**Journal**

The Importance of Remaining Self-Aware in Groups

Next week you will learn about group facilitation, so it is important to reflect on self-awareness broadly, and specifically in group settings.

Reflect on your level of self-awareness and on the character and nature of your self-awareness.

How has your self-awareness informed and influenced what you have learned in this course so far?

What can you do to improve in this area?

Share your reflections and ideas in a journal entry consisting of 400-600 words.

**Resources**

**Required References**

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Queendom. (n.d.). Emotional intelligence text [Web page]. Retrieved from http://www.queendom.com/tests/access\_page/index.htm?idRegTest=3037

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Goleman, D. (n,d.). Emotional intelligence [Web page]. Retrieved on January 10, 2016, from http://www.danielgoleman.info/topics/emotional-intelligence/

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Weis, W. L., Hanson, L., & Arnesen, D. W. (2009). The use of training groups in raising self and social awareness and enhancing emotional intelligence. Journal of Organizational Culture, Communications and Conflict 13(2), 83-103.

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Source: Social awareness. (n.d.). Retrieved from, [https://www.google.com/search?q=social+awareness&client=firefox-b-1-ab&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiP49jzu7DjAhWKg1QKHbjNDYcQ\_AUIECgB&biw=1440&bih=691#imgrc=sUujrjCZLZ8O4M: (Links to an external site.)](https://www.google.com/search?q=social+awareness&client=firefox-b-1-ab&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiP49jzu7DjAhWKg1QKHbjNDYcQ_AUIECgB&biw=1440&bih=691#imgrc=sUujrjCZLZ8O4M:)

Check out this video on how diversity fuels group emotional intelligence explained by no other than the EQ GURU himself, Daniel Goleman.

[https://hbr.org/video/2851426213001/how-diversity-fuels-group-emotional-intelligence  (Links to an external site.)](https://hbr.org/video/2851426213001/how-diversity-fuels-group-emotional-intelligence)

Watch this video to learn how to be a better leader by working on your emotional intelligence. How well do you regulate your emotions in professional settings under stress?:

<https://youtu.be/pt74vK9pgIA>

<https://youtu.be/-hoo_dIOP8k>

<https://youtu.be/tGdsOXZpyWE>