



**College of Agricultural Banking (CAB),  
Reserve Bank of India, Pune**

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**Boosting Self Awareness using the Johari Window model**

1	<b>Webinar Name</b>	Boosting Self Awareness using the Johari Window model.
2	<b>Brief description of Webinar</b>	<p>The Johari window is a technique that helps people better understand their relationship with themselves and others. It was created by psychologists Joseph Luft and Harrington Ingham in 1955. Luft and Ingham named their model "Johari" using a combination of their first names. It is one of the few tools that has an emphasis on “soft skills” such as behaviour, empathy, co-operation, inter group development and interpersonal development.</p> <p>Johari Window help a person to learn and discover things about themselves. Johari Window is a method used for self-discovery. Johari window is also helpful in effective team performance.</p> <p>Johari window also helps in increasing self awareness. At its core, self-awareness offers leaders far more than another tool for success. It helps them discover, and live, the impact they want to have, not just on their team members — or even on their organizations — but on the world.</p>
3	<b>Duration of the Webinar</b>	120 minutes
4	<b>Webinar Date &amp; Time</b>	<b>May 25, 2022 (Wednesday), Time- 3 – 5.00 pm</b>
5	<b>Name of Host and Designation</b>	<b>Shri Y R Acharya Member of Faculty &amp; Deputy General Manager</b>
6	<b>Target Group</b>	<b>Officers of Co-operative Banks</b>
7	<b>Contents</b>	<p>The Webinar will focus on the following aspects:</p> <ul style="list-style-type: none"><li>• What is the meaning of Johari Window?</li><li>• How Johari window helps in increasing self-awareness?</li><li>• How Johari window promotes team work and group communication?</li></ul>
8	<b>Training Methodology</b>	Webinar through the <b>CISCO WebEx App</b> . (The application may have to be downloaded on the mobile or laptop or desktop for joining the webinar, although it can be



		used directly from the browser as well.)
9	<b>Fees</b>	NIL
10	<b>Participation</b>	Interested participants are requested to register for the Webinar by forwarding their full name, designation, office/ department and email ID to <a href="mailto:nomination.gl@rbi.org.in">nomination.gl@rbi.org.in</a> using attached nomination form.
11	The following information/details will be forwarded to the email ID of the interested participants, <b>two days</b> prior to the scheduled Webinar: <ul style="list-style-type: none"><li>➤ The instructions to download the WebEx App on the laptop/ desktop</li><li>➤ Details of the Online Webinar link, Programme ID and password</li></ul>	
12	For any registration related enquiries you may contact the Assistant - Ms. Radhika Ind. id- <a href="mailto:rvindani@rbi.org.in">rvindani@rbi.org.in</a> and Tel.: 08817888632 (only in case of any emergency))	