

Joseph Luft and Harrington Ingham called their technique/model Johari Window model 'Johari' after merging their first names, Joe and Harry. The Johari Window soon became a widely used model for understanding and training self-awareness, personal development, improving communications, interpersonal relationships, group dynamics, team development and inter-group relationships. This model is used primarily in groups especially in corporate settings as a heuristic exercise. 'Heuristic' means enabling a person to discover or learn something for himself/herself.



It helps people understand their relationship with self and others. Please understand it is very important to have a good relationship with self; when we are at peace with self we can take precise decisions in life. It is the foundation of everything in our life. Having a good relationship with self helps us to improve our relationships with others. A good self-relationship enhances our capability to value our self as a person, which helps us to embrace our strengths and weaknesses easily. Johari Window helps people

first to understand them better, and then improvising their vital relations in life.

Mr. Aseem Hattangady conducted a workshop on Johari window on Sunday, 09th Oct, 2016.

Aseem Hattangady is a Mumbai based professional Actor, Voice-Over Artiste and Corporate Trainer. Having graduated from The Film and Television Institute of India, Pune (FTII) with a specialization in Acting, he began his theatre career with Nasseruddin Shah in 2009. A lover of communication and languages, he has appeared in over 25 full length plays, 10 feature films, most recently being Anurag Kashyap's film "Ugly". He has also lent his voice over skills to numerous animation films and top brands such as Britannia, Asian Paints. Besides being an actor and performer, he is also deeply connected with the corporate world, as an actor and trainer, having conducted workshops and seminars in communication and leadership skills, creativity, Change Management and Team Building. Some of the companies he has worked with include Siemens, HPCL, Sanofi Pharma, ACC, The Business Standard, The Indian Express Group, Star Union Dai-ichi, Shop CJ Network. He uses a combination of management and theatre techniques to motivate and encourage corporate professionals to realize their true potential. Most recently, he used the medium of storytelling as a technique in change management, with successful workshops still being conducted all over India for companies such as Schindler, Mahindra Group, Mahindra and Mahindra Financial Services Ltd.

