



**boundaries
were planted.**

what **bloomed**
surprised us.

from seeds to sunlit blooms: a self-awareness journey

LEAP program; june 2025

oikos

PRME
an initiative of the
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workshop summary

in june, we gathered to explore how **aligning our values with healthy boundaries** can **deepen and sustain our leadership**. we uncovered the **values most important to us**, explored how **somatic awareness** can help us stay centered—guided by Hannah Gredley—and **playfully practiced saying “no”** through a series of themed poker cards. we left with simple tools, renewed self-awareness, and a deeper understanding that **boundaries aren’t barriers**—they’re bridges to more grounded, values-driven leadership.

may these learnings ripple outward in your teams, communities, and everyday leadership moments.

who participated?

we began with **57 participants** in the initial survey, and **50 continued their journey** by completing the final survey



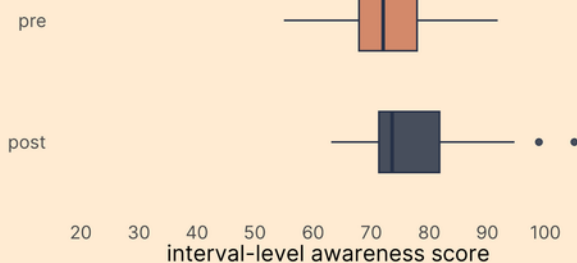
awareness bloomed after the workshop!

ready to watch some serious self-awareness sprout? our workshop was like a nurturing rainstorm for our inner gardens!

after tending to the data, we saw self-awareness scores blossom from about **72** to **77** points on average — **a healthy growth spurt** that’s **statistically significant** ($p = 0.003$). with a **medium effect size**, it’s clear these seeds didn’t just get watered, **they thrived!**



rasch-scaled AOM scores: pre vs. post



where self-awareness took root and blossomed

digging deeper, the top five areas showing the biggest blooms were all about **cultivating emotional understanding, self-reflection, and confidence**. participants really grew their roots in knowing themselves better, branching out into fresh perspectives, and blossoming into more self-aware versions of themselves.



average AOM scores by item (pre vs. post)

