

Managing your emotional states

Emotional state management
as a leadership skill

Understanding emotional states

Characteristics of emotional states

- States and stages - what is the difference
- Temporary
- Multifaceted
- Influential
- Vary in intensity
- Triggered
- Subjective

You don't see the world as it is...
you see it as you are

Anaïs Nin

Perception

Your brains interpretation of reality

The role of emotional states in perception

- Emotional Filtering
- Intensity and Attention:
- Interpretation and Meaning-Making

The self-fulfilling nature of perception:

- The Perception-Behavior Loop
- The Role of Confirmation Bias
- Impact on Interpersonal Relationships
- The Pygmalion Effect in Leadership:s

The role of mindset in shaping our experiences

- Mindset and interpretation of events
- The impact of mindset on emotional resilience
- Mindset as a tool for emotional regulation

The fight, flight, freeze response

- Understanding the physiological stress response
- Impact on learning and creativity
- Why do we struggle in this state
- Recognising your own patterns

Emotional high-jacking

- What does it mean?
- Recognising the signs
- How to prevent



Reactivity vs. responsiveness

What is the difference between reacting and responding

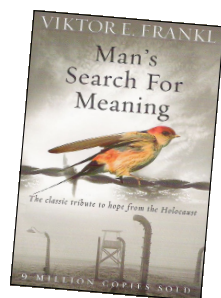
Victor Frankel

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

– Viktor E. Frankl's 'Man's Search for Meaning'

Stimulus & Response

We always have a choice...



The space between stimulus and response

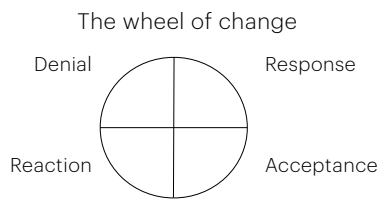
Stimulus

Reaction

Response

The circle of change

How fast can you change?



...IN A HEARTBEAT

Your universal tool
for coping with change

FACINATING!

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