



Create the Conditions

Module 2:

Building Self-Awareness.

Theme: Learning to align our inner and outer worlds to become more mindful facilitators.

01

(1 min)

Introduction and Learning Objectives

As we learn to align our inner and outer worlds to becoming mindful facilitators it is essential we grow our own self-awareness. Self-awareness allows us to respond rather than react, helping us show up more intentionally in our work. When our inner values align with our outer actions, we create trust and authenticity in the spaces we hold. The more we understand our triggers, emotions, and communication patterns, the more we can model self-awareness for young people.

By the end of this module, you will:

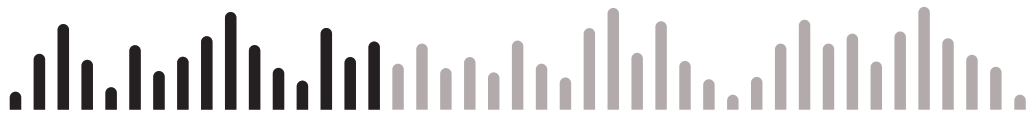
- 1. Identify** how self-awareness impacts your work and relationships.
- 2. Recognise** where your inner world and outer actions align—or don't.
- 3. Explore** how mindfulness and presence improve your ability to support young people.
- 4. Create** a small action plan to increase your self-awareness.

02

(5 min audio recording)

Guided Visualisation

Before we begin, this exercise is an opportunity to observe yourself with curiosity and kindness, without passing judgment. If anything feels uncomfortable, remind yourself that awareness is the first step toward change. Allow yourself to simply notice what comes up.



03

(20 min)

Reflective Journaling & Self-Inquiry

Continuing on from the visualisation, take 20 minutes to journal your thoughts. There are no right or wrong answers, this is your personal reflection space to engage with the prompts as deeply as you are able.

Journal Prompts:

1. What did I notice in my three reflections?
2. Was there a difference between who I was taught to be, how I present myself, and my truest self?
3. Where in my life do I feel most aligned with my true self?
4. Where do I feel I am performing or suppressing part of who I am?
5. What would it feel like to bring my actions and values into full alignment?

Trauma-Informed Reminder

This process is about gentle self-exploration.
Growth does not happen overnight, but small steps
toward self-awareness are meaningful.

04

(20 min)

Interactive Activity: Self-Alignment Exercise

This creative activity helps you see how we can better align all the parts of ourselves. Use whatever artistic medium you desire but the number one rule is that there is no rules. Take your time and enjoy the process!

Instructions:

- Fold a piece of paper in half.
- On one side, write "How I present myself to the world."
- On the other side, write "How I truly feel inside."
- Open the paper. Compare the two: Where do these align?
- Think critically: Where do they differ?
- Create a list and identify as many actions needed to bring these closer together.

Reflection Questions After the Activity:

- What patterns did I notice?
- Where do I feel I am not showing up fully as myself?
- What's one area of my life where I can practice more authenticity?

05

(10 min)

Personal Reflection

Take time to reflect (or write if you prefer) on the following.

- Why do people often present themselves differently than they feel inside?
- How does self-awareness improve the way we engage with young people?
- What is one area of my life where I feel fully authentic?
- What small shift can I make this week to be more present in my work?

06

(5 min)

Closing Takeaway & Action Step

Key Insight:

Awareness is the first step toward alignment. The more we understand ourselves, the more we can show up with honesty and integrity.

Actions for the week ahead:

Choose one moment each day to pause and check in with yourself. Have the courage to self-reflect regularly. Ask yourself: Am I being fully present? Am I responding or reacting?



Thank you

Thank you for taking this time to look inward and explore your own self-awareness. The more we understand ourselves; our patterns, our values, and our inner conflicts, the more intentional we can be in how we show up for others.

By deepening your awareness, you're not just strengthening your personal growth, you are also creating a foundation of trust and integrity in the work you do. Young people learn as much from what we do as from what we say. When we show up authentically, with honesty and self-reflection, we give them permission to do the same.

Thank you for the work you are doing, not just in the lives of others, but within yourself. Your commitment to self-awareness is shaping the future, one conversation at a time.