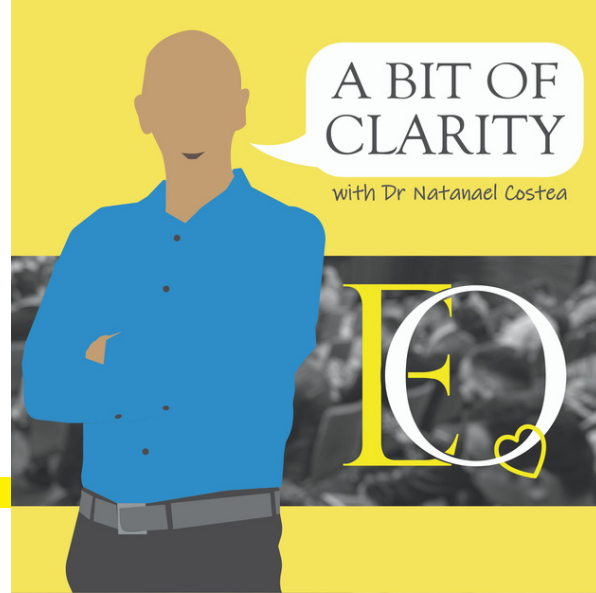


EP 039

SOCIAL-AWARENESS



SHOW NOTES

OBJECTIVE

> Develop an understanding of social-awareness.

UNDERSTANDING SOCIAL AWARENESS

Social-awareness refers to your ability to know and feel the people around you and the ability to interact with them in the most efficient and proper manner. People with a higher social awareness are able to:

- > Understand and communicate with people in a far better way.
- > Feel what they are feeling and say the words that are the best fit for the situation
- > Sense pain in others and take steps to alleviate it
- > Feel the vibe of the group and be a champion in communication and problem-solving
- > Be valued and respected for having above the average interpersonal skills
- > Contribute toward solving their society's problems in a most effective way.

BUILDING BLOCKS OF SOCIAL AWARENESS

- 1. Self-awareness.** Knowing yourself is the first step to knowing others. The deeper you go within, the higher you climb in consciousness.
- 2. Social intelligence.** The ability to build successful relationships and navigate social environments.
- 3. Perception.** The understanding of how people think about and make sense of other people.
- 4. Empathy.** The ability to emotionally understand what another person is experiencing.
- 5. Respect.** The willingness to accept people for who they are with dignity and understanding.
- 6. Observation.** The process of watching someone.
- 7. Active listening.** The art of giving full attention to others in conversations.
- 8. Kindness.** Doing good to others without seeking reward or recognition.
- 9. Organizational awareness.** The ability to understand an organization's structures and processes.
- 10. Cooperation and Competition.** Finding resolutions within groups and thus strengthening their competitive edge.

APPLICATION

> Note down three ways in which you have become more socially aware than before.

RESOURCES

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