SNS COLLEGE OF ENGINEERING

Kurumbapalayam (Po), Coimbatore – 641 107
An Autonomous Institution
Accredited by NBA – AICTE and Accredited by NAAC – UGC with 'A' Grade
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

DEPARTMENT OF MANAGEMENT STUDIES

COURSE NAME : 19BA202 – HUMAN RESOURCE MANAGEMENT

I YEAR /II SEMESTER

Unit 3 – TRAINING AND EXECUTIVE DEVELOPMENT

Topic 5(a): Self Development

SELF DEVELOPMENT

MEANING

Self – development means a personal desire to improve through an individual's attempt to embark on study and practical explosive that are independent of an organization's role and contribution.

◄ Self development is also known as Self Control.

MODELS FOR SELF DEVELOPMENT

Development of self-awareness

Self awareness is concerned with the identification of what one is.

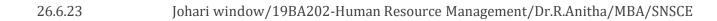◄ Explained by Joseph Luft & Harrington Ingham

JOHARI WINDOW

JOHARI WINDOW

The Johari Window is **a framework for understanding conscious and unconscious bias that can help increase self-awareness and our understanding of others**. It is the creation of two psychologists, Joseph Luft and Harrington Ingham, who named the model by combining their first names.

JOHARI WINDOW

	Known to Self	**Not Known to Self**
Known to Others	Arena "Open Self"	Blindspot "Blind Self"
Not Known to Others	Facade "Hidden Self"	Unknown Self

JOHARI WINDOW

- Increase the size of the open area without disclosing too much personal information about yourself

- Decrease the size of the hidden and unknown areas.

- The Johari Window is a model used to help people better understand their relationships both with themselves, and with others.

RECAP

QUESTIONS???

THANK YOU