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# The Self-aware Leader

## Strengths-Based Self-Awareness Leadership & Teams Program

**"Self-awareness is the meta-skill of the 21st century." – Dr. Tasha Eurich**

Harnessing the Power of Science & Psychology to Empower Your People and Teams for Peak Performance: Enhancing Collaboration, Communication, Innovation, and Productivity  
Perfect for Boards, Leadership Groups, or Teams at Any Level.

### INTRODUCTION

In the dynamic and fast-paced world of the 21st century, self-awareness stands as a foundational skill that drives personal development and maximizes impact in professional roles. To meet the demands of today's competitive landscape, organizations require leaders and teams who possess a deep understanding of themselves and their colleagues. However, conventional approaches often fall short, providing limited perspectives or subjective measurements of personality traits.

In this white paper, we present our pioneering Strengths-Based Self-Awareness Leadership & Teams Program. Rooted in scientific principles and psychological insights, this program offers an objective and holistic approach to cultivating genuine self-awareness among individuals and teams. By leveraging our proprietary Natural Ability assessment and fostering a dynamic T.E.A.M. Culture, our program guarantees to enhance the performance and cohesion of your organization.

# THE IMPORTANCE OF SELF-AWARENESS

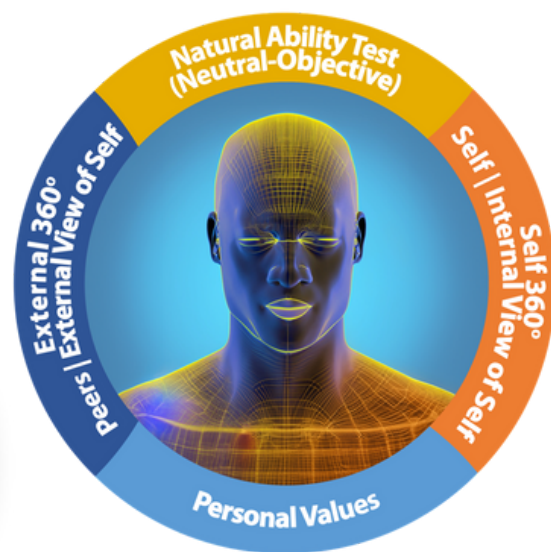
Self-awareness is recognized as a transformative meta-skill that enables individuals to recognize their strengths, limitations, emotions, and triggers. By understanding themselves better, individuals can improve communication, collaborate effectively, and unlock their full potential. Dr. Tasha Eurich aptly captures the essence of self-awareness in the context of the 21st century.

## OUR UNIQUE APPROACH

Our Self-Awareness program stands apart from traditional methodologies in its comprehensive and evidence-based design. We utilize a three-tiered approach to gain insights into individual self-awareness and team dynamics:

### Complete 360° Model

#### Key Benefits of the Self-Aware Leader



### 1. SELF – Personalized Surveys:

Each team member undergoes personalized surveys, designed to illuminate their internal perceptions and self-awareness. This step provides valuable insights into their communication styles, preferences, and potential blind spots.

### 2. PEER – Team Member Surveys:

We engage in team member surveys, aiming to understand how individuals are perceived externally within the team. This 360° perspective fosters an inclusive understanding of each team member's dynamics, enhancing collaboration and trust.

### 3. NEUTRAL/OBJECTIVE – Natural Ability Assessment:

Our proprietary objective testing methodologies evaluate each team member's genuine strengths and areas for improvement. By leveraging Natural Ability / Aptitude Testing, we provide objective measurements of raw ability and talent, going beyond subjective assessments.

### 4. VALUES – Personal Values Sort:

Making sure your values are in line with your work and the values of the company is a critical part of finding your personal fit as well as finding meaning in your work.

# THE TEAM WORKSHOP EXPERIENCE

To maximize the benefits of our Self-Awareness program, we offer an engaging team workshop, facilitated by an expert. During this workshop, team members will:

- Explore their individual and collective self-awareness through Personalized Leader and Ability Reports.
- Gain insights into team dynamics and how to best work together to achieve peak performance.
- Be introduced to our Dynamic T.E.A.M. Culture model, which fosters an environment of trust, collaboration, and innovation.

## Key Benefits of the Self-Aware Team



## PROGRAM INCLUSIONS:

- Natural Ability / Aptitude Testing for 8 to 10 team members.
- Detailed Team report with side-by-side comparisons of Team Strengths & Weaknesses
- Personal & Peer 360° Surveys for comprehensive self-awareness.
- Individual Personalized Leader and Ability Reports for in-depth insights.
- Personal Values Sort Exercise
- Team workshop to explore results and enhance team dynamics.
- Introduction to our Dynamic T.E.A.M. Culture model for fostering a high-performing and harmonious work environment.

## CONCLUSION

The Strengths-Based Self-Awareness Leadership & Teams Program represents a transformative opportunity for your organization to empower its leaders and teams. By harnessing the power of science and psychology, we ensure that your people operate at their best, collaborating effectively, communicating openly, fostering innovation, and achieving peak productivity.

In an era where self-awareness is the key to success, our program guarantees to make your leaders and teams more self-aware than ever before, enabling them to thrive in today's ever-evolving professional landscape.

Contact us to embark on the journey towards unlocking your team's full potential.

## USEFUL RESOURCES

Leadership Report Sample:

<https://www.naturalability.com.au/corporate/leadership-report/>

TEAM Report Sample:

<https://www.naturalability.com.au/corporate/team-report/>

Individual Report Sample:

<https://www.naturalability.com.au/corporate/individual-report/>