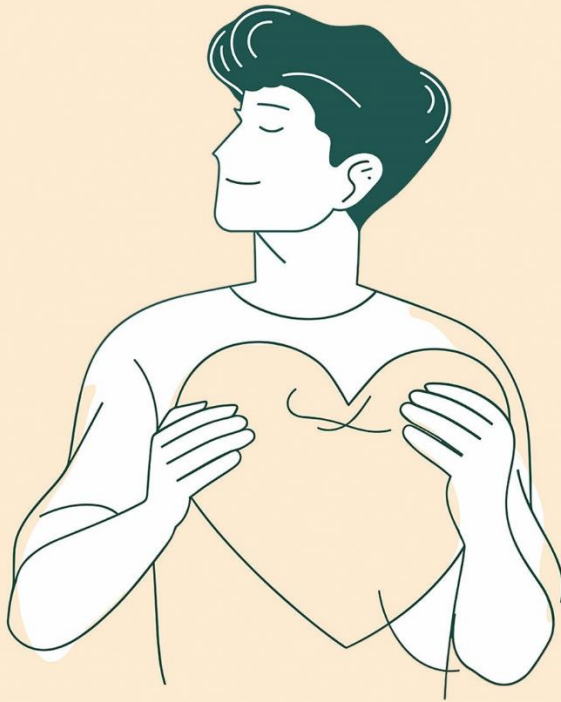


SELF AWARENESS FIRST, THEN SELF CONFIDENCE

Self Confidence: The Foundation of Life Skill Intelligence



Buku Pembelajaran & Pengembangan
Life Skill Intelligence

Dr. Damaruci, S.Sos., M.M.
Dr. Ir. Harry Wiyanto, M.B.A., M.M.

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SELF AWARENESS FIRST, THEN SELF CONFIDENCE
Self Confidence: The Foundation Of Life Skill
Intelligence

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Penulis

Dr. Damaruci, S.Sos., M.M.

Dr. Ir. Harry Wiyanto, M.B.A., M.M.

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Puji syukur kami panjatkan kepada Tuhan Yang Maha Esa atas terselesaikannya buku *Self Awareness First, Then Self Confidence*. Buku ini lahir dari keyakinan bahwa kepercayaan diri yang sejati tidak dapat dibangun tanpa membangun kesadaran diri. Kesadaran diri menjadi titik awal dari proses pembangunan kepercayaan diri karena tanpa pemahaman yang jelas tentang diri sendiri, seseorang akan mudah terombang-ambing oleh ekspektasi orang lain dan ketidakpastian lingkungan.

Dalam buku ini, kami menjelaskan berbagai aspek penting dari kesadaran diri yang berkontribusi langsung terhadap peningkatan kepercayaan diri. Membangun kepercayaan diri bukanlah proses instan, tetapi perjalanan bertahap yang dimulai dari kesadaran diri yang jujur dan mendalam.

Kami berharap buku ini dapat menjadi panduan bagi siapa saja yang ingin membangun kepercayaan diri dengan cara yang autentik dan berkelanjutan. Dengan memahami dan menerapkan konsep-konsep yang dijelaskan dalam buku ini, pembaca dapat lebih mudah menghadapi tantangan hidup, menetapkan tujuan dengan lebih jelas, serta mencapai keberhasilan

tanpa kehilangan jati diri. Semoga buku ini memberikan manfaat yang nyata dan inspiratif bagi pembaca dalam perjalanan menuju kepercayaan diri yang sejati.
Selamat membaca dan selamat berproses!

Jakarta, 15 April 2025

Penulis

Dr. Damaruci, S.Sos., M.M &
Dr. Ir. Harry Wiyanto, MBA., MM

KATA PENGANTAR

LSI INSTITUTE

• • •



Life Skill Intelligence (LSI) Institute yang merupakan pusat pelatihan dan pengembangan diri mengucapkan selamat atas terbitnya buku yang berjudul “*Self Awareness First, Then Self Confidence*”.

Buku ini diterbitkan dalam upaya pengembangan *Life Skills Intelligence* yang meningkatkan kualitas hidup seseorang secara individu juga memperkuat hubungan sosial dan produktivitas bersama, menciptakan kehidupan yang lebih cerdas, bahagia, dan sinergis. *LSI Institute* untuk mulai menggali potensi terbaik dari diri sendiri, menetapkan visi hidup yang jelas, dan membangun langkah-langkah strategis yang nyata untuk mencapainya.

Life Skill Intelligence adalah konsep kecerdasan manajemen talenta diri yang holistik mencakup IQ, EQ, SQ, AQ dengan menggunakan kerangka konsep SIPOC (*Supplier-Input-Process-Output-Customer*) & APIE (*Assess-Plan-Implement-Evaluate*).

Semoga dengan diterbitkannya buku ini dan upaya pengembangan ekosistem percaya diri oleh *LSI*

Institute dapat mempersiapkan SDM Indonesia di Era Artificial Intelligence menuju Indonesia Emas 2045.

Selamat menikmati suguhan ilmu dan ekosistem kepercayaan diri yang kondusif!

Salam Hormat

Life Skill Intelligence Institute

Life Skill Intelligence (LSI) Institute:

Website : <https://lifeskill-intelligence.com/>

Instagram : [lifeskill_intelligence](#)

Email : info@cerdasinergi.com
cerdasinergi@gmail.com

WA : 0811-1555-352 (Wiwie),
0812 1007 8599 (Emma)



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PROFIL PENULIS

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Dr. Damaruci, S.Sos., M.M.

Damaruci *founder* dan *CEO Life Skill Intelligence Institute* adalah anak ketiga dari delapan bersaudara. Masa bersekolah SD hingga SMP pernah berjualan es mambo, menjadi kuli yang bekerja menurunkan batu bata dari ruang pembakaran, menggembala kambing, menjadi petani, menjadi pemetik dan pamarut kelapa untuk pembuatan minyak kelapa, dan pekerjaan-pekerjaan serabutan lainnya. Saat SMA, untuk membiayai sekolahnya, ia menjadi pedagang asongan, menerima jasa vermak celana panjang, beternak ayam dan lele, hingga buruh bangunan.

Alhamdulillah walau dengan penuh keterbatasan bisa melanjutkan kuliah di Jurusan Kriminologi FISIP UI. Untuk membiayai kuliahnya, Damaruci melakoni beberapa pekerjaan seperti menjadi tenaga interviewer dan pengolah data di berbagai lembaga penelitian baik di dalam maupun di luar kampus, juga menjadi penulis resensi buku di berbagai harian, dan membuka bisnis penyewaan VCD. Semua dilakukan untuk menggapai pendidikan tinggi yang dicita-citakan sejak kecil.

Setelah lulus kuliah, pekerjaan formal pertama adalah menjadi peserta *Manajemen Trainee* (MT) di sebuah perusahaan retail nasional ternama. Setelah mengikuti program MT selama satu tahun dan menjadi lulusan terbaik, jabatan pertama yang dipilih adalah menjadi *Internal Audit Officer, Internal Audit Team Leader* lalu *Assistant Store Manager* hingga menjadi *Assistant Training Manager*. Lalu pindah bekerja ke perusahaan retail asing asal Belanda sebagai *Training Section Head*. Kemudian pindah bekerja di grup perusahaan pembiayaan asal Jepang, hingga menjadi *HR Development Division Head* (jabatan General Manager) yang membawahi tiga departemen yaitu *Recruitment & Selection, Career Development & Assesment, dan Policy and System Development*.

Setelah itu Damaruci memutuskan untuk menjadi *associate consultant and trainer* dengan spesialisasi *Organization Development & Talent Management* di berbagai perusahaan konsultan dan training seperti *Haygroup, People Prime Consulting Group, Duta Bangsa Training Centre, Q-One Consulting, dan DSS Consulting*. Disamping itu Damaruci juga mendirikan PT Optimis Solusi Berdaya. Klien konsultasi terkait *Organization Development & Talent Management* yang

pernah dilayani Damaruci diantaranya Pertamina EP (2012), Kideco Jaya Agung (2013) Pipit Group (2015), Kisel (2017), Agro Boga Utama (2018), PT Kawasan Industri Makassar (2018), LKPP (2018), KSO Surveyor Indonesia; Sucofindo (2019), Pertamina Holding (2020), KCIC (2021-2022), Hutama Karya Infrastruktur (2023), Dapen PLN (2023-2024), dan PT USUI International Indonesia (2023-2024).

Sambil membesarkan empat orang anak, Damaruci juga berhasil menyelesaikan studi jejang magister (S2) di MM Trisakti dan jenjang doktoral (S3) di Manajemen SDM UNJ. Kegiatan lain Damaruci saat ini adalah menjadi dosen dan asesor BNSP, menjadi ketua RT, menjadi ketua komite sekolah, menjadi anggota berbagai asosiasi, juga menjadi pengelola sejumlah kios sebagai pasif income.

Damaruci telah menulis beberapa judul buku yaitu “Memimpin dengan Filosofi Koki”, “Sukses dengan Filosofi Dongkrak”, “Leadership for Life”, “17 Kebodohan Koruptor”, *“Life Skill Intelligence Smart and Synergic Way to Happiness”* “Nyali dan Kepemimpinan”, “Salah Kaprah Memahami Percaya Diri”, “Menjadi Manager SDM Bernyali”, “Transformasi, Manajemen SDM di Era Digital”,



Dr. Ir. Harry Wiyanto, MBA., MM

Harry Wiyanto lahir di Jakarta pada tahun 1965. Penulis memperoleh gelar Sarjana Teknologi Pangan dan Gizi dari Fakultas Teknologi Pertanian, Institut Pertanian Bogor dengan predikat Sangat Memuaskan pada tahun 1987.

Penulis selanjutnya mendapatkan gelar *Master of Business Administration* dari *Institute of Business and Management Labora* pada tahun 1992, Magister Manajemen dari Sekolah Tinggi Manajemen Labora pada tahun 1995, dan menyelesaikan Doktor di bidang Ilmu Manajemen pada Universitas Negeri Jakarta sebagai lulusan terbaik pada tahun 2020.

Penulis mengabdikan diri sebagai Dosen Tetap dan Wakil Ketua III Bidang Pemasaran, Kemahasiswaan dan Kerjasama di Sekolah Tinggi Manajemen Labora. Selain sebagai akademisi, penulis juga berpengalaman sebagai praktisi di bidang Pemasaran di beberapa perusahaan besar di Indonesia, dan aktif memberikan pelatihan-pelatihan di bidang Manajemen Sumber Daya Manusia, Pemasaran dan Penjualan.