

Awakening awareness for mental health and success at work and home

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Being self-aware is difficult in our modern age, as we are constantly bombarded with marketing messages and social media platforms that vie for our attention. The new oil is of course our data and as companies relentlessly share our personal information to target us more effectively, we are often, drawn into their 'web.' Consequently, rather than taking the time to self-reflect and become more self-aware, many of us have become consumers who mindlessly absorb external (often biased) information often resulting in poor mental and physical health and destructive relationships. Being self-aware is a necessity and not a luxury. It helps us to navigate ourselves with mental strength when faced with adversity. It enables us to make decisions optimal for our mental and physical health and to find meaning and purpose in our lives and relationships at work and home. It is ironic that as the world becomes more 'connected' via technology, we are becoming more fragmented and disconnected as individuals. In developing self-awareness, one becomes more conscious of oneself and connects with people around them more effectively. Ultimately, self-awareness is a key for living a full life—understanding one can help elucidate how to best foster personal and professional growth and wellbeing.

Conclusion: Self-awareness results in optimal performance in all areas of life. Cultivating self-awareness is essential to see the power we hold within ourselves while developing proper self-leadership skills. We can also use this connection to ensure better mental health and stress management, so that we can turn self-doubt into self-confidence and self-limitation into self-power, making remarkable changes and allowing us to unlock exceptional potential for those who seek a more fulfilling life.

Biography

Amber Qureshi is a specialist in special care dentistry. She is UK qualified and studied and worked at London's two most prestigious hospitals before answering to the call of her entrepreneurial nature and desire to make the world a more healthy, loving, kind, compassionate, equitable, diverse and inclusive place for all. She is a bestselling author (including co-authoring a wordless book with Baroness Hollins), has appeared in local/national magazines and contributed to numerous UK public health reports. She is the podcast host of Inside Out Smile and has served as a trustee and committee member for Special Olympics GB and MedicaAlert UK. Currently she is a coach/consultant, a fellow and Council member of the Council for race, equity and inclusion, with the Institute of Coaching, McLean, A Harvard Medical School Affiliate and coaches at University College of London's Global Business School for Health.

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