

Exercise module 1

Soft Skills – Employment and Entrepreneurship

5 Ways to Cultivate Self-Awareness

1. **Create some space for yourself:** Leave yourself some time and space every day – perhaps first thing in the morning or half an hour before sleep when you stay away from the digital distractions and spend some time with yourself, reading, writing, meditating, and connecting with yourself.
2. **Practice mindfulness:** Mindfulness is the key to self-awareness. Through mindfulness practice, you will be more present with yourself so that you can “be there” to observe what’s going on inside and around you. You can practice mindfulness at any time you want, through mindful listening, mindful eating or walking.
3. **Keep a journal:** Writing not only helps us process our thoughts but also makes us feel connected and at peace with ourselves. Writing can also create more headspace as you let your thoughts flow out onto the paper. You can also use the journal to record your inner state. Try this at home –choose a half day on a weekend, pay close attention to your inner world – what you are feeling, what you are saying to yourself, and make a note of what you observe every hour.
4. **Gain different perspectives:** Ask for feedback. Sometimes we can be too afraid to ask about what others think of us – while sometimes the feedback may be biased or even dishonest, you will be able to differentiate them from real, genuine and balanced feedback as you learn more about yourself and others. Research has shown conducting 360-degree feedback in the workplace is a useful tool to improve a managers’ self-awareness.¹

Problem-Solving Activities

Marshmallow Spaghetti Tower

Helps with: Collaboration

We can solve problems better as a team than we can alone, which means developing your team’s collaboration skills will lead to better problem-solving outcomes.

What You’ll Need (per team):

- 20 sticks of uncooked spaghetti
- 1 roll of masking tape
- 1 yard of string
- 1 marshmallow

Instructions:

1. The goal of this exercise is to see which team can use the materials provided to build the tallest tower within an allotted time period. The tower must be able to stand on its own.

¹ <https://www.developgoodhabits.com/self-awareness-activities/>

2. To make this exercise more challenging, try adding a marshmallow to the top of the tower. This team, problem-solving exercise helps teams think on their toes while building camaraderie and leadership.²

²<https://www.wrike.com/blog/top-15-problem-solving-activities-team-master/>