DESCRIPTION AND MATERIALS

Activity description



- 1.Target group – adult educators, mentors of change
- 2.Time – 2 hours

- 1.Training session guide for trainers to introduce the topic
- 2.Slides on a short introduction to self-awareness and its importance in counselling and coaching
- 3.Design a pleasant room with some space to move around and a good atmosphere for discussion
- 4.Each participant will conduct a simple exercise to practice self-awareness and reflect on the experience with the group

Materials



METHODOLOGY USED FOR THIS ACTIVITY



A short intro
to the topic
of self
awareness



Awareness
exercise



Self-reflection
and self-
learning



Assessment



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MODULE 1: BEHAVIOUR AND LEARNING



Self awareness

ACTIVITY DESCRIPTION

The educator presents the training session structure and the objectives and expected outcomes.

1. Introduction

The instructor welcomes all participants in a friendly manner and explains the principles of his discussion group. He introduces the basics of self-awareness: In psychosomatic counseling, the body or the subjective body experience is an important reference system. We use self-awareness and our inner experience to establish a connection with our client and to accompany their emotions well.

2. First Steps

Practical experience of self-awareness by using two exercises:

- A specific breathing method developed to improve the ability to regulate and relate to others. It is called "abdominal breathing" and involves a conscious and calm opening of breathing into the abdominal and pelvic area. Participants are instructed to shift their attention inwards and begin by breathing calmly into the abdominal area. Observe your breathing here for at least 5 breaths, and sense what else you can feel in your body.
- ABC-Centring:
 - 1.A – Awareness – feel your body here and now, your perceptions and sensations outside and inside of your body
 - 2.B – Balance – balance your posture, maybe move back and forth and to both sides a little bit to find the middle. You can also try to expand your awareness first to one side, then the other, to the top surfaces of your body, the surfaces facing downwards, to your front and your back and to the inside and the outside of your body.
 - 3.C – Core relaxation – Relax your eyes, mouth/tongue/jaw, stomach and back muscles – breathe deeply with your diaphragm so your belly and lower back move out slightly as you breath in. You can tighten your abdominal muscles before you relax them if this helps. Focus on your physical centre of gravity, a point a few inches below the navel inside you. Relax the pelvic floor and the feet. This "core" or "centre-line" relaxation will spread to the rest of your body enabling the muscles to be as relaxed as your (now well balanced) structure allows.

(from the book "Embodiment – Moving beyond mindfulness" by Mark Walsh, Unicorn Slayer Press)

3. Group discussion

The group reflects on their experience during the exercises and how this can be put into practice.

5. End session

Taking the time into account, the group leader initiates the end of the round