

# You, Me, and Us: Personal Authenticity in Inclusive Excellence

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**Summer Assembly 2025**

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Excellence

**Quinnipiac**  
UNIVERSITY

**AMBITION**  
UNLEASHED



# Today's Agenda

- What do we see in authenticity?
- Looking (through)out the window
- Recognizing and resolving an authentic barrier
- Final thought: Thinking intelligently!



1

: not false or  
imitation : real,  
actual  
an authentic  
cockney accent

# Authentic

au·then·tic /ô'THen(t)ik/  
adjective

2

: true to one's own  
personality, spirit, or  
character  
is sincere and  
authentic with no  
pretensions

## Think – Pair – Share

How would students describe you?

How would colleagues describe you?

How would family describe you?

How would you describe you?

# The Importance of YOUR REFLECTION

Pathway to knowing one's self

Enables growth/personal  
evolution

Clarifies values and aspirations

Identifies areas for improvement

Promotes resilience

Fosters accountability

Deepens sense of purpose and  
your "WHY"

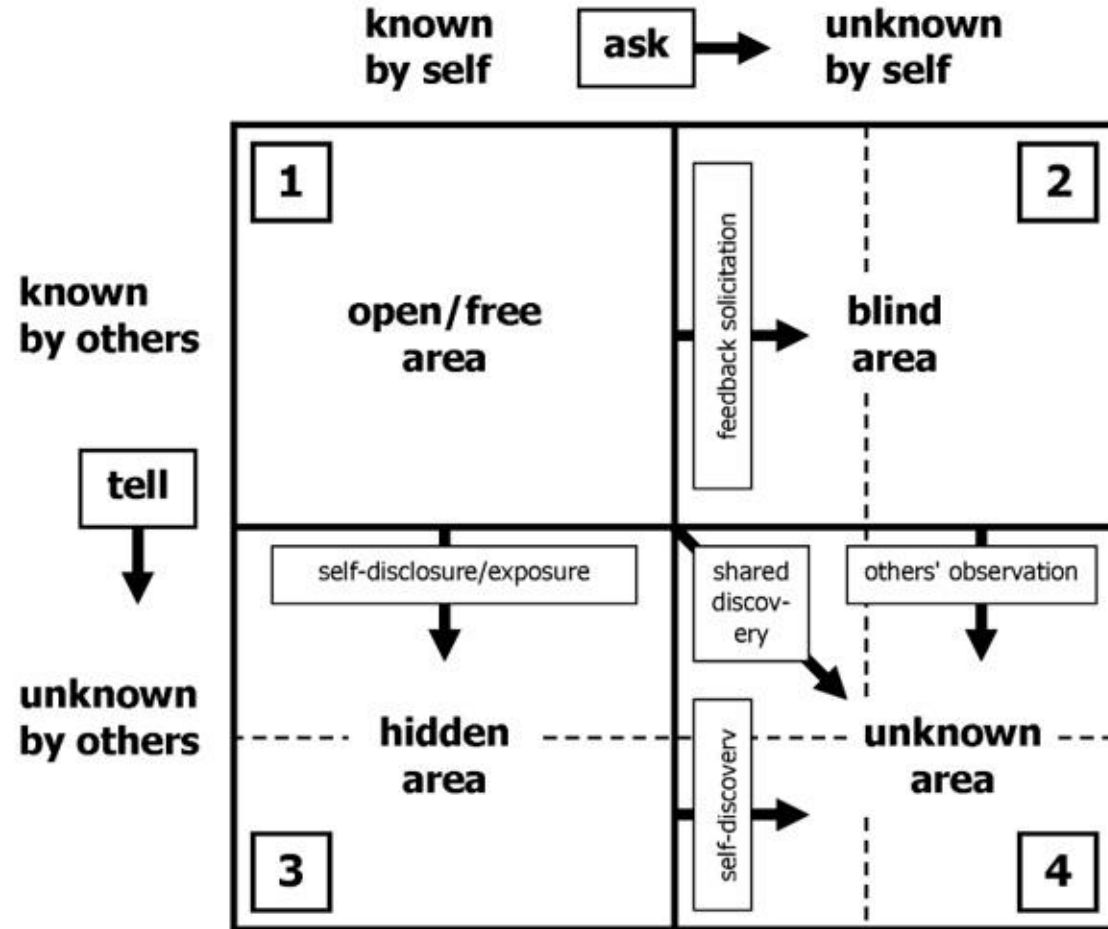
Intentional & strategic is most  
effective



# Looking (through)out the Johari window



# Johari Window



- Developed by Psychologists Joseph Luft & Harrington Ingham in 1955
- Therapeutic target:
  - Greater knowledge of oneself
    - Expansion of the Open (Arena) square
    - Shrinks both the Unknown & Blind Spot squares
  - Greater interpersonal intimacy & friendship
    - Voluntary disclosure of Private (Hidden or Facade) squares





# Modeling Authenticity in the Classroom



“  
GET  
COMFORTABLE  
BEING  
UNCOMFORTABLE  
”

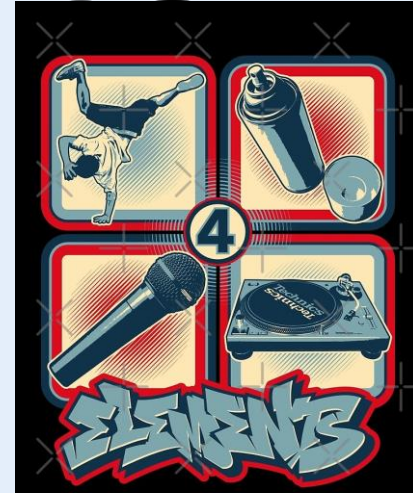


YOUR  
HOMIE  
FROM  
BOSTON

## CURRENT NEWS



Very Mindful.  
Very Demure.







How do  
**YOU**  
be authentic?

# When Being **YOU** is a Barrier

What are the barriers that you could create in the classroom/interactions?

- Audience
- Content
- Engagement

•How do you recognize your barrier(s)?

•How do you resolve your barrier(s)?

**Final Thoughts:**  
**Being Intelligent About It!**



# Five Components - OF - EMOTIONAL INTELLIGENCE

## Social Skills

Being able to create and maintain healthy relationships



## Self-awareness

The knowledge of one's own thoughts, feelings and motivations

## Self-regulation

The ability to regulate emotions and actions in a variety of environments

## Empathy

The capacity to empathize and appreciate another perspective

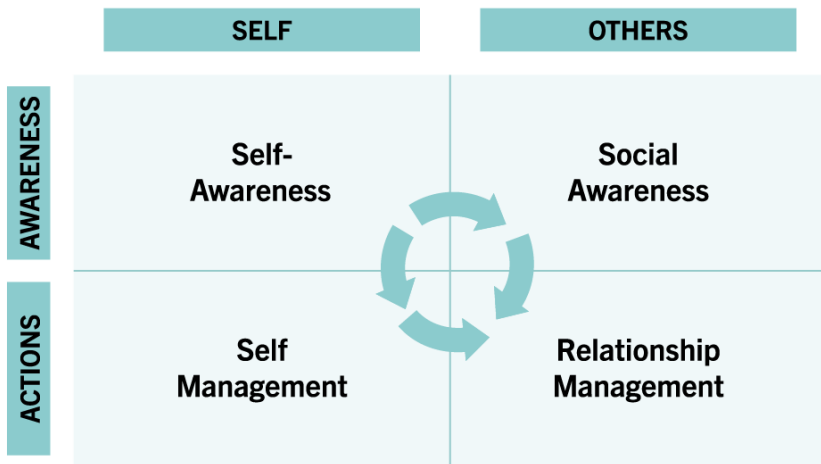
## Decision-making

The ability to make responsible choices and accept their outcome

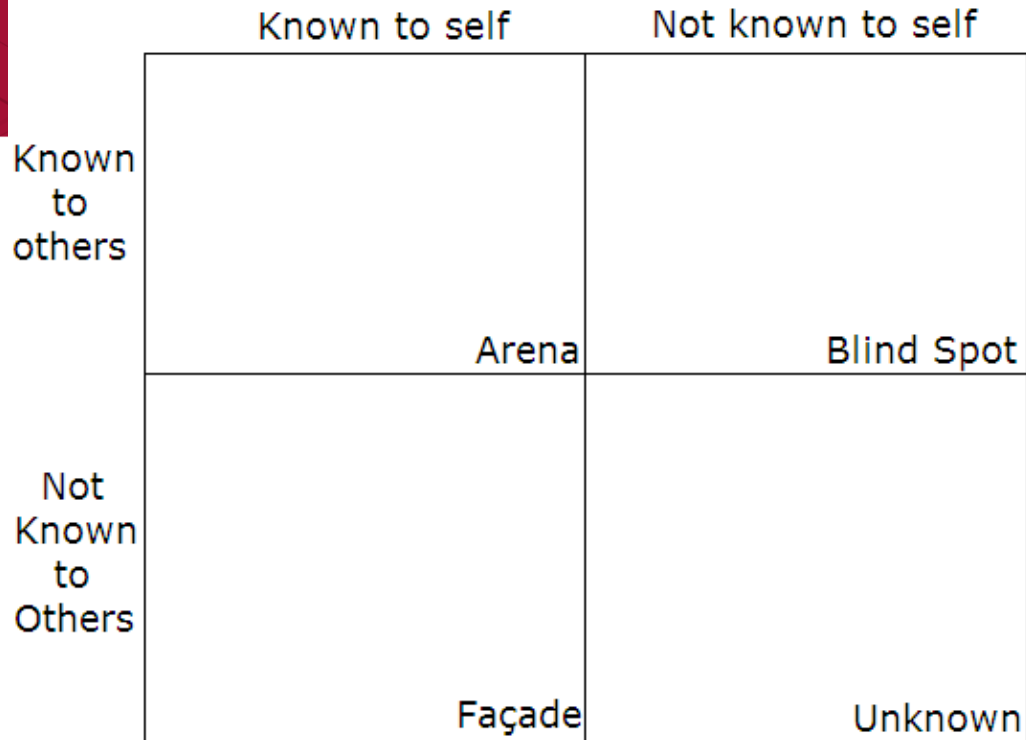
# Emotional Intelligence

# Understanding an Intelligent Window

## 4 Core Competencies of Emotional Intelligence



## Johari Window





Thank You