

The Value of Self-Awareness After Action Review Form

PURPOSE

The purpose of this After Action Review (AAR) is to help your organization improve its Leader Professional Development (LPD) program. Your feedback will help identify areas of this session that went well and areas that could be improved.

SESSION GOALS

The goal of this session was to teach Army leaders how to enhance their leadership capabilities by becoming more self-aware.

After you participate in this session, it is expected that you will be able to:

- Describe the importance of self-awareness.
- Identify the characteristics of a self-aware leader.
- Discuss strategies for improving your self-awareness.

YOUR FEEDBACK

Answer the following questions below:

Question	Your Feedback
<p>Were the goals of this session met? If not, explain why.</p>	
<p>What went well during this session?</p>	
<p>Are there any areas in which the session could be improved? If so, please specify.</p>	