**THE HR PROFESSIONAL**

**Learning Outcome 5: ACTIVITY 6**

**SMALL GROUP ACTIVITY**

**My Johari window**

**Aims:**

The aim of this activity is to use a theoretical model as means of reflecting on your own personal awareness and understanding of yourself.

**Objectives:**

* To generate insights into self and the impact this has on others
* To seek and reflect on the view of others in order to inform personal development goals and plans

**Task Brief:**

* Draw up a list of what you know about yourself with regards to your attitude and approach towards this qualification. Distinguish between those items which you believe are known by others and those which have been kept to yourself.
* Select two members of your class and ask them to draw up a list of what they know about your attitude and approach to studying and work based on what you have revealed over the last few months.
* Transfer the information from all three of you to the Johari Window template and reflect on the following questions:
* Were there any surprises when you compared your list with those of your colleagues?
* Were some items from your hidden field known to colleagues?  
  Which items on your list influence how you interact with others in the workplace?
* What have you learned about yourself?
* What have you learned about yourself that would help others interact with you more effectively and that would help you interact with others more effectively?

**My Johari Window:**

**Known by self Unknown by self**

|  |  |
| --- | --- |
| **Open/Free Area** | **Blind Area** |
| **Known by others**  **Unknown by others** |  |
|  |  |
| **Hidden Area** | **Unknown Area** |

**Outcomes:** Your personal Johari window provides an insight enabling further reflection and development planning.

**Time:** 30 minutes