



THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE

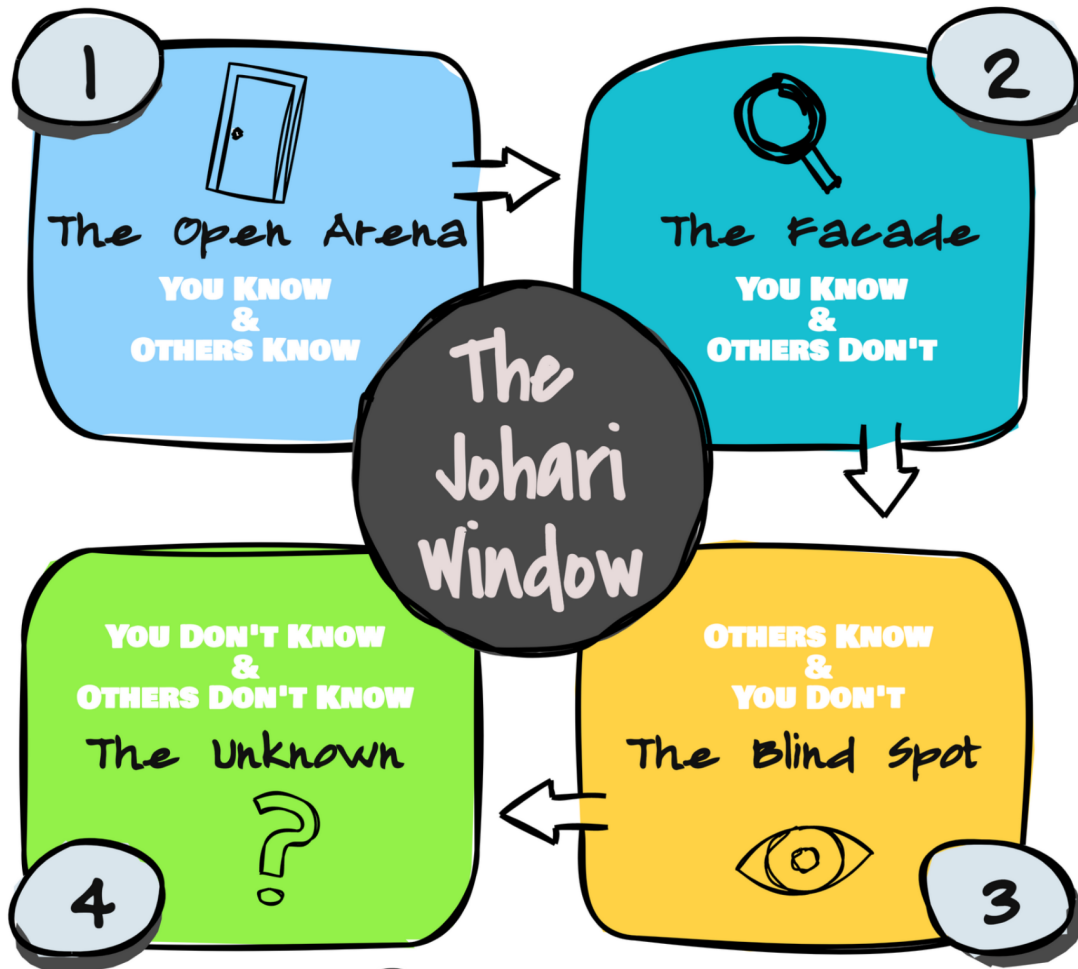


LEADER GUIDE



Notes

Episode 44: The Johari Window





Reflection

Episode 44: The Johari Window

Episode Summary:

In this month's episode, we delved into the Johari Window, a powerful framework for improving self-awareness and leadership. Created by psychologists Joseph Luft and Harrington Ingham, the Johari Window consists of four quadrants: Open Arena, Facade, Blind Spot, and Unknown. Each quadrant represents different aspects of self-awareness, helping individuals understand what they and others know about them. By focusing on strengths, being vulnerable, seeking feedback, and stepping out of comfort zones, leaders can enhance their effectiveness and build stronger relationships. This tool encourages leaders to embrace transparency, accept constructive criticism, and continuously strive for personal growth, ultimately leading to more effective leadership and deeper connections with their teams.

Reflection Questions:

1. What stood out to you the most about the Johari Window concept?
2. Can you identify an area in your life that falls into the 'Open Arena' quadrant?
3. How do you feel about sharing your vulnerabilities with others? Why is it important?
4. Have you ever received feedback that revealed a 'Blind Spot' in your life? How did you handle it?
5. What steps can you take to seek out feedback more regularly?
6. Why is it important to focus on strengths rather than weaknesses?
7. How can stepping out of your comfort zone help you discover new strengths?
8. What is one practical way you can apply the Johari Window to your leadership this week?