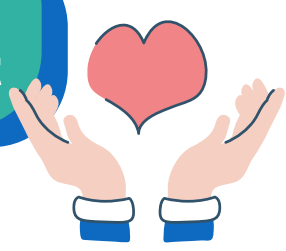
TEAL
LEARNING SOLUTIONS

Leading Yourself to Lead Others

Leading Self - Emotional Intelligence & Self-Management



Understanding Self-Management

Self-management is the ability to effectively manage and respond to emotional experiences and engage healthily with your feelings.

Emotionally intelligent people have the ability to **respond instead of react.**

P — PAUSE
Slow down and give yourself time-out.

A — ASSESS
Notice your triggers and physical reactions.

U — UNDERSTAND
Identify what you need to calm down or find courage.

S — SELECT
Choose your response consciously.

E — EXPRESS
Respond thoughtfully, not reactively.

Be self-aware first and then name what emotion we are feeling, once that happens, it's important to **PAUSE.**

Motivation - The Fuel for Action

- *Motivation is the process that initiates, guides and maintains goal-oriented behaviours.*
- *It's a response to stimuli. Different stimuli trigger different brain parts and motivate people toward productivity in different ways.*
- *Humans generally experience motivation when the neurotransmitter known as dopamine relays signals between brain cells is released.*

EXTERNAL MOTIVATION

You're driven by the promise of an external reward

Motivated by an outcome - like money or recognition

Your drive comes from within - it fuels your core needs

INTERNAL MOTIVATION

You are driven by joy - you do it because it's fun and fulfilling

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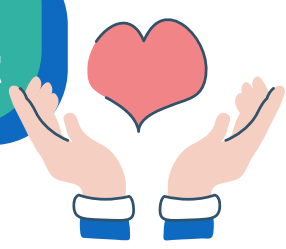

Motivating Yourself at Work

- Communicate and talk to stay motivated.
- Uplift energy levels.
- Remain optimistic.
- Support and motivate others.
- Discover your interests.
- Encourage continuous learning.
- Self-acknowledge your wins.
- Break big goals into smaller ones.
- Monitor progress and celebrate success.

Leading Others: Resilience & Emotional Intelligence

Psychological & Emotional Resilience

Calm your mind after negative experiences. Practice self-soothing - activities that help you de-stress and regain balance.

INTRINSIC MOTIVATION - an inner force by which we can hold ourselves.

Developing Emotional Intelligence

What is an emotionally resilient person?

- *Is aware of thoughts, emotions, and potential*
- *Thinks before reacting*
- *Is patient, understanding, and adaptable*
- *Practices acceptance and forgiveness*
- *Focuses on solutions, not blame*
- *Expresses emotions appropriately*
- *Builds long-term relationships*
- *Asks for help when needed*
- *Resolves conflicts through open discussion*

Emotionally intelligent people create environments where star performers **flourish**.