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Bringing dual awareness  
to your organization



# Everything starts with you...

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# 1

## **Self-reflection**

Understand your own emotions, thoughts, and behaviors and how they impact others.

# 2

## **Empathy**

Practice putting yourself in others' shoes to understand their perspective and emotions.

# 3

## **Active Listening**

Listen to understand others' emotions and perspectives, both verbally and non-verbally.



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**4**

### **Communication skills**

Use clear, open, and honest communication to build trust and understand others.

**5**

### **Mindfulness**

Practice being present and emotionally aware of yourself and others.

**6**

### **Emotional regulation**

Learn emotion management techniques to respond effectively to others.



# Integrating dual awareness into your organizational practice...

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## 7

### **Comprehend the environment**

Understand the organization's values and goals, while being attentive to external changes.

## 8

### **Mindful Decision-Making**

Think of long-term effects on your organization, the environment and yourself in decisions.

## 9

### **Feedback & seeking advice**

Get feedback and seek advice to make better decisions for organization and personal benefit.

Impact that matters.

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