

How self-aware are you?...

This questionnaire contains 20 pairs of statements which give different views on certain things. Using a five-point rating scale, circle the number that most closely reflects your view depending on the extent to which you can relate to the opposing statements. Please try not to 'sit on the fence', unless you genuinely feel you do not lean either way.

1	I find the comments of others helpful in learning how to do things	1	2	3	4	5	Most times I can learn to do things for myself	F	E
2	I usually keep my views to myself if I disagree with someone	1	2	3	4	5	I usually tell someone if I disagree with them	F	E
3	It's up to my manager to tell me how I'm doing	1	2	3	4	5	From time to time I ask my manager how I'm doing	F	E
4	When I do something new, I judge myself by my own standards	1	2	3	4	5	When I do something new, I like to be told how I've done	F	E
5	In team meetings I seek the views of others	1	2	3	4	5	In team meetings it is up to others to state their views	F	E
6	I tend to control my behaviour when my teams are around	1	2	3	4	5	I tend to behave quite naturally in the presence of my team	F	E
7	I am interested in what others think of me	1	2	3	4	5	Other people's views are their concern	F	E
8	I tend to speak up for my view	1	2	3	4	5	I tend to listen to others	F	E
9	I like to seek the reactions of others to my work	1	2	3	4	5	At the end of the day, I'm paid to come up with my own ideas	F	E
10	I am generally quite self-sufficient	1	2	3	4	5	I like to know where I stand with others	F	E
11	Colleagues usually know where they stand with me	1	2	3	4	5	Sometimes my colleagues are uncertain about my position	F	E
12	Generally, I find it informative to hear what others say about me	1	2	3	4	5	I dislike to hear what others think of me	F	E
13	In relationships, I keep my feelings to myself	1	2	3	4	5	In relationships, I make my feelings known	F	E
14	Sometimes I openly express anger	1	2	3	4	5	People rarely see my angry	F	E
15	I tend to keep my shortcomings to myself	1	2	3	4	5	I sometimes talk to others about areas where I could improve	F	E

Johari Window Questionnaire

Lucinda Becker, Felicity Becker



Johari Window Questionnaire:

Cases in Organization Development Bernard Lubin,Alice W. Lubin,Leonard David Goodstein,1979 **ICOMM:**

Interpersonal Concepts and Competencies Roy Berko,Joan E. Aitken,Andrew Wolvin,2010-02-16 ICOMM Interpersonal Concepts and Competencies provides an integrated approach to the study of interpersonal communication This accessibly written but authoritative text emphasizes the development of communication competencies including skills understanding of the theory and research that contextualizes the skills to make them relevant to learning and the motivation to put the skills into practice While incorporating many traditional intrapersonal and interpersonal topics found in current texts the book is distinctive in that it offers a skills based approach that is grounded in solid theory and research Students will find that the text is written in a personal and friendly manner stressing concepts skills and applications that should be an important part of their daily lives *Seven Steps to a Successful Career* Lucinda Becker,Felicity Becker,2016-04-07 Are you a student

thinking about the next steps in your career or study Are you taking an employability module at university or are you just keen to learn more about how to get the job you want If you answered yes to any of the above then this book is for you Clear focused and strategic it is written as a series of FAQs and builds upon real student experiences Designed to help the modern student it offers pragmatic jargon free advice which will help you to move forward into a successful job application or career change Key features of the book include Advice from current students graduates and employers Exercises designed to provide a quick fix when faced with challenges Checklists enabling you to record progress as you move through sections or tasks Practical steps you can take to sustain momentum as you move through your studies This is an ideal guide to making the most of your skills beating the competition and getting your ideal job The Student Success series are essential guides for students of all levels From how to think critically and write great essays to planning your dream career the Student Success series helps you study smarter and get the best from your time at university Visit the SAGE Study Skills hub for tips and resources for study success **Communicating** Roy Berko,Andrew Wolvin,Darlyn R. Wolvin,Joan E. Aitken,2016-09-16 This

highly regarded introduction to communication book offers a comprehensive blend of basic communication theory research and skills with a strong emphasis on relationship communication social workplace career and intercultural communication culture Communicating introduces the basic principles of communication and applies them to interpersonal group interviewing and public speaking contexts The book stresses communication competence through boxed material Learn by Doing activities thought provoking questions and self assessment tests New and strengthened pedagogy highlights and reinforces the book s social career and cultural themes with a particular emphasis on intercultural communication and communicating in an increasingly high tech global environment **Transition to Nursing Practice** Angela Darvill,Melanie Stephens,Jacqueline Leigh,2021-11-24 The transition from student to newly registered nurse can be daunting but with the right preparation you can step into your new role with confidence This book provides valuable guidance on what to expect

practical strategies for easing the transition and advice for supporting your ongoing personal and professional development
Key features o Each chapter is mapped to the new 2018 NMC standards o A new chapter on contemporary trends in nursing covers digital skills peer facilitation integrated working and more o Self assessment tools and reflective activities help you to examine your competencies and identify goals for your development o A chapter on health and wellbeing illustrates the importance of self care and recommends strategies to reduce stress and build resilience

Communicating with Credibility and Confidence Gay Lumsden, Mark E Lewis, Donald Lumsden, 2002-08 Complements and expands students understanding and use of the book Includes chapter summaries vocabulary lists with page references activities for reinforcement that integrate the World Wide Web and InfoTrac College Edition research logs group assignment worksheets speech evaluation checklists and chapter review self tests

Managing Police Work Jack R. Greene, 1982-02 Seven articles explore defining and measuring the police role human resources planning professionalism internal communications and police citizen interactions A model for assessing police crime control effectiveness emphasizes organizational and environmental factors affecting crime prevention goals Urban police agencies should consider adopting a social planning perspective measuring effectiveness by how well police serve the actual users of their services rather than the abstract public An analysis of police personnel planning finds that external factors e g labor supply economic trends affecting data collection should be incorporated into any planning effort An examination of professionalism concludes that police meet few of the criteria for professional standing and that it would be dangerous to award police professional privileges such as confidentiality A discussion of citizen complaints against urban police suggests that minorities particularly blacks assessments of police performance are negatively affected by police practices Analyses based on the Managerial Grid and Johari Window measures help synthesize current thinking about police managers leadership and communication styles Examining internal communications from the perspective of the individual officer researchers find a moderate to weak association between officers assessments of communications and job satisfaction These findings are consistent with ethnographic interpretations and cast doubt on administrative assumptions derived from organizational and motivation theory The articles include references and study data

Instructor's Manual to Accompany Interplay: the Process of Interpersonal Communication, 8th Ed Derek Lane, Ronald B. Adler, Russell F. Proctor, Lawrence B. Rosenfeld, 2001-05

Interpersonal Comm Wood, 2003-07 *Correctional Assessment, Casework, and Counseling* Anthony Walsh, 1997 This edition covers practical interviewing and counseling skills including how to adapt counseling theories to community or institutional corrections and how to supervise the alcoholic drug addict sex offender schizophrenic and mentally immature client Sample case materials such as presentence reports sentencing guidelines classification scales and risk and needs scales give readers an understanding of the actual assessment process An instructor s manual is available with the purchase of 10 or more books

Interpersonal Skills in Organizations Suzanne C. De Janasz, Karen O. Dowd, Beth Z.

Schneider,2006 Takes a fresh thoughtful look at the key skills necessary for personnel and managerial success in organisations today Contents Unit 1 Intrapersonal effectiveness understanding yourself 1 Journey into self awareness 2 Self disclosure and trust 3 Establishing goals by identifying values and ethics 4 Self management Unit 2 Interpersonal effectiveness understanding and working with others 5 Understanding and working with diverse others 6 The importance and skill of listening 7 Conveying verbal messages 8 Persuading individuals and audiences Unit 3 Understanding and working in teams 9 Negotiation 10 Building teams and work groups 11 Managing conflict 12 Achieving business results through effective meetings 13 Facilitating team success 14 Making decisions and solving problems creatively Unit 4 Leading individuals and groups 15 Power and politicking 16 Networking and mentoring 17 Coaching and providing feedback for improved performance 18 Leading and empowering self and others 19 Project management **Interpersonal Skills in**

Organizations Suzanne de Janasz,Karen Dowd,Beth Schneider,2008-02-04 Interpersonal Skills in Organizations by de Janasz Dowd and Schneider takes a fresh thoughtful look at the key skills necessary for personnel and managerial success in organizations today Chock full of exercises cases and group activities the book employs an experiential approach suitable for all student audiences The book is organized into 4 distinct sections Understanding Yourself Understanding Others Understanding Teams and Leading that can be used collectively or modularly depending on the instructor s preference and student audience need The emphasis in this edition focused on making the text more current along with making the text pedagogically effective for students and instructors **Irm Look Out, Look in** Adler,Proctor,Towne,2004-04

Interpersonal Skills Business Dowd,Suzanne C. De Janasz,2005 *Animal Husbandry Mimeograph Series* ,1996

The Mental Measurements Yearbook Oscar Krisen Buros,1989 *Human Relations at Work* Eggland,1992 **Human**

Relations for Career Success Steven A. Eggland,John Wynston Williams,1997-11-25 Development of three foundational skill areas is highlighted 1 basic communication skills 2 thinking skills and 3 personal qualities such as responsibility self esteem self management and integrity This product is designed to help students develop competencies in human relations applicable to all workers regardless of positions and roles The product s reviews and activities relate to both on the job and personal life **The Annual Handbook for Group Facilitators** J. William Pfeiffer,John E. Jones,1981 **The ETS Test**

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