Who Are You Really? Self-Awareness in Leadership
Jean B. Gasen, PCC, PhD

Abstract

How well do we really know ourselves? And how does that knowledge translate into our ability to lead and influence others? Bill George, the author of the best-selling leadership book, True North (2007), notes that "Self-awareness is the pivot point on which your leadership depends." This interactive session is designed to give you greater perspective on who you are as a leader, what you value, and how your vision, values and passion are key to your future leadership growth and success. The session will also speak to what you need to do to grow your skills and capabilities as a leader, based on that self-awareness. Taking the time to look at yourself as a leader and using specific strategies and tools for gaining greater self-awareness is essential. You will leave with greater insight into your own self-awareness and how these approaches have the potential to give you a more effective and authentic presence as a leader.

Keynote Presenter & Facilitator

Jean B. Gasen, Ph.D., PCC

Jean B. Gasen, Ph.D., PCC is President of JB Gasen and Associates. Jean received her Ph.D. in Educational Psychology from the University of Wisconsin and her professional coach training through Georgetown University. Jean has a passion for creating environments where individuals, teams and organizations excel. With more than 30 years of business and academic experience, Jean has successfully worked in both worlds as a faculty member in higher education at Virginia Commonwealth University and as a consultant and senior leader in industry. (Jean was Dean of IT University at Capital One and Director of Core Learning at Capital One University from 1998-2007.)

Her special areas of proficiency include: leadership development and executive coaching; training and development administration, strategic planning; team development, and facilitation in a wide variety of domains.

Jean is a nationally recognized keynote speaker on coaching and leadership development, and often serves as a facilitator for local, regional and national meetings. Jean loves the out-of-doors and is an avid hiker and exercise enthusiast. Jean lives in Richmond with her husband and enjoys all forms of music – from rock-and- roll to classical.