

TEACHING ARTIST

Self Awareness

Teaching Artist Toolkit: Building Relationships

Don't Overestimate yourself

Start by giving yourself permission to be imperfect. Reflect intentionally on how you behaved in a difficult moment or tense interaction.

Ask yourself:

- What was I feeling right then?
- Did my tone match what I intended?
- How might I have contributed to the dynamic?

This is not self-blame. It's honesty. And honesty is what unlocks growth

Encourage Communication

You don't need dramatic conversations.

You just need regular, respectful check-ins that say, "We're in this together, and we want each other to succeed."

Ask Yourself Questions

When tension shows up, resist the urge to explain it away. Instead, examine it.

Try these simple but revealing prompts:

- What else was happening that day that might have shaped my reaction?
- Was something said, or left unsaid, that struck a nerve?
- Did I assume something without checking it?
- How might my response have affected the other person?

These questions open a door. They help you move from defensiveness to insight.

Discuss This

Speaking your goals aloud makes them real.

Name the qualities you want to strengthen: patience, clarity, empathy, confidence, responsiveness; whatever fits your current chapter. Share it with a friend, partner, mentor, or colleague. Let them know you're intentionally working on becoming more self-aware.

Don't be afraid to take risks and put yourself out there. You have to be an active participant. ~ Halima Aden

arts
+
more

*What three words
best describe me?*

*What's the best advice you've
ever received from me?*

Just Ask

*What do you wish more
people knew about me?*

*What is something I do
that you wish I wouldn't*

*What are my positive
and negative traits?*

*Trust yourself ~
Make decisions based on what feels
right rather than others' expectations.*