



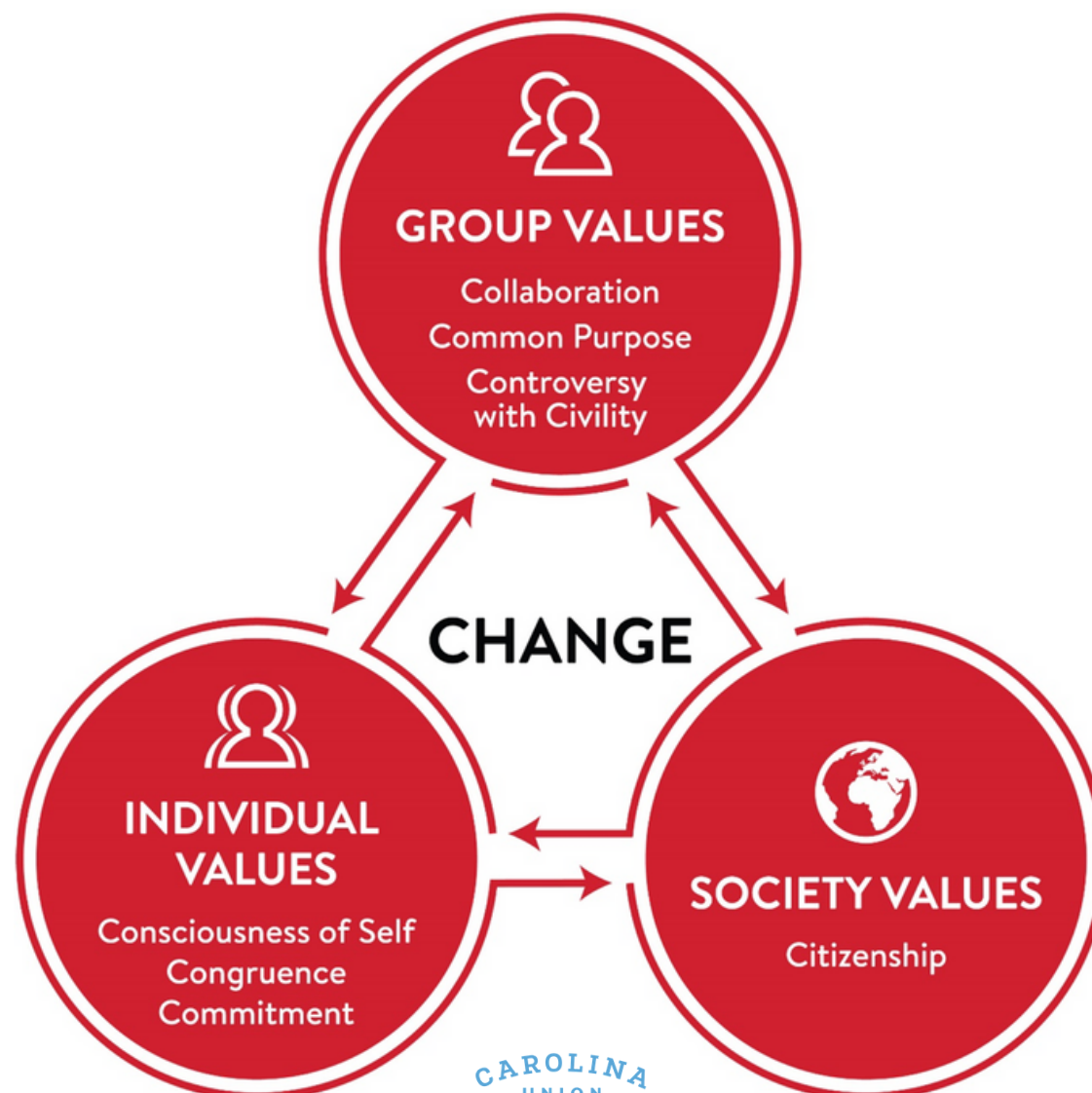
Discovering You!

MATERIALS NEEDED:

- A computer with wifi access
- Paper and a writing utensil
- About an hour's time
- An open and honest mind!

DEFINITIONS

The LEAD Workshop series is grounded in the principles of the social Change Model of Leadership and its 7 C's (See below). In the SCM, an individual can enter the process at any point: as an individual, as part of a group, or as a member of society. Within each component, you will find values that are important to creating change. Change is the hub which the SCM revolves around.





DIY

THE C'S FOR THIS WORKSHOP

Consciousness of Self

This workshop aims to prepare leaders to consciously understand and assert their needs as an act of respect for themselves, their peers, and their wider social circles. Students will be able to identify their needs and effectively communicate them to others.

Congruence

This workshop focuses on treating one's self with the same respect as one does to others; to do so is to display congruence of one's values across all people.

INSTRUCTIONS (PART 1)

- 1 Take the 16 personalities assessment (takes about 10 minutes) and read your results!
- 2 Watch the Myer's Briggs Personality Types Explained video
- 3 Take time to reflect on your results, included below are some questions to help you examine and better understand your personality type



DIY

Myers Briggs Personality Test

Take the test here!

<https://www.16personalities.com/>

Learn More about the test by
watching this video!

[https://www.youtube.com/watch?
v=TgxsDlgvZ9w](https://www.youtube.com/watch?v=TgxsDlgvZ9w)





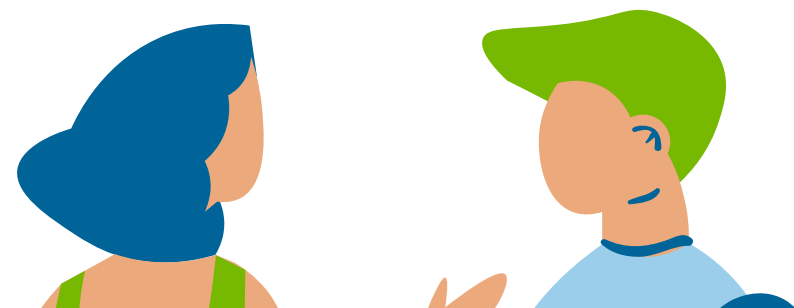
DIY

Why is it important?

Self-awareness is extremely important! Knowing how you operate can help you improve as a leader.

By getting to know and understand yourself you can seek opportunities that will help you thrive as a leader and team member.

You may discover your areas of strengths and weaknesses, by identifying and recognizing them, you can work to improve and strengthen them to help you be the best leader you can be!





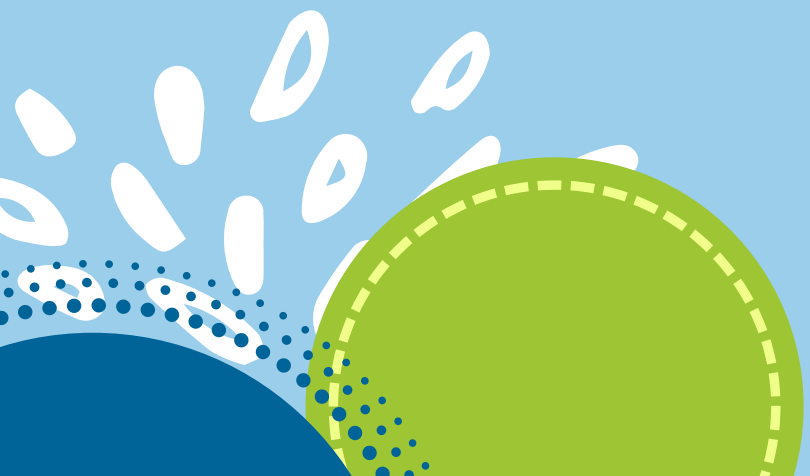
DIY

REFLECTION POINT

Were you surprised by your results? Why or why not?

Think of a leadership experience in which you exemplified your personality type, what was the outcome and how did you feel about your performance as a leader?

Notice that there are strengths and weaknesses included in the results. Name a few ways you can work on those strengths and weaknesses and how they can help you as a leader.



INSTRUCTIONS (PART 2)

- 4 Take the "High Five" Strengths assessment
- 5 Read the Self-Awareness Article
- 6 Time to Reflect! Below you will find some guiding questions to help you look over what you have learned!
- 7 Please go to go.unc.edu/LEADDIY to track your completion. Make sure you enter your PID! Additionally, anyone else who worked with you can track their completion.



DIY

Top 5 Strengths Test

Take the test here!

<https://high5test.com/>

Learn more about self awareness here!

<https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>

REFLECTION POINT

What strengths were surprising or new for you?

Looking at your leadership in the past, do you see yourself utilizing your strengths to be the best leader? If not, how would you have done things differently?

How can you use these skills in your everyday life? What would that look like?

Is there something that you think is missing from your top 5 strengths that you want to improve on?



APPLY YOUR LEARNING

Places to be aware of your personality type and top five strengths!

1. In the classroom or in meetings
2. When you are working with someone new or different
3. When you are frustrated
4. Mediating conflicts and misunderstandings
5. Modeling the way for others
6. When you get something wrong
7. Basically, anywhere!



DIY

*If you are interested in taking the
official Myers Briggs and
StrengthsFinder Assessments, email
anthony.wright@unc.edu.*

These assessments are provided free to students through the Office of Student Life and Leadership!



DISCOVERING YOU!!

Visit go.unc.edu/LEADDIY to track your completion