Campus Consultancy

Welcome!

Self-Awareness

API POWERful Women Program

March 2nd, 2022

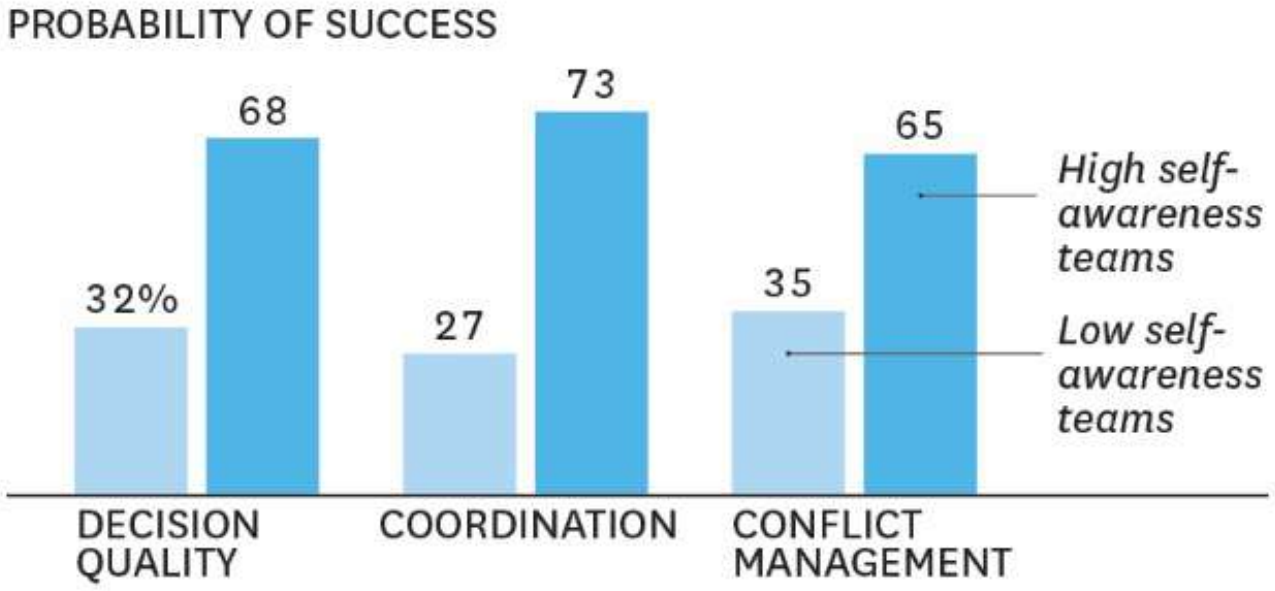
Connect on LinkedIn by searching "Josh Farr"

Join "Campus Leaders Community" in Facebook Groups

Harvard Business Review

HIGH SELF-AWARENESS LEADS TO BETTER TEAM PERFORMANCE

A simulation shows that it affects decision-making, coordination, and conflict management.



SOURCE ERICH C. DIERDORFF AND ROBERT S. RUBIN

HBR.ORG

"Men, in particular, are confident in their driving skills **with 8 in 10 considering their driving skills better than average**."

Source: https://www.businessinsider.com.au/americans-are-overconfident-in-their-driving-skills-2018-1?r=US&IR=T

"6,500 randomly selected professors from 259 American universities. Each email was from a (fictional) prospective out-of-town student whom the professor did not know, expressing interest in the professor's Ph.D. program and seeking guidance.

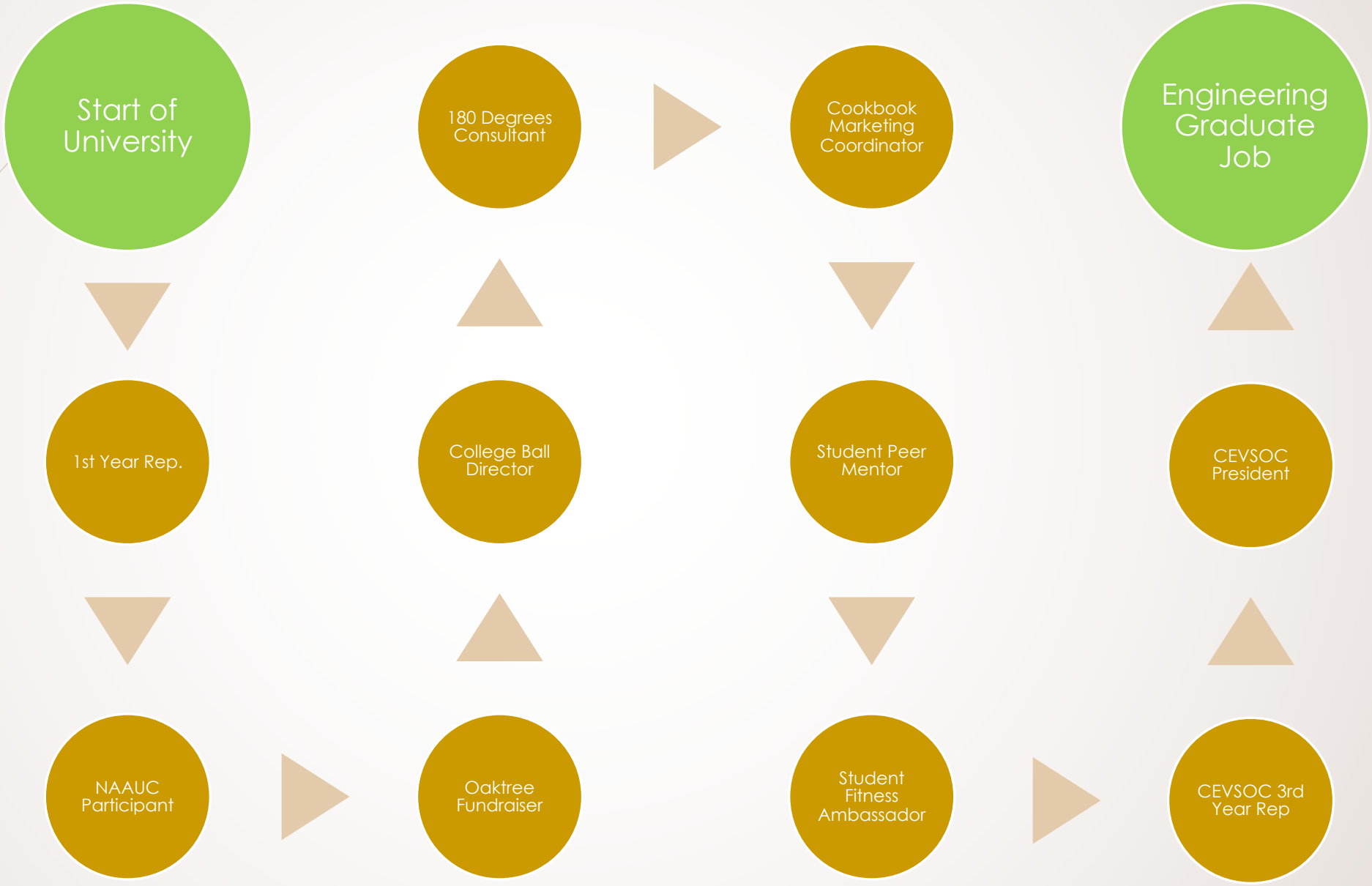
Professors were more responsive to white male students than to female, black, Hispanic, Indian or Chinese students **in almost every discipline and across all types of universities**.

We found the most severe bias in disciplines paying higher faculty salaries and at private universities."

Source: https://www.nytimes.com/2014/05/11/opinion/sunday/professors-are-prejudiced-too.html

Expectation vs Reality

Expectation vs Reality



Life after graduation

Source: Barangaroo Delivery Authority

Source: Tract Consultants

Source: Forbes

Paid ✓

Good at it ✓

Needs ✓

Love ✗

Retiring at 22 years old

Whistler, BC
Seattle
WASHINGTON
MONTANA
NORTH DAKOTA
MINNESOTA
ONTARIO
Ottawa
Toronto
SOUTH DAKOTA
WISCONSIN
MICHIGAN
OREGON
IDAHO
WYOMING
NEW YORK
Chicago, IL
NEBRASKA
OHIO
PENN
NEVADA
UTAH
United States
COLORADO
KANSAS
MISSOURI
INDIANA
WEST VIRGINIA
VIRGINIA
San Francisco, CA
KENTUCKY
Las Vegas, NV
OKLAHOMA
TENNESSEE
NORTH CAROLINA
ARIZONA
NEW MEXICO
ARKANSAS
SOUTH CAROLINA
San Diego, CA
Dallas, TX
ALABAMA
TEXAS
GEORGIA
New Orleans, LA
Houston

Germany
Belgium
Czech Republic
Slovakia
Ukraine
Austria
Moldova
Hungary
France
Switzerland
Romania
Bosnia and Herzegovina
Serbia
Italy
Bulgaria
Athens
Spain
Greece
Turkey

Source: Forbes

Paid

Good at it

Needs

Love

A new career path…

Understanding Your Members

Super Creativity
Engineering
Engineers Australia
SPACEX

Source: Tract Consultants

Session Objectives
Student leaders will be able to:
1. Identify an area of development.
2. Set Zone-2 goals.
3. Identify barriers using the Failure-Root Cause-Alternative method.
4. Apply a growth mindset to their limiting beliefs.
5. Leverage personal branding to help them achieve their goals.

Josh Farr
The Power of Personal Bran

Source: Forbes

Paid ✓

Good at it ↑

Needs ✓

Love ✓

“

Our mission is to connect and develop the most influential leaders on campus.

”

Campus Consultancy

Understanding Your Members

Super Creativity
Engineering
Engineers Australia
SPACEX

Source: Tract Consultants

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Josh Farr
The Power of Personal Bran

EMV - Abhishek Maurya
Josh Farr
EMV - Priyanka
BAP-AAKRITI KOUL
EMV - Noelle Philipose
BAP Faculty Advisor Jenny H...
BAP - Shilpa
BAP - Krishna Chandrapati
BAP - Neha Nagaraja
BAP - Shruti
BAP-Gurpreet Singh
EMV - Larrie Barthelot
Faculty Deakin Uni - Mich...

Tam Tran
Josh Farr
Ella Roberts
Alexis McKay
Maria Rapetti
Amelia Pointon
Celine
Marnie Denlay
Marceline Overduin
Kate
Alison Roennfeldt
Sonia Kleinig
Mariana
Elli Lam
Chelsea Macauley
Nahalina Yu
sarah
Preethi Purohith
Emelin Ananda
Kira
Evdoxia Lagonik
jennytran
An Dieu Trang Nguyen
Sivaranjani Ayyappan
Sarah Haddad

sanisha ECU WA
jody ECU

Recording
Steph Parma
Josh Farr
David Nguyen
Nicole Piyathida
Meaghan
Mayara Genaro Silva
Sean
Prashanthy
Liv
Alyssa Goodman
Gajendra Singh Shekhawat
Shubham
ary ramires
aliceperichon
liesvandensteen
Roland Somlai
Siran Uhrig
Aleksandr
Lucian Green
Edward
1/3
1/3

University Clients

Consulting, Advising, Partnerships & Pro-Bono

Since 2021…

A PROUD SUPPORTER OF OZHARVEST

… by attending today 1 meal has been donated in your honor

5-Arms of Emotional Intelligence

*Headline areas based on the Daniel Goleman Framework

1. Ikigai
2. Identity Crafting
3. Belief Mapping
4. Leadership Archetypes

Self-Awareness

1. Emotional Regulation
2. Time-Management
3. Energy Management
4. Growth Mindset

Self-Regulation

1. Motivating Self/Teams
2. Goal-Setting
3. Lean Startup Strategy

Motivation

Empathy

1. Empathy Mapping
2. 12-Types of Empathy
3. Design Thinking
4. Conflict Management

People Skills

1. Communication Skills: Story Telling
2. Personal Branding
3. Giving Effective Presentations
4. Teaching & Questioning Skills
5. Make an Impression & Sell Your Skills
6. Navigating Difficult Conversations

Self-Awareness: Ikigai

Source: Forbes

What would you love to do in 2022?

Love to do

1. What would make 2022 great?
2. What would you LOVE TO DO as a student/employee this year?
   i. In your personal development? (books, podcasts, Academy)
   ii. In your career? (promotion, project, mentor, mentee)
   iii. In your self care? (Health, wellbeing)
   iv. In your life outside of work? (Holiday)

Source: Forbes

What skills can you utilize and develop in 2022?

Skills and strengths

1. My top leadership skills are…
2. One way I can utilize those skills for my career is…
3. The leadership skill I want to develop in 2022 is…
4. The way I will develop that skill is…

5. My top technical skills are…
6. One way I can utilize those skills for my career is…
7. The technical skill I want to develop in 2022 is…
8. The way I will develop that skill is…

** Breakout rooms, share and add to ways to develop (book, podcast, course etc.)**

Source: Forbes

What cause(s) do you want to contribute to in 2022?

What the world needs

1. The problem in the world I most want to contribute to is…
2. To learn more about that problem I can…
3. I can start contributing to solving that problem now by…
4. To find others who are passionate about this cause I can…

Books

Mindset, by Carol Dweck

Leaders Eat Last & Start With Why, by Simon Sinek

The 7 Habits of Highly Effective People, by Stephen Covey

Daring Greatly, by Brené Brown

Leaders Eat Last, by Simon Sinek

Linchpin, by Seth Godin

Radical Acceptance, by Tara Brach

The Effective Executive, by Peter Drucker

Hope In The Dark, by Rebecca Solnit

TED Talks

Amy Cuddy (Body Language)

Carol Dweck (Growth Mindset)

Simon Sinek (Golden Circle)

Dan Pallotta (Charity Reframed)

Rita Pierson (Education)

Angela Duckworth (Grit)

Tim Ferriss (Fear Setting)

Susan Cain (Introverts)

Drew Dudley (Small Acts of Leaders)

Brené Brown (Vulnerability)

… and **me** Josh Farr (Leadership)

Thank you!

Do you have any questions?

Contact me at josh@campusconsultancy.org

Search "**Josh Farr**" on LinkedIn/Google or:
www.linkedin.com/in/joshdfarr