

LES 4 ARCHÉTYPES DE LA CONSCIENCE DE SOI

D'APRÈS LE TRAVAIL DE TASHA EURICH (2018)



CONSCIENCE DE SOI INTERNE

INTROSPECTEURS

Ils ont une idée claire de qui ils sont, mais ne remettent pas en question leurs propres vues ou ne recherchent pas leurs points morts en obtenant des retours des autres. Cela peut nuire à leurs relations et limiter leur succès.

CONSCIENTS

Ils savent qui ils sont, ce qu'ils veulent accomplir et recherchent et apprécient les opinions des autres. C'est là que les leaders commencent à réaliser pleinement les véritables avantages de la conscience de soi.

EN QUÊTE

Ils ne savent pas encore qui ils sont, ce qu'ils défendent, ni comment leur équipe les voit. En conséquence, ils peuvent se sentir coincés ou frustrés par leur performance et leurs relations.

SOUCIEUX DE PLAIRE

Ils peuvent être tellement concentrés sur l'apparence qu'ils veulent donner aux autres qu'ils pourraient négliger ce qui compte pour eux. Avec le temps, ils ont tendance à faire des choix qui ne sont pas au service de leur propre succès et épanouissement.



CONSCIENCE DE SOI EXTERNE



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