



Leader Professional Development Kits

LPD Summary

This LPD session will teach Army leaders how to enhance their leadership capabilities by becoming more self-aware.

Learning Objectives

- Identify the characteristics of a self-aware leader.
- Describe why leaders need to be self-aware.
- Discuss strategies for improving your self-awareness.

Materials Recommended

- Facilitator Guide
- PowerPoint Slides
- Participant Packet
- PC Computer or Laptop
- Projector, screen, & A/V cables
- Markers & paper or white board

Let's Connect!

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The Value of Self-Awareness



PREPARATION:
60 MIN

DELIVERY:
42 MIN

AUDIENCE:
O1-O3, E5-E8

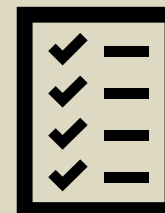


Step-by-Step Instructions for Delivering This LPD Session



1. Schedule

- Schedule the LPD session.
- Reserve space and equipment.
- Coordinate support roles.



2. Prepare

- Study the Facilitator Guide and materials.
- Tailor the presentation for your unit as needed.
- Print out participant packets.



3. Deliver

- Prepare the room.
- Deliver the session using the Facilitator Guide, PPT slides, and handouts provided.



4. Group Discussion

- Ask tough questions.
- Discuss how information can be applied to your unit/team/organization.
- Determine what actions leaders will take to make improvements.