



## ***My Mirrored Image***

---



# My Mirrored Image

People tend to overestimate how much they know about themselves. As they walk through life, they may also change. The purpose of this practice is to raise your awareness of yourself through a mirroring process, and therefore, to deepen your relationship with yourself and others.

“My Mirrored Image” is a process that, through interviews, helps you take time and reflect on:

- Internal self-awareness: how do you see your own values, qualities, aspirations (self-image)
- External self-awareness: understand how others view you. This expands your self-image and enhances the possibility to be more empathic and take others' perspectives.

This approach is rooted in the understanding that your identity is not given but is shaped by how you and others see you.

Additionally, this approach considers that increasing awareness is not an outcome but a process. It happens through the process of inquiry and dialogue.

# My Mirrored Image

Purpose: to raise your awareness of yourself through a mirroring process.

Self-Awareness:

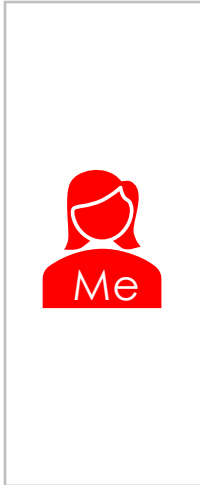
- Internal: how do you see your own values, qualities, aspirations (self-image)
- External: understand how others view you. This expands your self-image and enhances the possibility to be more empathic and take others' perspectives.

Perspective:

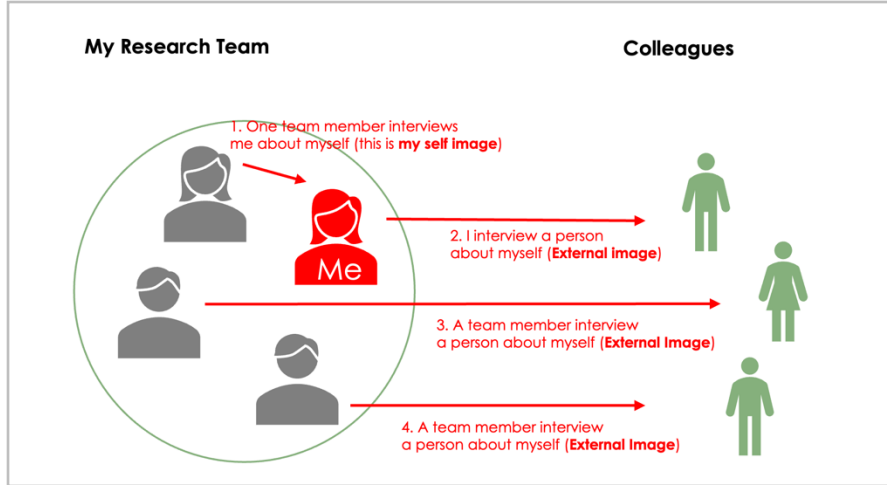
- Our identity is not given but it is shaped by how we and others see us.
- Increasing awareness is not an outcome but a process of inquiry, dialogue, and self reflection.

# Session

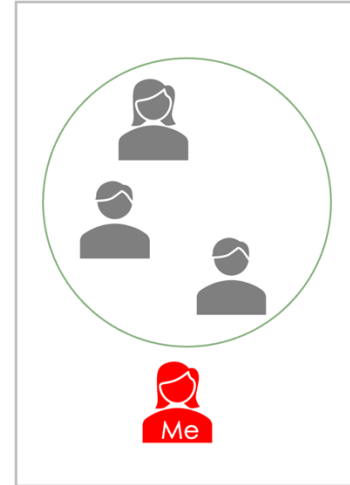
Person  
in Focus



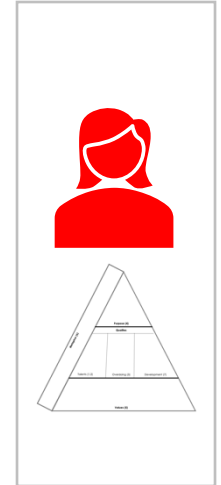
Interviews – Everyone takes notes



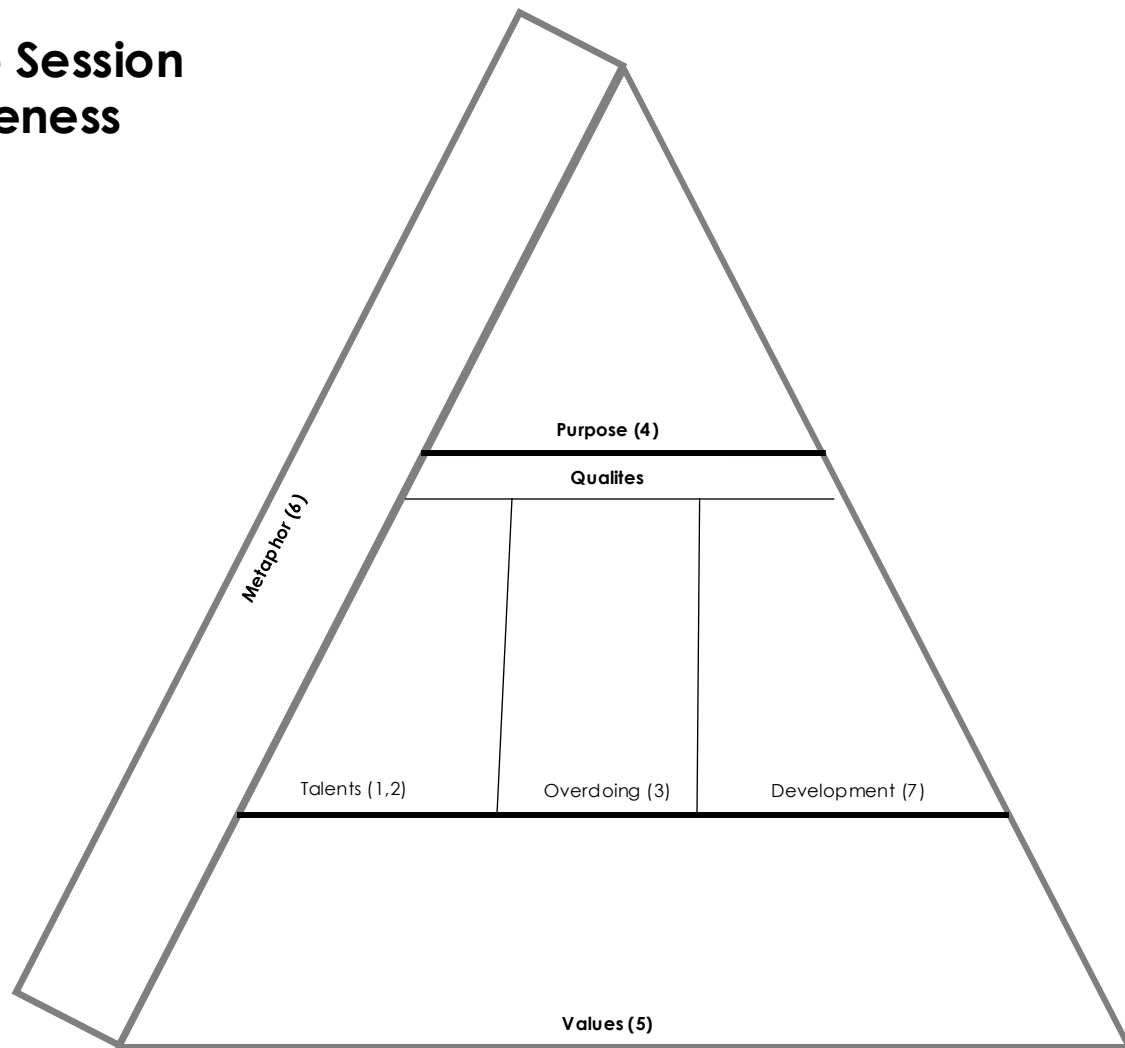
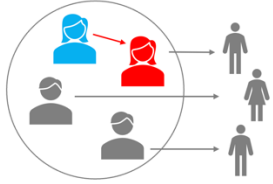
Reflexive team



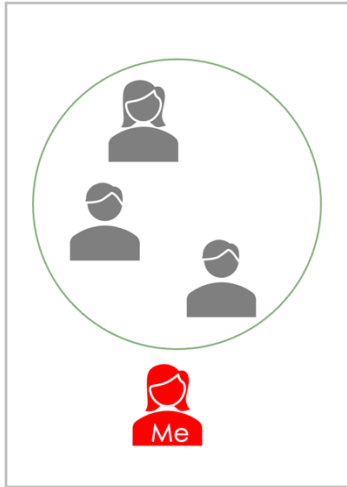
Person  
in Focus



# My Mirrored Image Session Notes for Self Awareness



## Reflexive Team



Being outside the conversation → Full Listening

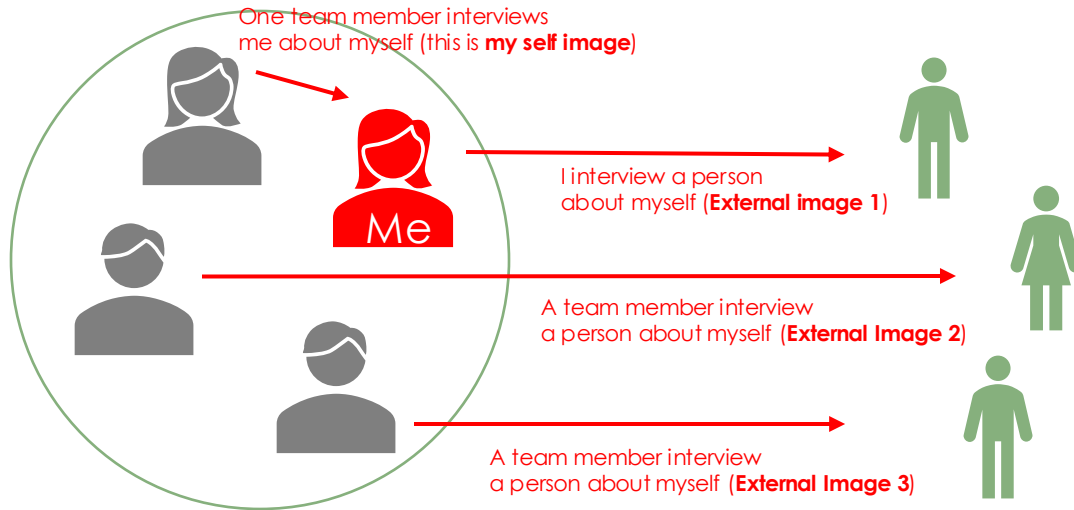
Conversations “about” are different than conversations “with”

Telling views (Advocacy) and asking questions (Inquiry)

# Task

## My Research Team

## Colleagues



### Output:

You will have 4 images of yourself

- One is a **self-image** (another member of the team interviews you about yourself)
- Three are **external images** provided by others.
  - One of these interviews you will do yourself
  - Two of the interviews will be done by your team members

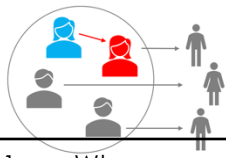
### How:

- The four interviews are conducted through templates (see attachments). They should take about 30 min.
- We will discuss these interviews in a coaching session with your team. The session will last 3 hours.

# Preparation

- Choose who will interview you about your self-image. This should be a person in your research team that is working on this task
- Choose three people in your organisation whose perspectives you would like to understand regarding how they see you.
  - Decide which of these three people you will interview yourself, and which two will be interviewed by two of your team members.
  - Contact these three people, describe the purpose of developing your leadership, and explain that it means a lot if they take the time for this.



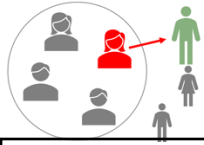


## Self Image

This is the self image of:

Interview done by:

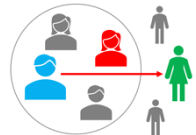
1. When are you at your best?
2. What are your strongest personal qualities? (If possible, in keywords)
3. In what situations do you think you overuse your strongest personal qualities (which may cause frustration for others)?
4. What is your purpose in life? What gives you meaning?
5. What do you strongly believe in (i.e. driving forces, values, guiding principles)?
6. Describe you and your leadership by means of a metaphor.
7. In which particular areas do you think you should focus your future development as a leader and person?
8. Anything more you would like to add about yourself? What do you appreciate most about yourself?



**My external image** (write your name):

**Provided by:**

1. When do you think am I at my best?
2. What are my strongest personal qualities? (If possible, in keywords)
3. In what situations do you think I overuse my strongest personal qualities (which may cause frustration for others)?
4. What do you think is my purpose in life? What gives me meaning?
5. What do think I strongly believe in (i.e. my driving forces, values, guiding principles)?
6. Describe me and my leadership by means of a metaphor.
7. In which particular areas do you think I should focus my future development as a leader and person?
8. Anything more you would like to add about me? What do you appreciate most about me?

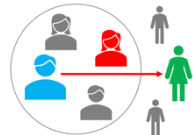


External image of:

Provided by:

Interview done by:

1. When is [person] at her/his best?
2. What are [person]'s strongest personal qualities? (If possible, in keywords)
3. In what situations do [person] overuse her/his strongest personal qualities (which may cause frustration for others)?
4. What do you imagine is [person]'s purpose in life? What gives her/him meaning?
5. What do you perceive that [person] believes in strongly (i.e. driving forces, values, guiding principles)?
6. Describe [person] and her/his leadership by means of a metaphor.
7. In which particular areas do you think [person] should focus her/his future development as a leader and person?
8. Anything more you would like to add? What do you appreciate most about [person]?



External image of:

Provided by:

Interview done by:

1. When is [person] at her/his best?
2. What are [person]'s strongest personal qualities? (If possible, in keywords)
3. In what situations do [person] overuse her/his strongest personal qualities (which may cause frustration for others)?
4. What do you imagine is [person]'s purpose in life? What gives her/him meaning?
5. What do you perceive that [person] believes in strongly (i.e. driving forces, values, guiding principles)?
6. Describe [person] and her/his leadership by means of a metaphor.
7. In which particular areas do you think [person] should focus her/his future development as a leader and person?
8. Anything more you would like to add? What do you appreciate most about [person]?