



Improving Self-Awareness

SEHG-PD-1123 · Business · approx. 9 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

COURSE DESCRIPTION

A vital way of becoming more effective in both business and life is by becoming more self aware. If you can become aware of your self — your strengths and your weaknesses — then, you can become aware of the effects you create. Only once you know your effects can you know how to change them, or even whether you should. Implementing the guidelines in this course is the first step in a continual process of deepening your awareness of yourself and the affects you have on people and situations. Becoming more effective can only deepen your rewards in both your professional and personal life.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

SKILLS & LEARNING OUTCOMES

Upon completion, the student will be able to:

- Define the self and different aspects of the self
- Learn from introspection
- Understand the nature and value of emotions
- Appreciate themselves
- Appreciate others
- Improve effectiveness

WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 13 course modules
- 9 instructional videos — 9 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Introduction**
 - Course Objectives
- **Module 2 — What Is the Self?**
 - The Physical Self
 - The Emotional Self
 - The Mental Self

- The Spiritual Self
- **Module 3 — Awareness of the Physical Self**
 - Scanning
 - Progressive Relaxation
 - Physical Stressors
 - Exercise
- **Module 4 — Time Management**
 - Organization
 - Goal Management
 - Priorities
 - Procrastination
- **Module 5 — The Emotional Self**
 - Validity of Emotions
 - Utility of Emotions
 - Emotional Arousal
 - Emotional Valence
- **Module 6 — Mood Management**
 - Emotional Intelligence
 - Categories of Emotion
 - Increasing Arousal
 - Decreasing Arousal
- **Module 7 — The Mental Self**
 - Thinking Style
 - Learning Style
 - Personality
 - Stinking Thinking
- **Module 8 — Interpersonal Awareness**
 - Addressing Different Thinking Styles
 - Addressing Different Learning Styles
 - Active Listening and Body Language
 - Transactional Analysis
- **Module 9 — The Spiritual Self**
 - Mindfulness
 - Meditation
 - Cultivating Positivity
 - Gratitude
- **Module 10 — Limitations of Self Awareness**
 - Navel Gazing
 - Excessive Self Discipline
 - Developing Humility
 - Developing Empathy
- **Module 11 — Independence versus Interdependence**
 - What is Interdependence?
 - Systems Theory
 - More Than the Sum of All Parts
 - Team Building
- **Module 12 — Assessment**
- **Module 13 — Wrapping Up**
 - Course Summary

COMPLETION & CERTIFICATION

Completion-based: a certificate of completion is issued after all course videos have been viewed.
The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$49 · SEHG-PD-1123 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.