Folder Cover Title:

**Earl Childhood Care and Education**

**2020WI**

**Effective Interpersonal Communications**

**ECC 157 / CVS3 & CVS4**

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**Running Head: SELF REFLECTION 1**

**Johari Window Assignment**

**ECC 157 / CVS3 & CVS4**

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**SELF REFLECTION 2**

**My Johari Window Container**

Inspired by the Johari Window model I decided to create my own container. Combining

my favourite colour combination I used yellow coloured card paper with softer yellow polka dots

for the top and lavender card paper for the bottom. With two square-shaped pieces of card paper

along with sculpting techniques of origami, I made a beautiful rectangle box, my Johari Window

container.

Collecting materials by flipping through magazines for words, phrases, images, and going

through my craft draws for embellishments to visually symbolize different aspects of me was

extremely uplifting emotionally and spiritually.

Through factual personal information of my feelings, desires, needs, experiences, beliefs,

thoughts, dreams, and fears I was able to tell a story about myself through self-disclosure.

On top of my container, the open Johari Window pane, I shared family comes first with a

photo of my sons Cameron (17 years old), and Carson (15 years old), my two dogs (who are also

siblings) Manchester (8 years old) and Apollo (8 years old). In the background of the photo, you

can see we proudly display the New Zealand and Canada flags, our home countries. Along with

descriptive self-disclosure words to decorate the top of the container e.g. “family first, quality

family time, puppy love, heartwarming, loving, giving, happy, all smiles, supporting, positive

thinking, believe, hello, courage, loyal as ever an absolute vault, cheeky, social, strong, friends,

thankful, celebrate, I feel lucky, Gemini, beautiful...” I embellished the top with a picture of

fireworks (I believe it is important to acknowledge and celebrate life continuously) a yellow

flower (my favourite colour), a number 4 sticker (my favourite number), a blue happy smiley

face pin, star pins (to symbolize my belief that everyone is a star), a butterfly button (to

symbolize pure beauty) and a circle of gold glitter (symbolizing my belief a circle keeps us

connected no matter how small or large the circle is).

**SELF REFLECTION 3**

Side 1 of my container displays the words “passionate”, “dancing queen” (I love to dance

especially when no one is looking), “Tim Horton’s” (my favourite coffee), along with pictures

showing interests I love to engage in e.g.: music notes, lion king dvd movie, chocolates

(delicious), a rugby kiwi bird sticker, journal book, tulips, sewing tape with cotton, and a kitchen

aid mixer.

Side 2 of my container I self-disclosed my beliefs and experiences of my past and present

health journeys. Through words, e.g. “health” (super important to me), “fit” (encourages me to

be active), “walk” (present level of engagement), “overcoming the odds” (my strength, will, and

determination), “FND” (I have been diagnosed with a functional neurological disorder), “h2o”

(staying hydrated decreases my migraines), “headspace, mind-body, and sleep cycle” (self-care

and balance are key in my health journeys), along with a nutritional diet are important to me.

Side 3 of my Johari Window expresses "knowledge is power" (I believe education is

important), "live your life" ( day by day, in the moment, engage in what makes me happy),

"organize" (on time, books in order, neat and tidy), "book" (read a book just for pleasure), "you

are awesome" ( is the title of the current book I am reading), "experience" (travel, and the world

around me), "I love New Zealand" (my place of origin and home country), and "Canada" (the

homeland I moved to and live in).

Side 4 is all about the following words and pictures "natural beauty", "time to relax",

enjoying the outdoors by camping (blue tent picture), hiking (a kiwi bird equipped with hiking

supplies sticker), and a beautiful picture of a valley with lupines wildflowers, (a favourite flower

of mine) a lake (water is important to me as I cross over it many times to be with family), and

"sunny" (a gift of mindfulness) blue skies.

**SELF REFLECTION 4**

On the bottom of my Johari Window container, there is a pink envelope attached with the

word "dream". Inside the envelope are four pink cards presenting my dreams? 1. Swim with the

dolphins. 2. Experience a ride in a helicopter and hot air balloon. 3. East African safari. 4. The

places I dream to visit - Rome, Las Vegas, Montreal and Quebec City, and Scotland. On the back

of each card is space for me to fill in "with whom...” where...", and "when...” Some of these

questions I have already answered which is part of my dream process.

I have a dream, I then turn it into a goal, make a plan, and my dream comes true. A dream I am

working on right now is to become a qualified early childhood educator.

Inside my container are groups of words "things you don't know about me", "reality", and

"new life old life". This area is the hidden Johari Window pane. Small booklets are stapled

together with a description label, e.g. "self-defence, finances, drowning, abusive conflict,

anxiety, divorce, and snakes". Inside each booklet, I have gone into depth about my thoughts and

feelings in regards to the topic label. Recently I shared my fear of drowning, and through the

process of self disclosure, with the right people, and at the right time, I felt relief from the

heaviness of the thought of drowning.

**SELF REFLECTION 5**

**Self Reflection - Describe how these experiences, beliefs, thoughts, feeling impact you practice, communications and presentation of self:**

When creating my Johari Window container I felt excited to create and eager to learn

more about myself. How I engage, enjoy, and manage my personal life is also reflective in my

practice. To be kind, strong, supportive, positive, heartwarming, passionate, loyal, healthy,

organized, natural, and flexible. To engage in knowledge, experiences, the outdoors, and culture

is empowering to me. To believe family comes first, along with traditions and dreams are an

important part of my world around me. With my open window pane, my children, families,

employer, co-workers, and members of the community can learn who I am, my beliefs, my

feelings, and my personality. Also showing I have many identities, e.g. mother, friend, student,

teacher and counsellor.

Through the process of the Johari Window, I learnt I naturally pass along information

from nonverbal self-disclosure, e.g. blue eyes, dark blonde hair, 5 feet 4 inches tall, difficulty

walking, bright smile, and an open posture.

When sharing verbal communication connections with others, their response will guide

my relationship path with them. Will this relationship grow, blossom, and provide fruit, or will it

stand still, can it improve with time. All of these points will dictate how much I will open my

window pane?

My Johari Window container clearly showed I am willing to share a lot with people I feel

safe with, have a strong connection with, and have a high level of trust with.

Meeting a child's parent for the first time my window pane would be slightly open and on guard.

As communication connections grow, so will the levels of safety and trust. Therefore my

window pane will open up more as the relationship grows.

**SELF REFLECTION 6**

My Johari Window box shows me I will display openly the positive side of my life and

keep the difficult, fearful, and painful aspects of my life, guarded in the hidden Johari

Window pane. Do I or do I not share what is hidden. All I can say, to share an aspect of my

private life would only be revelled with the right person (trust), at the right time, and in an

appropriate manner. This is what I would expect of myself to give another person if they wanted

to share a private aspect of their life. I would support with full attention, listen carefully, and

think before I speak, be respectful when responding and provide empathy.

The Johari Window helped me to understand myself better through self-reflection. What I

am willing and not willing to share with others. Along with how to improve communication

connections skills, understanding different levels of openness, building trust with others,

awareness of myself and others, open to constructive feedback, improvement with problem

solving and understand the value of self-disclosure as an individual, a family member, and a

team member.

“I believe there is continuously change and learning in all aspects of one’s communication...”