



# Workshop1&2: Know thyself: how self-awareness helps you at work

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DESN27425– Interaction Design: Modeling and Materials

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# Summary

- This article emphasizes why knowing yourself matters at work and in teams. Getting who you are – seeing your strong points and weak spots, taking in feedback – helps you act and talk in better ways. This boosts how well you do, improves team vibe, and lifts company outcomes.
- The writer tells his own story (where acting arrogant and self-focused caused teamwork to fail and got him laid off). It shows how we often don't really get ourselves and ignore what others say. Later, he saw that “change starts with looking inward – that's where better team culture and performance begin.”
- The article also shares a way to grasp your “natural style” – using personality tests or reviews (based on psychology or preference types) to see how you usually take in info, choose, and deal with people.





# Summary

- The author summarizes four traits of the personality types and suggests us put these 4 elements in order to get to know ourselves better. The author encourages everyone using personality quizzes to figure out your natural style. Knowing how you and your teammates tick makes it easier to keep your cool and communicate without the drama.
- Knowing your strengths and blind spots and actually listening to feedback help you and your team perform way better.

# 3 Key Takeaways

Three Key Takeaways from Atlassian's Article “Know Thyself: How Self-Awareness Helps You at Work”



1

Self-awareness determines your impact on the team and yourself

2

Understanding personality preferences and accepting feedback enables more effective communication and appropriate behavior

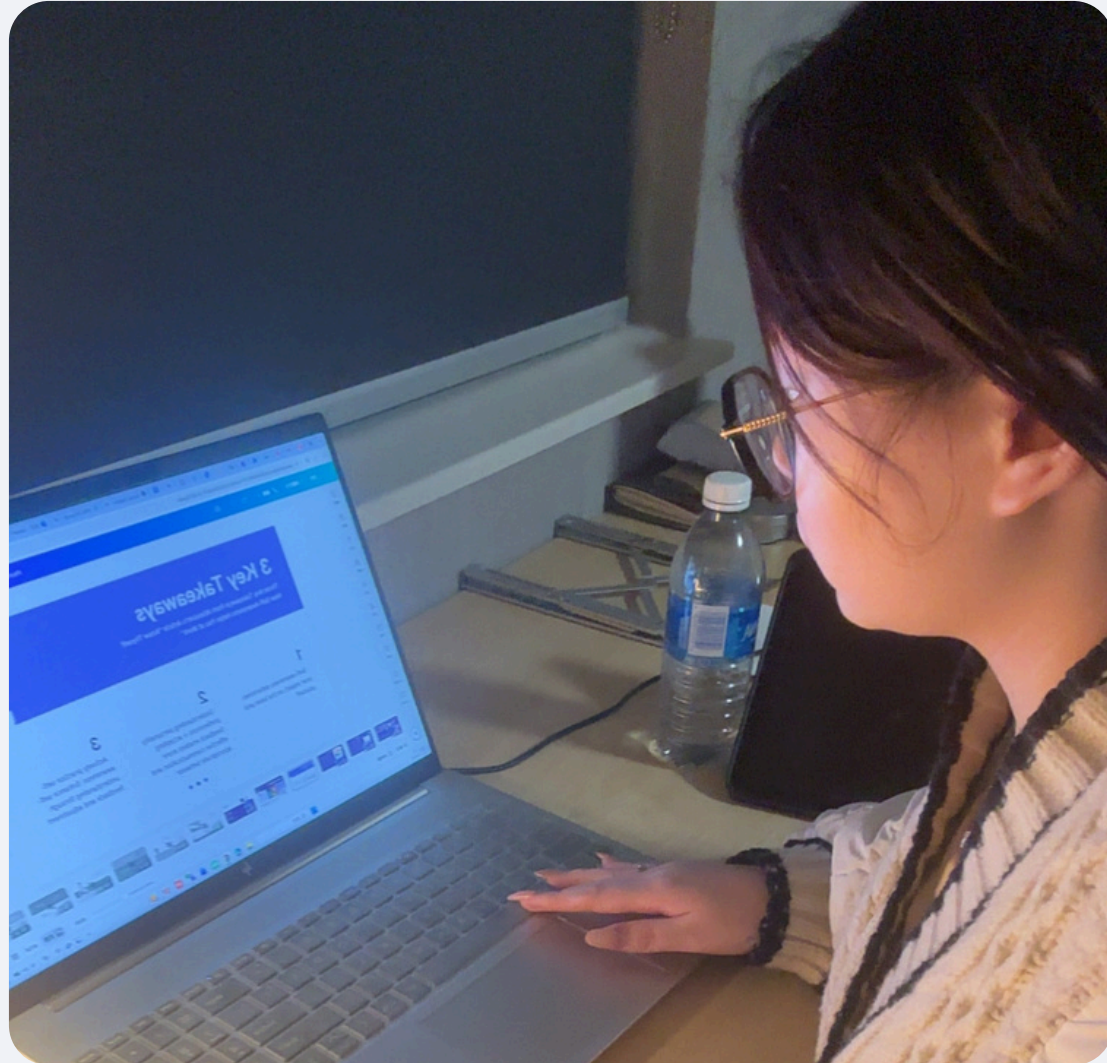
3

Actively practice different communication styles. Get familiar with different personalities.





# Sunny's selfie



1

In the early hours of the morning, when I sit at my desk with the lamp on, doing my homework, inspiration always seems to flow freely.



2

I took the MBTI test on my laptop, and the screen displayed my MBTI result as ENFJ.

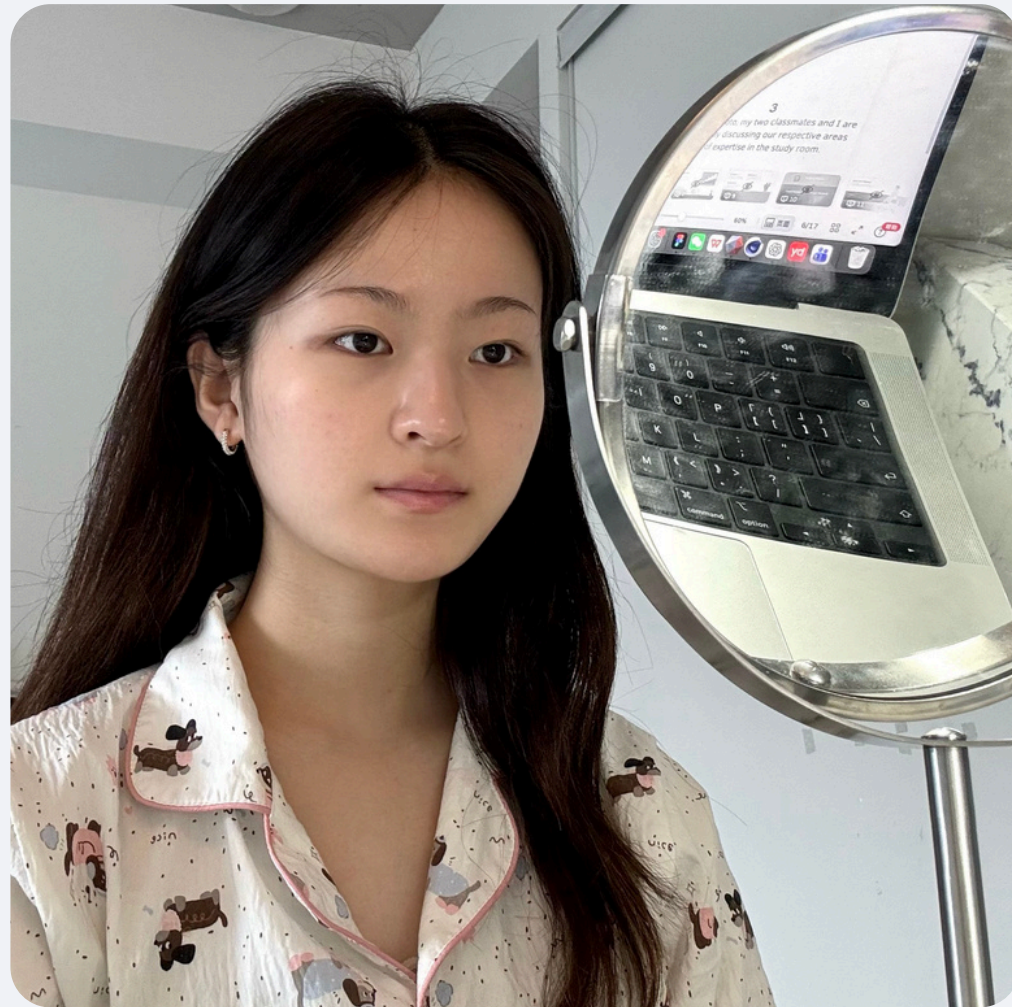


3

In the photo, my two classmates and I are casually discussing our respective areas of expertise in the study room.



# Amanda's selfies



1

I sit at my desk and look at myself in the mirror every morning. This is an activity that provides a chance to reflect on my daily behaviors and think about my impact on the team.



2

I took the test in the article we are giving this presentation about, and my sequence for the 4 elements is: Social, detailed, people, and action.

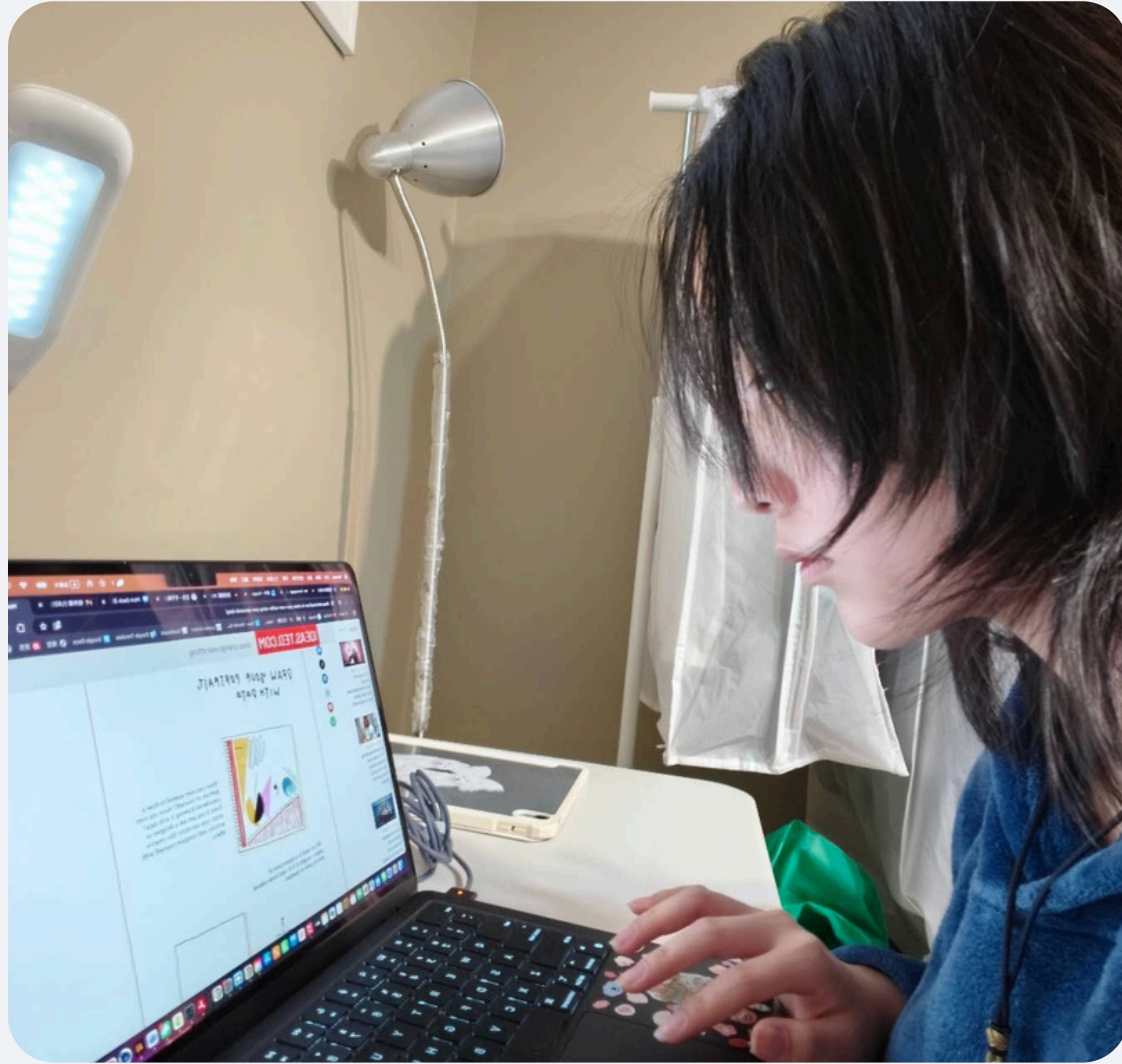


3

My friends and I are getting feedback from each other in order to get familiar with different personalities and communicate in multiple ways.

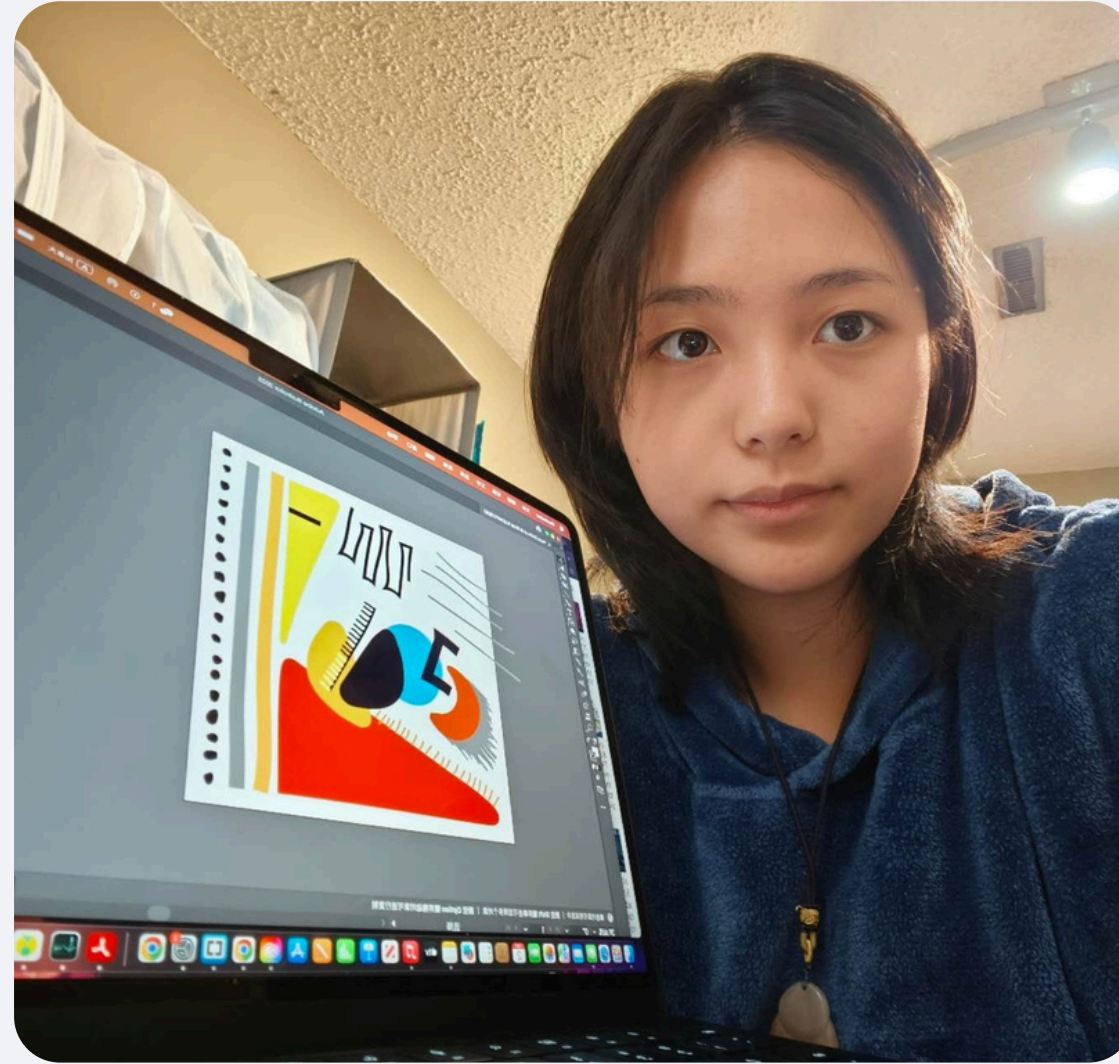


# Yuxuan's self-learning



1

I learned about myself through my daily study. Working on my projects helps me determine my personalities and my impact on the team and myself



2

Following the tutorial of How to draw my selfie helps me learn myself in a visualized data way.

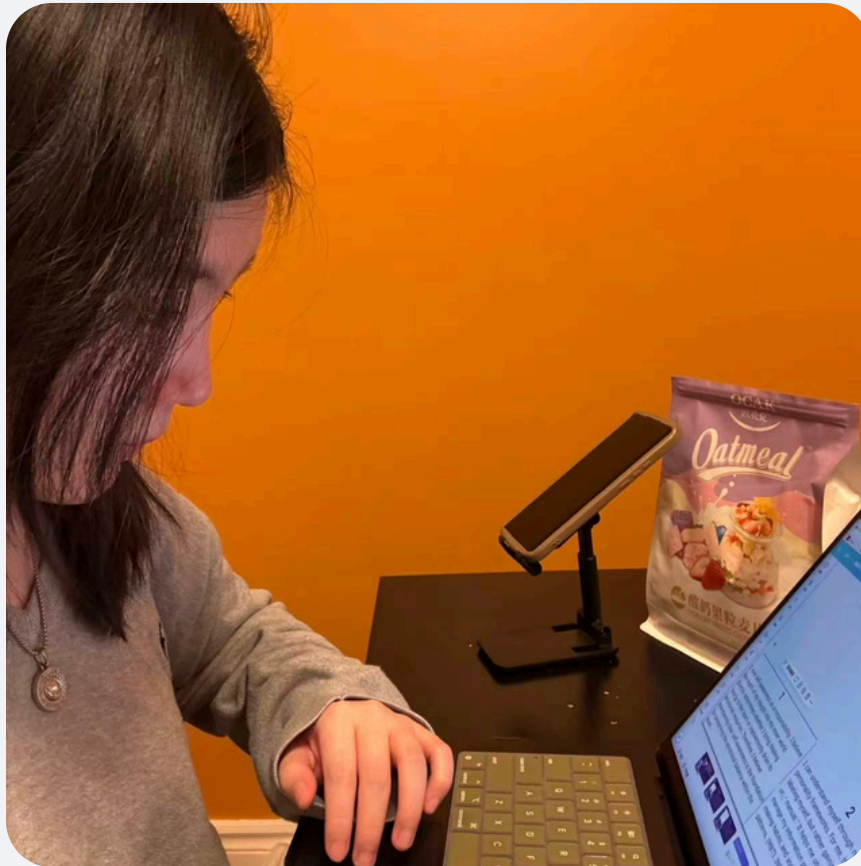


3

My friends and I always chat a lot about our daily lives or our assignments, which helps us to know each other better.

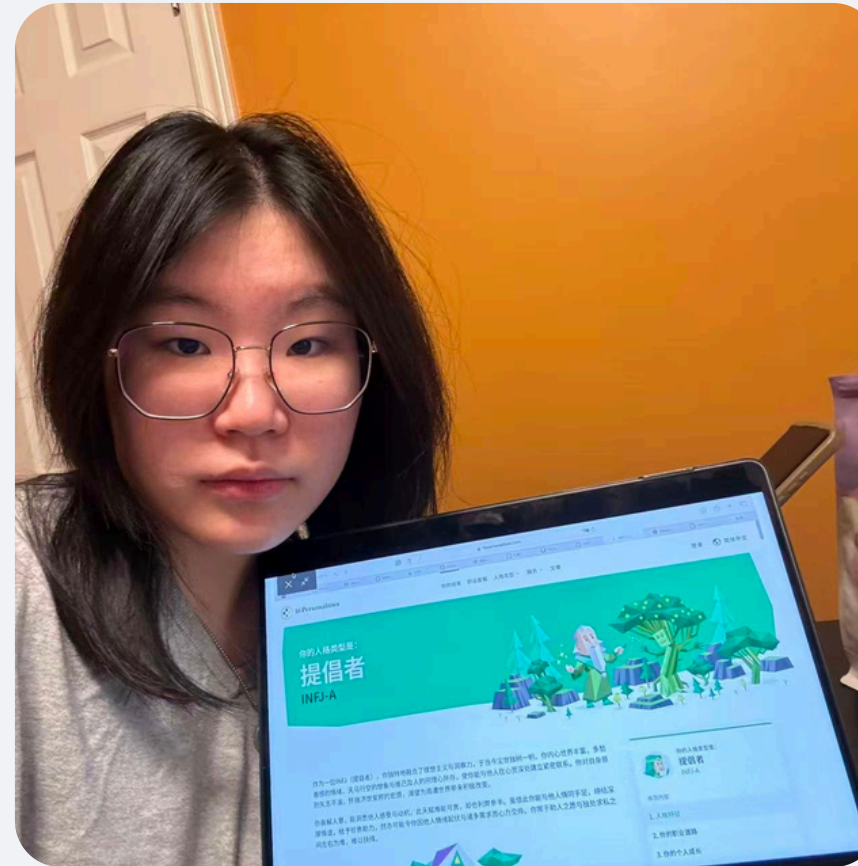


# Cathy's Insights



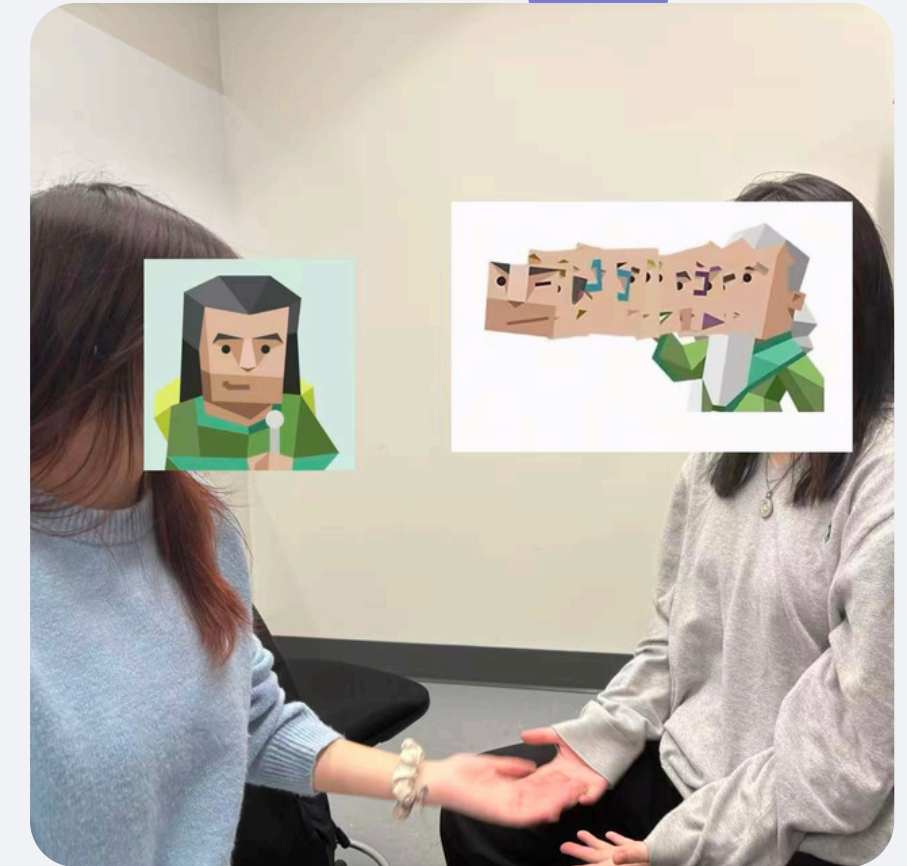
1

I view self-awareness as a responsibility. I believe the depth of my insight into my inner world directly determines whether I bring healing energy to the team or inadvertently drain its emotional resources. Therefore, I believe maintaining clear self-awareness is the foundation for preserving the emotional balance within the team.



2

I can understand myself through reliable personality frameworks. For me, this isn't about labeling myself, but rather gaining a “personal user manual.” It helps me understand how to manage my information preferences, decision-making habits, and social energy consumption patterns.  
(MBTI: INFJ)



3

Using certain personality masks facilitates communication between my friends and me, while also reducing external pressure on my inner self. For me, this provides a sense of security.



**Thank you for  
your listening**