



INFORMATION = AWARENESS = PRESENCE = SUCCESS

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Awareness

Articulation

Awareness

Artificial intelligence: the capability of computer systems or algorithms to imitate human behavior

- Merriam-Webster

Awareness

“**Articulation** is how your mouth, lips, and tongue throw a party to make words sound crisp, clear, and awesome! Whether you're saying "supercalifragilisticexpialidocious" or just "hi," good articulation makes sure everyone knows exactly what you're saying—no mumbling allowed!”

- AI Resource

Awareness

Your personal articulation includes everything about you

Articulation is much more than just words.
Communication begins well before we even begin to talk.

55% Posture and gesture

38% Tone and tempo

7% the literal words

-Albert Mehrabian, UCLA



Awareness

What is Awareness

Awareness

It's really nothing new

Aristotle: Knowing yourself is the beginning of wisdom

King Solomon: A wise man will hear and increase his learning

Einstein: The measure of intelligence is found the ability to change

Gretchen Rubin: Self-awareness is a key to self-mastery

Capt. Jack Sparrow: The problem is not the problem; the problem is your attitude about the problem

Awareness

Who's in control at what level

Emotional Intelligence (EI) is the capability to recognize your own, and other people's emotions, and to use the information to guide your thinking and behavior

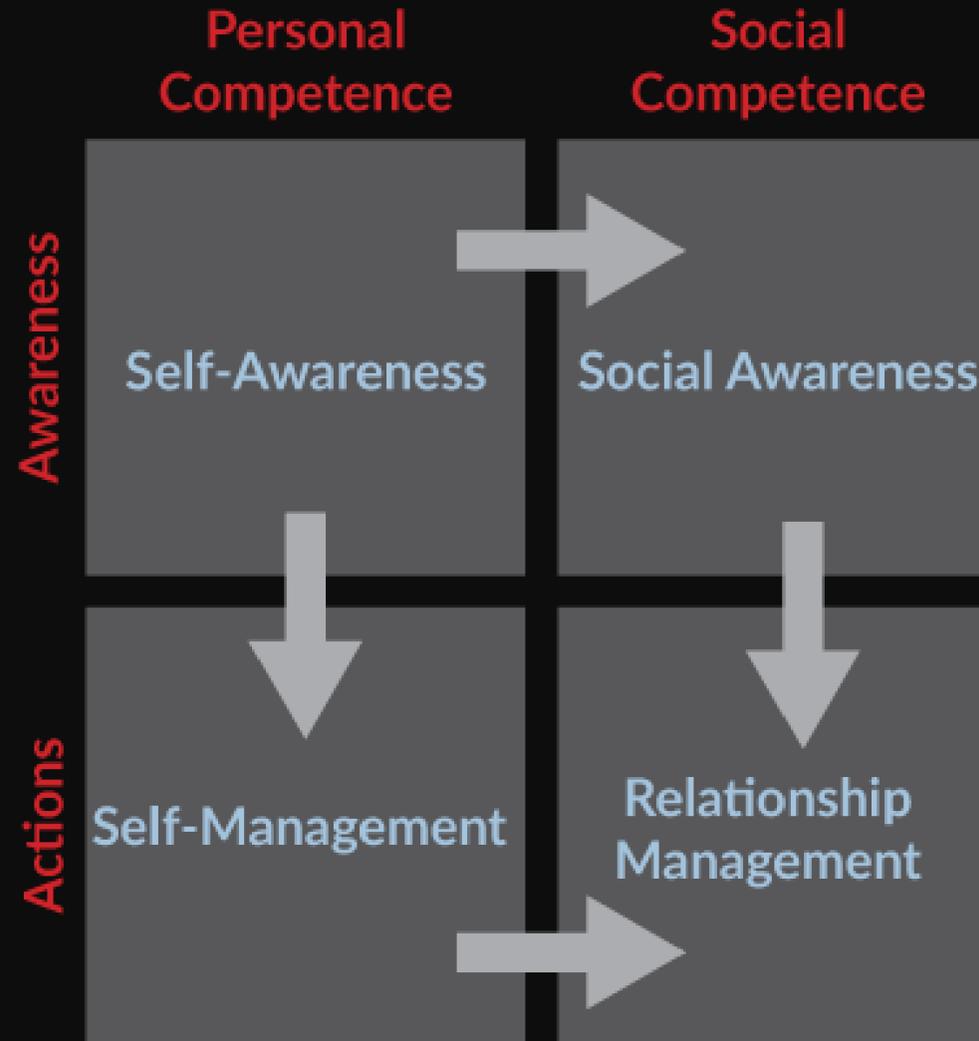
Awareness

Who's in control at what level

Awareness is knowing a lot about yourself and the people and things around you and using the information to manage your behavior and the performance and behavior of others

Awareness

The Benefits



Awareness

What Matters is What You Do

“Behavior is what a man does,
not what he thinks, feels,
or believes.”

- Emily Dickinson



Awareness

Behavior

“Know thyself,
improve thyself,
and complement thyself.”

- Anthony Tjan



Why Awareness is Important

Awareness

It's the Relationship

“The hardest thing for people to understand is that the relationship is the delivery system of anything you try to accomplish.”

- Peter Block, Designed Learning

Awareness

The Benefits of Knowing Yourself

Self-awareness is critical to developing and sustaining relationships at all levels

Awareness

The Benefits of Knowing Yourself

Self-Awareness: Staying in the present. *Grasping your emotions and remaining aware of them in any situation.*

Self-Management: Synching your thoughts and feelings. *Applying your awareness through positive behaviors.*

Empathy: Perceiving the emotions of others. *Understanding their circumstances.*

Humility: Absence of ego. *Understanding the power that attachment can have over you*

Interpersonal Communications: Understanding how different people exchange information through verbal and nonverbal messaging.

Relationship Building: The ability to apply people skills to manage interactions.

Awareness

The Benefits of Knowing Yourself

We can't change, adjust to, or manage what we are not aware of



Awareness

How We Develop Awareness

Awareness

Stop, Look and Listen



Awareness

We Take the Time to Define Ourselves

Who / What / Why



Awareness

We Explore Ourselves and Our Relationships

PSA: It's okay to *be both*



@silkandsonder

Awareness

You Being You

There is no inherent tension between being your authentic self and adapting to different circumstances. *Style* is what you do. *Authenticity* is who you are. You can adjust the former without misaligning from the latter so long as your actions are tethered to an ethos.

Tony Carr, Independent author

Awareness

The Steps to Awareness



Awareness

The Formula For Success

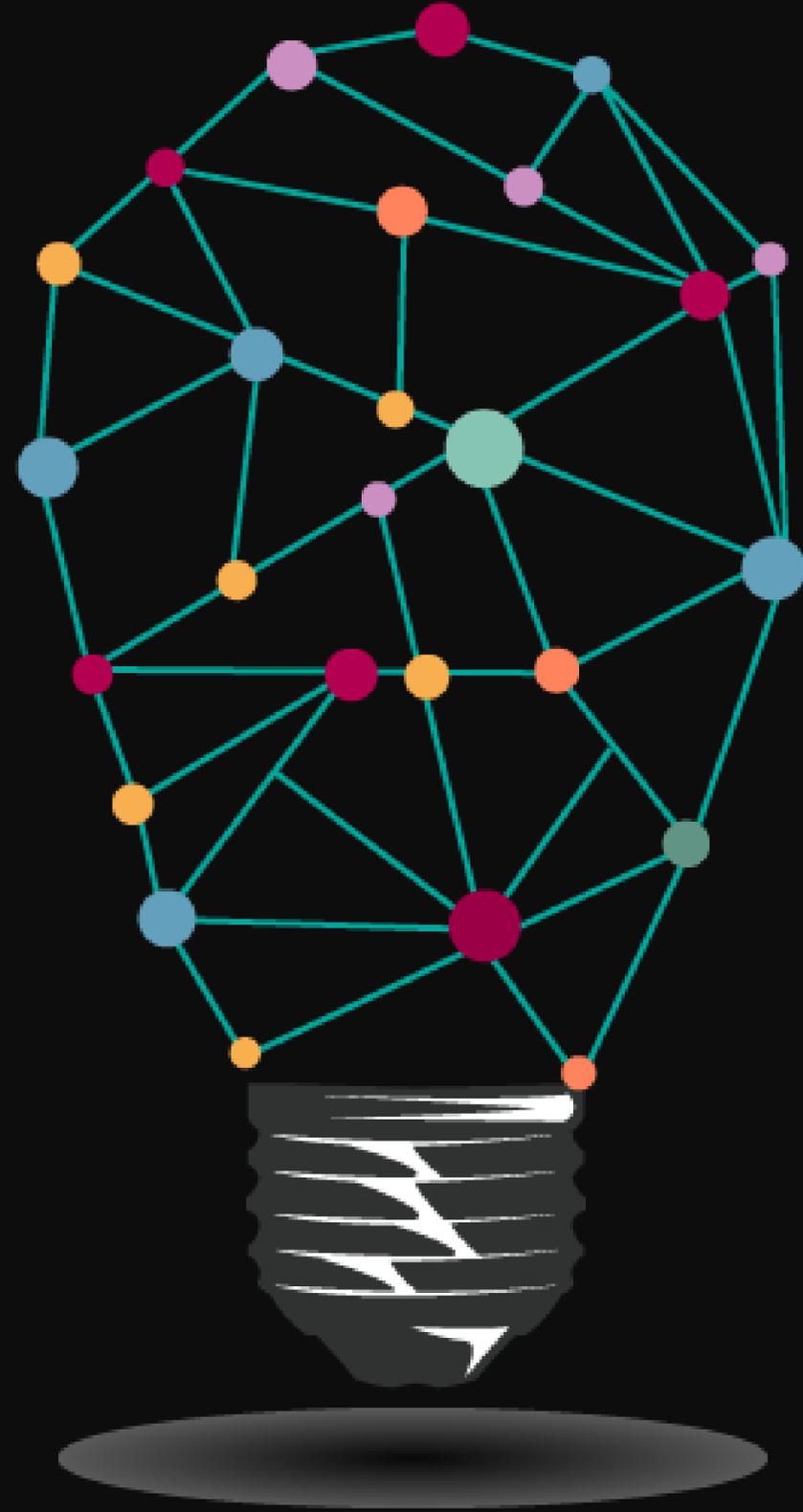
The McMillan Rose Formula

Information = Awareness = Presence = Success

Awareness

Step One

Information



Awareness

Information

- Information is knowledge obtained from observation, investigation, study, instruction, and/or experience (*Stop, Look, Listen*)
- Information is ubiquitous
- The ability to identify, manage and communicate the right information is a differentiator
- The right information allows you to better interpret and manage your awareness, behavior and performance



Awareness

Step Two

Self-Awareness



Awareness

Self-Awareness

- Awareness is knowing a lot about yourself and the people and things around you
- Awareness is seeing things as they are
- Awareness is constant learning
- Awareness is using what you have and applying it with purpose

Awareness

Step Three

Presence



Awareness

Self-Awareness

- Presence is the confidence to be who you are and to effectively communicate your message
- Presence is choosing to be present and visible
- Presence is occupying your space with intention
- Presence is showing up energetically every day bringing forth each of the four intelligences (*mental, physical, spiritual, and emotional*)
- Presence is the ability to influence and empower others

*Based on conversations with Barbara Busey
Presentation Dynamics (Indigenous)*



Awareness

Step Four

Success



Awareness

Success

- Success is knowing yourself
- Success is using your knowledge to better manage your behavior and performance and the behavior and performance of the people around you with empathy and equity
- Success is functioning at the highest possible level of your capabilities
- Success is more of a journey than a destination

Awareness

A Differentiator

Truly aware people:

- See Themselves as They Are
- Consistently Develop Their Ability to Use Better What They Have
- Effectively Manage Their Behavior and the Behavior of Others

Awareness

Self-Reflection

“To be genuinely self-aware you must first know yourself, and then transparently apply what you know to better manage your behavior.

Self-reflection is the process through which that happens”

Awareness

Self-Reflection

Being at the “top of your game”
only comes when you extract from
your past how to engage
the future.

James R. Bailey and Scheherazade Rehman

Awareness

They use better what they have



- Unknown



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