



## **A Leader's Journey: Emotions, A Leader's Best Friend**

What's so good about emotions? They inform and inspire us as to how we feel about an experience. They motivate our actions to achieve what we want. They signal the brain if we feel uncomfortable or threatened, and they regulate our decisions.

Understanding the language and functions of emotions provides a foundation for developing more emotional intelligence.

- 1) Self-awareness – Getting in touch with your emotions.
- 2) Self-regulation – Managing your emotions so you are not sabotaged by your emotions.
- 3) Motivation – Using emotional triggers to keep moving forward to meet your goals, even when you want to give up.
- 4) Empathy – Developing an acute awareness about what others are feeling and regulating your behavior to enhance the relationship.
- 5) Social Skills – Engaging in healthy emotional management skills, so you understand how your feelings and the emotions of others interact. Another term used for this is emotional interactivity.

### **Notice in this list:**

- Steps 1-3 are about understanding yourself better.
- Step 4 teaches you how to read the emotions of others

- Step 5 helps you understand the relationship and interactions between your own emotions and those of others.

Whether you are managing a challenging project at work or are in the middle of a difficult situation, stress can get the better of you and make it difficult to control your emotions. In general, emotional reactions to any situation have a strong possibility of making things worse.

Here are five ways for leaders to keep their emotions in check:

1. Learn to respond instead of react. ...
2. Focus on what you can control. ...
3. Figure out what's important NOW. ...
4. Know that you can handle anything. ...
5. Change the meaning you give to "negative" events

If you want to enhance your emotional agility and make emotions your best friend, contact us at [www.siroccocc.com](http://www.siroccocc.com), 440 338-1537 or email [joan@siroccocc.com](mailto:joan@siroccocc.com).