

1: 6 Ways to Emotional Awareness (2nd in a Series) | Inquiry Method by Kyle Mercer

The Skill of Emotional Awareness - the third communication skill. Emotional Awareness is a skill used to check out with the speaker if your awareness of the person's (feelings or emotions) is accurate based on the messages he/she is transmitting to you in your communication.

A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects. When you are mindfully in touch with your internal affective experience, you are better equipped to communicate with others in a persuasive, heartfelt, and authentic way. When you are out of touch with your emotions, unsure of what you are feeling inside, there is often a sense of your words being somehow disconnected from a deeper purpose or meaning. Mindfulness is a tool that enables us to get in touch with our inner experience in an authentic way. Your emotional experience has the capacity to motivate and guide your behaviors. Without strong or genuine emotions to direct your course in life, there may be a sense of just going through the motions or following the dreams of other people, rather than your own. Fortunately, you have the capacity to get back in touch with your emotional experience and use those emotions authentically to guide your communication with others. Consider the way that your own emotions motivate, inspire, and guide your communication with others. Do you have a tendency to react impulsively to your internal emotional state? Or, do you tend to sit and reflect on your emotions before responding? When you are more aware of your emotions, you are in a better position not only to understand the messages that you are communicating to other people, but also to understand the messages that you are receiving from others. This is likely to result in less effective communication than if you had access to the full gamut of your emotional experience. One of the best ways to begin the process of developing emotional awareness is to make the choice to start noticing, welcoming, and accepting emotions as they occur. When you develop a mindful attitude toward your internal experience, you are actively choosing to be aware, inviting, and curious about your experience. When you find yourself experiencing a negative emotion, rather than rejecting it, make the choice to investigate it with openness, curiosity, and acceptance. Choosing to look upon your emotional experience with this attitude can change your relationship to your emotions in important ways. All of your emotions have valuable information hidden within them, if only you will investigate them a bit. The next time you find yourself experiencing an unpleasant emotion, rather than run away from it, choose to move toward it. What is that emotion trying to tell you? How can your awareness of that emotional information positively impact your ability to effectively communicate with others? I received my M. Some of my academic interests include:

2: Emotional Intelligence Theory: What is it and how does it fit?

Emotional awareness in communication is often misunderstood and seldom if ever discussed or taught. Feelings play a big role in communication. Emotional awareness, or the ability to understand feelings, will help you succeed when communicating with other people.

These last 3 blogs have been emotional intelligence skills that fall under the Self-Perception umbrella – Self-Regard, Self-Actualization, and Self-Awareness. You can identify a spectrum of emotions. For example, are you mad, critical or skeptical? Are you scared, anxious, or feeling foolish? Each of the main emotional categories contain many numerous nuances that many people fail to consider. An example is that employee who just heard there were going to be changes in the department and he comes up to you extremely angry. What if he gets laid off? What if it changes his hours? Just being able to master this one skill will enable you to improve the other emotional intelligence skills much easier. Another part of being self-aware is also recognizing what impact your emotions are having on the people around you. Others feel that energy off of you and it affects them as well! Nor am I telling you to stuff them down, or try to ignore them. So, what can you do? Here are 6 questions for you to reflect on to increase your usage of this emotional intelligence skill of self-awareness. What are my strengths? How are my strengths and weaknesses reflected in my leadership actions and styles? If I could have handled it differently, what would I like to have done instead? What were three gifts/benefits that came out of the frustrating situation? Note, this question helps you recognize the learning in any situation which enables you to grow from it and not get stuck in it. What can I do today to manage my emotions so they serve me? There are certain emotions that will kill your drive – frustration and confusion. You can change these to a positive force. Expect the breakthrough and expect to learn. These steps enable you, versus your subconscious, to be in control of your decision making. Not to mention, how positively it affects your leadership style! As we continue our exploration of the 15 emotional intelligence skills, the next 3 blogs will be skills under the Self-Expression umbrella – Emotional Expression, Assertiveness, and Independence. Coloring Outside the Lines:

3: Emotional Awareness – Learning to Feel | Inquiry Method by Kyle Mercer

Key skill 2: Self-awareness. Managing stress is just the first step to building emotional intelligence. The science of attachment indicates that your current emotional experience is likely a reflection of your early life experience.

Relationship Management This page focuses on social awareness - the ability to understand and respond to the needs of others. This is the third of the domains of emotional intelligence proposed by Daniel Goleman. Use the links above to find out about the other domains or get an overview of emotional intelligence here. Social Awareness The waiter who suggests something better from the menu They excel in social awareness. According to Daniel Goleman the competencies associated with being socially aware are: Awareness of social situations means you carefully consider what people want, and plan to communicate with them in a way that is intended to meet that need. Is this the same as manipulation? Great leaders and public speakers are skilled in this ability. It helps them build support. At best being socially aware is a natural response to people, taking their situation and needs into account as much as possible. An increase in social isolation is one theory used to explain this finding. Digital communication, social networking, video conferencing and other forms of new media contribute to social isolation and are often blamed for the reduction in empathy. This can have major implications for business where trust is essential for successful leadership and partnerships. Photo courtesy of WOCinTech Chat Empathy Leaders in organizations have traditionally viewed empathy with suspicion, thinking that there is no place for soft emotional skills in the tough world of business. My experience is that managers worry that employees will take advantage of them if they show any empathy. But changing times and the need to consider the feelings of employees has led to social awareness becoming a critical skill for effective leaders. This has even impacted the training given to doctors. Today doctors are trained to formulate a bio-psycho-social understanding of the problem rather than treating patients purely as a diagnosis. Empathy is really about acknowledging the emotions of others, being thoughtful and considerate of their feelings, and making decisions that take those feelings into consideration. Your ability to connect with and understand others is an important skill. Some of us find it really easy to empathize with others. And it is always appreciated. But did you know that getting over-involved in the problems people share with us can lead to you feeling emotionally exhausted? How to build social awareness Improve your listening skills. Take a short course in effective communication skills. Pay close attention to interactions with other people. Be aware of what they say, how they say it and what they do. Use a gentle self hypnosis audio download to improve your ability to understand others. Think about your feelings. Think before you answer and give clear answers. Try This Pay close attention to your interactions with other people. Ask yourself the following questions: Did I listen actively to the person who approached me? Was I too busy to listen? Did I change my body language, facial expressions, tone of voice, and other elements in order to meet the needs of the other person? Sensitivity and diversity Being socially aware is important as it affects your response to people and situations. The starting place for becoming socially aware is self awareness. Self awareness is essential in order to understand the feelings and emotions of others while self management is necessary to ensure that your response is appropriate to the situation. An empathic response requires awareness of diversity and a sensitivity to the needs and emotions of others. Diversity encompasses acceptance and respect while recognising our individual differences and uniqueness. Open communication plays an essential role in managing diversity and building an awareness of social situations. Mother Teresa told us that empathy has to start with us. This advice comes from one of the best voices for social awareness that we can listen to. Social awareness is a key element of your emotional intelligence. Focus rather on growing your emotional intelligence and practicing empathy, service and organizational awareness yourself. Being socially aware is an essential building block for emotional intelligence. As we improve social awareness we also improve our experience of life, create opportunities for better work life balance, become aware of other peoples emotions, and improve our ability to respond to change.

4: Improve Communication with Emotional Awareness - Mindfulness Muse

At the top of column 5, write "My emotional awareness after using my coping skill: Rate the strength of my emotion from 0 to " Again, rate the strength of your emotion from 0 for "not strong at all" to for "extremely strong."

It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. What makes a good Leader? You may think of an excelling leader as someone who has a calm assuring demeanour and who is in control no matter what the situation. You may also think of someone who has complete trust in all around them; a compassionate listener, always speaking kindly and with clarity; is approachable and always seems to make the right informed decisions. Effectively, these are all attributes of someone who has high levels of Emotional Intelligence. It is, therefore an extremely important subject – Emotional Intelligence theory and Leadership have a deep embedded relationship that should not be underestimated or overlooked. What Is Emotional Intelligence Theory? Often referred to as EI, Emotional intelligence is about having the ability to understand and manage the emotions of yourself and also those around you. Remember, the objective of a leader is to complete the task successfully, keep the team together and manage the team on an individual basis to ensure everyone is happy and playing to their strengths. Question – Who is more likely to Succeed? OR A Leader that is in control and calmly assesses the situation? The Four Elements Daniel Goleman, , A psychologist who helped make the idea of EI popular, presented the concept of Emotional Intelligence as being encapsulated by four elements: Self Awareness Social Awareness Social Skills The theory is simple – The more that you, as a leader, are in control and manage each of these elements, the higher your emotional intelligence! Self-awareness The first element of Emotional Intelligence theory – Being self aware means that you understand you. You can then start to understand why you feel, and what makes you feel. It is a path on the road to having humility, which is a much needed facet in Leadership. Other aspects to nurture in this element are to show and actively apply conscientiousness, trustworthiness, Leading and adapting to change, complete drive to succeed and the initiative to think fast and act creatively and innovatively to solve problems. Social awareness is the ability for a Leader to understand the emotions of the team members around them and to get a good comprehension of their emotional makeup. The ability to treat people according to these emotional reactions is vital. This area is linked to empathy: The ability to understand and see things in other peoples view points, expertise in building and retaining talent, valuing diversity and appreciating the organisational goals. In essence this part of emotional intelligence then, is about understanding and being truly in touch with the complete demands of the environment and acting to suit those conditions. Leaders with good Social Skills are often very good communicators. Leaders who are good in this discipline are also good at conflict resolution and communicating the vision to team members, enlightening them and creating motivation and inspiration throughout the team. They are experts at getting their team to support them and also believe in their leadership. They set the example, for others to follow by demonstrating the acceptable behaviours and values. Perfection takes practice Being a great Leader takes time. It is one that can be achieved, and through the use of emotional intelligence Theory and Leadership combined, and following some of the suggestions referred to on this page, your skills can be increased. Focus on these four elements of emotional intelligence theory, and with practice, you will improve. Keep doing it, and you will improve further. Repetition is the mother of skill! How to improve your Emotional Intelligence: A daily journal – Journals help improve your self-awareness. Writing down your thoughts can move you to a higher degree of self-awareness. What did you do well? What could you improve on? Just reflecting on this everyday, will enhance your Self awareness and personal improving routine. Why are you feeling angry? What can you do to counter this? An emotion is a state of mind – how can you convert anger to a more positive emotion? What can you learn from this situation? No matter what the situation, you can always choose how you react to it. Understand your values – Take time to understand what you believe in and what your values are. Understand your driving values: Spend some time to understand your high valued principles as well. These are important values and principles that you do not want to compromise. If you know what is important to you, decisions will be easier to take – ones which do not

compromise your values. Be Accountable for your actions â€” Remember, you have a choice in everything you do. If you make a bad decision, learn from it, but face the music and take responsibility for it. You gain respect if you do and with respect comes great Leadership. You must take some time to remember why you wanted this job and what your long term vision is. Try to remind yourself daily where you are, where you want to be and how you will get there. If you are still unhappy try to get to the root cause to understand why. Once you highlight this, you can then act to do something about it. Goals â€” For every one of your goals, write down the reasons why you absolutely want to achieve them! These reasons will give you motivation when times are hard. Write your learning points in your journal. Learn and understand conflict resolution â€” Leaders must know how to resolve conflicts between their team members, customers, or vendors. Learning this skills is imperative if you want to succeed as a leader. Learning how to effectively praise others is a fine art, but well worth the effort. Remember that journal â€” record your actions, review it daily and polish your skills!

5: What is Emotional Intelligence (EQ)?

In its earliest stages, this is what emotional awareness looks and feels like. When emotions meet awareness While very young children don't have the ability to practice emotional awareness themselves (yet), these emotional skills start forming once a sufficient vocabulary is formed.

While being smart is important it is certainly not the whole picture. Emotional Awareness, paying attention to what is going on in our bodies not just in our heads, to what we are feeling, is the the key to reducing stress, improving your communication skills, building closer relationships, and stimulating your personal growth and development. Here are six ways to develop your Emotional Awareness. Our words are a reflection of what is going on inside and often a trigger for behavior. How often do you ask others what they think about something when you really want to know how they feel? When we are upset we tend to think about what to do or make arguments for what we are feeling. However, we often do not identify what we are feeling or what triggered it. When you are upset, try to catch yourself. Before you start rationalizing the feeling ask yourself what you are feeling. Articulate what you are feeling to yourself or someone else. The more often you are able to identify the feeling you are having without rationalizing the more proficient you will become at Emotional Awareness. Try using your Emotional Awareness to communicate better. Ask others how they feel and what they want. This leads to deeper discussions. Avoid projecting feelings on to others by telling them what they feel, just ask. You might be surprised by what you learn. Develop an Awareness Practice. Emotional Awareness is a skill that for many of us has been dormant or under emphasized. The only way to develop it is to practice. Now you can understand why you get so angry, or why you procrastinate or try to control or feel distant from your spouse or hate your boss or â€¦.

6: The Skill of Emotional Awareness

Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness.

What is Emotional Intelligence EQ? Therefore, each one of us must develop the mature emotional intelligence skills required to better understand, empathize and negotiate with other people – particularly as the economy has become more global. Otherwise, success will elude us in our lives and careers. Five major categories of emotional intelligence skills are recognized by researchers in this area. Developing self-awareness requires tuning in to your true feelings. If you evaluate your emotions, you can manage them. The major elements of self-awareness are: Your ability to recognize your own emotions and their effects. Sureness about your self-worth and capabilities. You often have little control over when you experience emotions. You can, however, have some say in how long an emotion will last by using a number of techniques to alleviate negative emotions such as anger, anxiety or depression. A few of these techniques include recasting a situation in a more positive light, taking a long walk and meditation or prayer. Maintaining standards of honesty and integrity. Taking responsibility for your own performance. Handling change with flexibility. Being open to new ideas. To motivate yourself for any achievement requires clear goals and a positive attitude. Although you may have a predisposition to either a positive or a negative attitude, you can with effort and practice learn to think more positively. If you catch negative thoughts as they occur, you can reframe them in more positive terms – which will help you achieve your goals. Motivation is made up of: Your constant striving to improve or to meet a standard of excellence. Aligning with the goals of the group or organization. Ready yourself to act on opportunities. Pursuing goals persistently despite obstacles and setbacks. The ability to recognize how people feel is important to success in your life and career. An empathetic person excels at: Sensing what others need to progress and bolstering their abilities. Cultivating opportunities through diverse people. Discerning the feelings behind the needs and wants of others. The development of good interpersonal skills is tantamount to success in your life and career. Among the most useful skills are: Wielding effective persuasion tactics. Inspiring and guiding groups and people. Initiating or managing change. Understanding, negotiating and resolving disagreements. Working with others toward shared goals. Creating group synergy in pursuing collective goals. What factors are at play when people of high IQ fail and those of modest IQ succeed? How well you do in your life and career is determined by both. IQ alone is not enough; EQ also matters. A study of Harvard graduates in business, law, medicine and teaching showed a negative or zero correlation between an IQ indicator entrance exam scores and subsequent career success. Three examples illustrate the importance of emotional competencies.

7: Explore Social Awareness Skills for 3rd Graders

One of the most important skills I teach is Emotional Awareness. Emotional Awareness is the ability to clearly identify what I am feeling in the moment. Emotional Awareness is important as it helps ground us in our bodies and helps answer the question of what is going on for us.

Relationship management Building emotional intelligence key skill 1: Self-management In order for you to engage your EQ, you must be able use your emotions to make constructive decisions about your behavior. When you become overly stressed, you can lose control of your emotions and the ability to act thoughtfully and appropriately. Think about a time when you have been overwhelmed by stress. Was it easy to think clearly or make a rational decision? Emotions are important pieces of information that tell you about yourself and others, but in the face of stress that takes us out of our comfort zone, we can become overwhelmed and lose control of ourselves. With the ability to manage stress and stay emotionally present, you can learn to receive upsetting information without letting it override your thoughts and self-control. Self-Help Techniques Key skill 2: Self-awareness Managing stress is just the first step to building emotional intelligence. The science of attachment indicates that your current emotional experience is likely a reflection of your early life experience. Your ability to manage core feelings such as anger, sadness, fear, and joy often depends on the quality and consistency of your early life emotional experiences. But being able to connect to your emotionsâ€”having a moment-to-moment connection with your changing emotional experienceâ€”is the key to understanding how emotion influences your thoughts and actions. Do you pay attention to your emotions? Do they factor into your decision making? You can do this through the practice of mindfulness. Mindfulness is the practice of purposely focusing your attention on the present momentâ€”and without judgment. The cultivation of mindfulness has roots in Buddhism, but most religions include some type of similar prayer or meditation technique. Mindfulness helps shift your preoccupation with thought toward an appreciation of the moment, physical and emotional sensations, and brings a larger perspective on life. Mindfulness calms and focuses you, making you more self-aware in the process. Social awareness Social awareness enables you to recognize and interpret the mainly nonverbal cues others are constantly using to communicate with you. Improving Your Nonverbal Skills and Reading Body Language Mindfulness is an ally of emotional and social awareness To build social awareness, you need to recognize the importance of mindfulness in the social process. Social awareness requires you to be present in the moment. You are actually more likely to further your social goals by setting other thoughts aside and focusing on the interaction itself. Relationship management Working well with others is a process that begins with emotional awareness and your ability to recognize and understand what other people are experiencing. Become aware of how effectively you use nonverbal communication. Recognizing the nonverbal messages that you send to others can play a huge part improving your relationships. Use humor and play to relieve stress. Humor, laughter and play are natural antidotes stress. They lessen your burdens and help you keep things in perspective. Laughter brings your nervous system into balance, reducing stress, calming you down, sharpening your mind and making you more empathic. Learn to see conflict as an opportunity to grow closer to others. Conflict and disagreements are inevitable in human relationships. Resolving conflict in healthy, constructive ways can strengthen trust between people.

8: Develop Social Awareness To Build Emotional Intelligence.

You can develop greater emotional awareness just as you can develop any new skill - with knowledge and practice. One of the best ways to begin the process of developing emotional awareness is to make the choice to start noticing, welcoming, and accepting emotions as they occur.

Picture books about emotion and social-emotional issues can help kids think deeply about feelings and social issues. Books About Fear 1. Because she is just a small dog, and the stairs are big and sandy, and the waves are big and whooshy, and the balls are big and beachy. Jabari Jumps by Gaia Cornwall Jabari is definitely ready to jump off the diving board. The Dark by Lemony Snicket Laszlo is afraid of the dark. The dark lives in the same house as Laszlo. But one night, it does. Just thinking about it makes his stomach hurt. Sam must find a way to conquer his fear of show-and-tell. The Dot by Peter H. Reynolds The words of her teacher are a gentle invitation to express herself. Enemy Pie by Derek Munson It was the perfect summer. That is until Jeremy Ross moved into the house down the street and became neighborhood enemy number one. Stead Friends come in all sorts of shapes and sizes. Nobody ever seems to notice him or think to include him in their group, game, or birthday party until a new kid comes to class. But when Stick gets stuck, can Stone return the favor? How come they always have to get off in the dirty part of town? Those Shoes by Maribeth Boelts All Jeremy wants is a pair of those shoes, the ones everyone at school seems to be wearing. Girls cannot be drummers. She had to keep quiet. Maybe he needs some space just for himself Extraordinary Jane by Hannah E. Harrison Jane is an ordinary dog in an extraordinary circus. Millie Fierce by Jane Manning Millie is quiet. Argyle Fox by Marie Letourneau Argyle Fox, with his signature style, wants to play outside on a springtime day, but the wind is wreaking havoc with his fun and games. As soon as he builds a card tower, climbs into a giant spider web, or takes up his pirate sword, here comes the wind: Born in Ghana, West Africa, with one deformed leg, he was dismissed by most people but not by his mother, who taught him to reach for his dreams. Nadia Comaneci was a feisty and fearless little girl who went from climbing trees in the forests of Romania to swinging into history at the Olympic Games, where she received an unprecedented seven perfect scores in gymnastics. Life by Cynthia Rylant There are so many wonderful things about life, both in good times and in times of struggle. Higgins smiles too and decides to send a care package of cookies to her grandson Lionel in Mexico. If you chance upon a chuckle, hee hee hee and pass it on. Should you spot a thing of wonder, jump for joy and pass it on! Palacio Now younger readers can meet Auggie Pullman, an ordinary boy with an extraordinary face, and his beloved dog, Daisy. The Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach, anyway? Does it ever go away?

9: Emotional Awareness & Emotional Intelligence worksheet

This page focuses on social awareness - the ability to understand and respond to the needs of others. This is the third of the domains of emotional intelligence proposed by Daniel Goleman. This is the third of the domains of emotional intelligence proposed by Daniel Goleman.

THE THIRD SKILL : EMOTIONAL AWARENESS pdf

5th grade geography bee questions The stolen reflection. History of china and japan Web hosting reseller business plan How to survive your parents Defences Of Philadelphia In 1777 The dead killing the living. Weekly calendar 2017 Sanitized History Samsung galaxy camera user guide Whiskeytown National Recreation Area The Mountaineering Handbook Where professionalism begins Lee B. Becker Tudor Vlad V. 3. Helmholtz-McCormick The trial by franz kafka The rough guide to Brazil My Khyber Marriage Forms of curriculum inquiry Fieldings Caribbean. Luminescence and Related Properties of li-VI Semiconductors The american heritage dictionary of phrasal verbs Wheres My Stuff? 9 DISNEY PROFESSOR The fires of Vesuvius Free download of my book / A Second Generation of Multivariate Analysis V1 Leadership by turban Stemming from the brain The human connection The Letters of Charles Dickens: The Pilgrim Edition Volume 8 The little fellow Bmw e39 ers guide Protocol for a plague Charity Green, or, The varieties of love Microprocessor microcontroller and programming basics Reinventing the Schools Ultimate project management process map pmbok 5th edition Of partial losses and of adjustment Biological concepts of health pearson The one ring