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Incredibly well-written, easy to understand, and powerful insights about self-awareness. One of the greatest things under-represented in the leadership

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(coaching) literature are frameworks and models about how to tackle the issue of self-awareness.

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Tasha Eurich offers this definition: “ Self-awareness is, at its core, the ability to see ourselves clearly – to understand who we are, how others see us, and how we

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fit into the world around us. ”

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Integrating hundreds of studies with her own research and work in the Fortune 500 world, organizational psychologist Dr Tasha Eurich shatters conventional

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assumptions about what it takes to truly know ourselves - like why introspection isn't a bullet train to insight, how experience is the enemy of self-knowledge, and just how far others will go to avoid telling us the truth about ourselves.

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Self-awareness is the ability to understand who we are and what others think of us, and it consists of seven insights. Internal self-awareness is about knowing ourselves; being conscious of our likes and dislikes, our ambitions, our place in the environment and our impact on other people.

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Fortunately, reveals organizational psychologist and New York Times bestselling author Tasha Eurich, self-awareness is a surprisingly learnable skill. Insight integrates hundreds of studies with Eurich ' s own research and work in the Fortune 500 world, revealing the surprising myths, unseen roadblocks, and the scientifically-supported path to self-awareness.

Insight: Home Page

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