



# Dr. Tasha Eurich

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## THE POWER OF INSIGHT: How Self-Awareness Helps Us Succeed

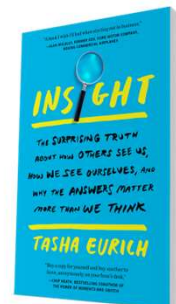
**Key Themes:** Why self-awareness is the foundational skill for success and happiness in the 21st century; how to get more of it to advance at work, deepen our connections, and live a fulfilling life.

**Self-awareness is the meta-skill of the 21st century.** Research shows that knowing who we are and how we're seen makes us more successful and promotable, better communicators and relationship-builders, more agile and influential change makers, better parents and partners, to name a few. There's just one problem: most people don't see themselves quite as clearly as they think.

**Fortunately, self-awareness is an infinitely developable skill.** Drawing on her original research on the inner workings of thousands of people, hundreds of scientific studies, and 20 years as a sought-after executive coach, Tasha helps audiences discover **the surprising myths, unseen roadblocks, and scientifically proven path to self-awareness.**

### Sample Objectives

- A. How self-awareness drives success & well-being (+ **why we aren't as self-aware as we think**).
- B. A high-level **self-awareness assessment** (+ what it means for your success).
- C. Several practical tools to **increase authenticity & empathy**.
- D. A fresh approach for **seeking out regular, candid feedback**.



### Value for Participants

- 1. Sharpen purpose and spark performance to **enhance job & career success**.
- 2. **Build & deepen connections** with colleagues, customers, & loved ones.
- 3. Increase change readiness to **advance in an uncertain world**.
- 4. **Boost well-being & confidence** (while busting burnout & doubt).
- 5. Feel **revitalized, inspired, & ready to rediscover joy** in who you are & what you do.

### Ideal Audiences

Private & public sector professionals, leaders, executives; Entrepreneurs; Direct sales; Associations; Students & educators; Nonprofits & NGOs. **Tasha is passionate about offering customized content, messaging, and data for every audience.**

