

Leading with Gravitas/Resources

Self-awareness: Johari's Window

A useful tool for increasing awareness of your current position is Johari's Window, devised in the 1950s by Joe Luft and Harry Ingham, two psychology professors at the University of California. They observed that there are aspects of our personality that we're open about, and others that we keep to ourselves. At the same time, there are traits that others see in us that we're not aware of, as well as untapped potential that is not recognised by ourselves or others.

The window is represented as a four box grid:

<p>(1) PUBLIC/OPEN AREA Known to me and others</p>	<p>(2) HIDDEN AREA Known to others but not to me</p>
<p>(3) PRIVATE AREA Known to me but not to others</p>	<p>(4) UNKNOWN AREA Not acknowledged by me or known to others</p>

Leading with Gravitas is available on Amazon as a paperback and Kindle. For more information about the *Leading with Gravitas* programme go to: www.leadingwithgravitas.zomicommunications.co.uk

