



*Training Course:
Unlocking Your Potential: The Journey of Self-
Awareness*

*15 - 19 December 2025
Lisbon (Portugal)*

Training Course: Unlocking Your Potential: The Journey of Self-Awareness

Training Course code: LS235362 From: 15 - 19 December 2025 Venue: Lisbon (Portugal) - Training Course Fees: 5750 € Euro

Introduction:

Self-awareness is the key to unlocking your full potential. This program equips you with the tools and strategies to gain valuable insights into your strengths, weaknesses, triggers, and motivations. Through self-reflection and feedback analysis, you'll develop a deeper understanding of yourself, leading to improved decision-making and personal growth.

Target Audience:

This program is designed for individuals who want to:

- Enhance their self-awareness through self-reflection and feedback analysis.
- Identify personal strengths, weaknesses, and areas for improvement.
- Understand their emotional triggers and develop healthier coping mechanisms.
- Make informed decisions aligned with their values and goals.
- Foster stronger relationships through improved communication and empathy.

Objectives:

By the end of this program, participants will be able to:

- Define self-awareness and its importance for personal and professional success.
- Develop strategies for effective self-reflection and self-assessment.
- Utilize various methods for soliciting and analyzing constructive feedback.
- Identify personal strengths and develop strategies to leverage them effectively.
- Develop a growth mindset and embrace feedback as a tool for improvement.

Outlines:

Day 1:

The Power of Self-Awareness

- Understanding the concept of self-awareness and its impact on our lives.
- Exploring the benefits of self-awareness for personal and professional development.
- Identifying common challenges and blind spots related to self-awareness.
- Setting personal goals for enhancing self-awareness.
- Interactive exercises: Exploring self-reflection techniques and personality assessments.

Day 2:

The Art of Self-Reflection

- Developing effective strategies for deep self-reflection.
- Identifying personal values, beliefs, and motivations.
- Understanding emotional triggers and their impact on behavior.
- Journaling techniques for self-discovery and personal growth.
- Guided meditations and mindfulness exercises to enhance self-awareness.

Day 3:

Seeking and Utilizing Feedback

- Understanding the importance of constructive feedback for self-improvement.
- Strategies for effectively soliciting feedback from colleagues, mentors, and others.
- Overcoming the fear of feedback and developing a growth mindset.
- Techniques for analyzing feedback objectively and identifying areas for development.
- Interactive exercises: Practicing giving and receiving constructive feedback.

Day 4:

Strengths and Weaknesses: A Balanced Approach

- Identifying and celebrating your unique strengths and talents.
- Strategies for leveraging your strengths to achieve your goals.
- Understanding the concept of weaknesses and opportunities for improvement.
- Developing action plans to address weaknesses and transform them into areas of growth.

- Group discussions: Strategies for maximizing strengths while working on weaknesses.

Day 5:

Building a Growth Mindset

- Understanding the concept of a growth mindset versus a fixed mindset.
- Embracing challenges and setbacks as opportunities for learning and development.
- Developing strategies for self-compassion and resilience in the face of difficulties.
- Creating an action plan for continuous self-awareness and personal growth.
- Sharing goals and celebrating achievements within the group.

Registration form on the Training Course: Unlocking Your Potential: The Journey of Self-Awareness

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