



Emotional Awareness: Understanding the Feelings of Ourselves and Others

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In conjunction with

Northwest Mental Health

Technology Transfer Center

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Learning Objectives

Participants will learn to...

- Understand the importance of emotional awareness in behavioral health practice.
- Develop emotional intelligence skills for effective leadership.
- Explore strategies for fostering a culture of emotional awareness within care teams.
- Enhance leadership capabilities in promoting well-being and resilience among clients and colleagues.



Quotes to Ponder

“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.”

-Travis Bradberry and Jean Greaves

“

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

VIKTOR E. FRANKL

GRACIOUSQUOTES.COM



Breakout Room

Please discuss the following in your breakout room...

- **What was ONE thing you learned and applied from last session?**
- **How was the Challenge this past week?**
- **What do you want to learn about emotional awareness and leadership?**

Creating Brave Spaces

Intentionality, not productivity



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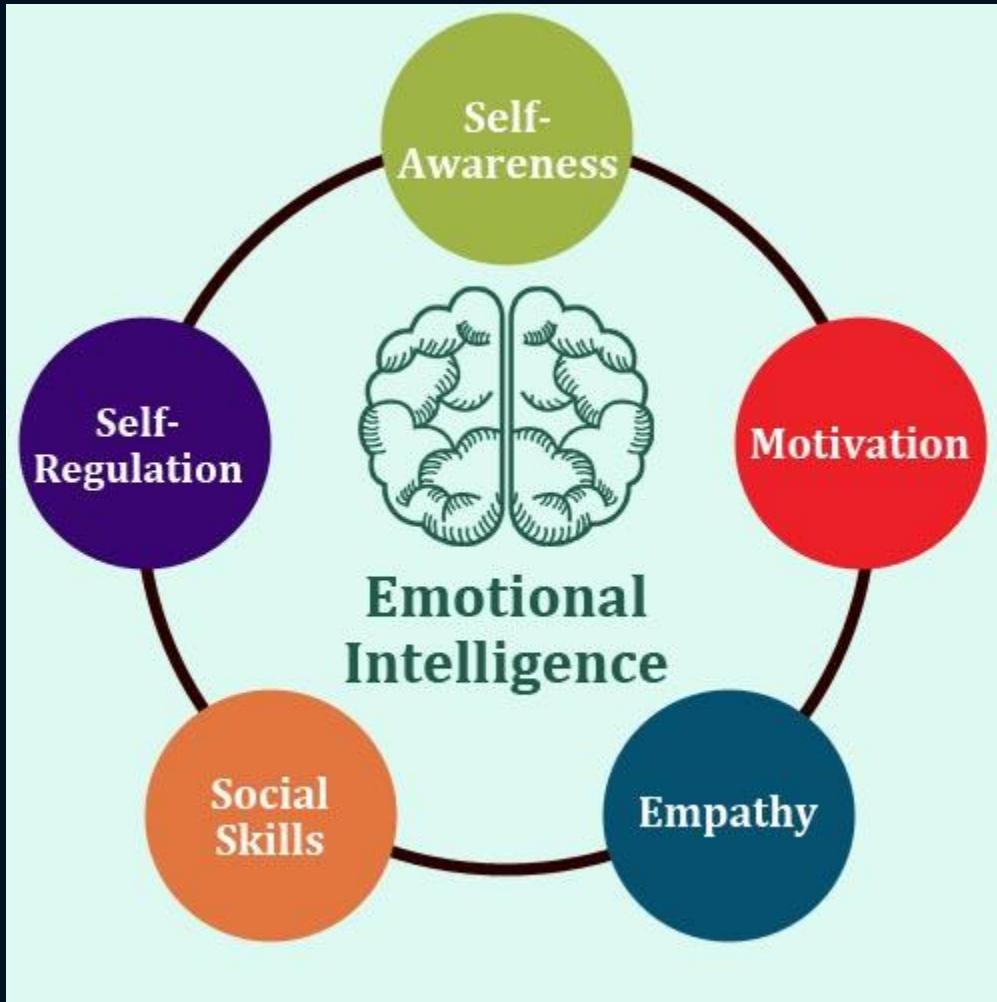
- Active Listening
- Intentionality
- Modeling

What are Emotions?

 <p>JOY</p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	 <p>SADNESS</p> <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p>
 <p>SURPRISED</p> <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p>	 <p>ANGER</p> <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p>
 <p>DISGUST</p> <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p>	 <p>FEAR</p> <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p>

HOW ARE YOU FEELING TODAY?

Emotional Intelligence

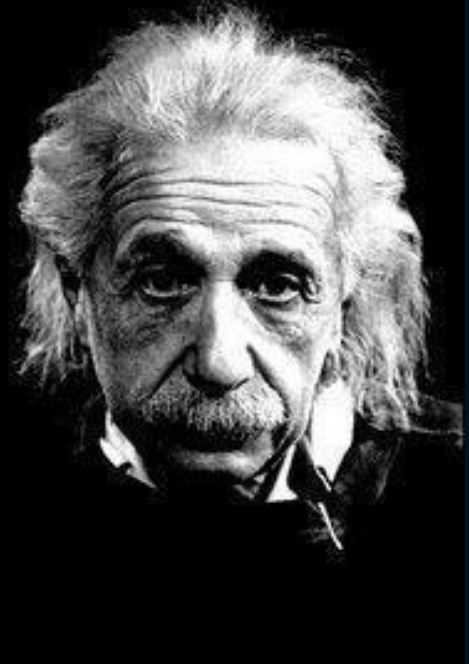


- Self-Awareness
- Self-Regulation
- Social Skills
- Empathy
- Motivation

Issues in Leadership Styles

1. Lack of Compassion
2. Ego Driven
3. Ostrich Syndrome
4. Lack of Humility
5. Outdated Thinking
6. Culturally INcompetent
7. Alpha-A Type Personality
8. Outcome/Performance Driven

"WE CANNOT
SOLVE OUR
PROBLEMS
WITH THE SAME
THINKING WE
USED WHEN WE
CREATED THEM"



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Emotional Awareness in Leadership



The Other Way...

1. Lack of Compassion
2. Ego Driven
3. Ostrich Syndrome
4. Lack of Humility
5. Outdated Thinking
6. Culturally INcompetent
7. Alpha-A Type Personality
8. Outcome/Performance Driven



Compassion Focused
Altruistic Mastery
Awareness Driven
Humility Oriented
Innovative Thinking
Culturally Responsive
Coaching Based
Person Centered

Emotional Awareness in Leadership



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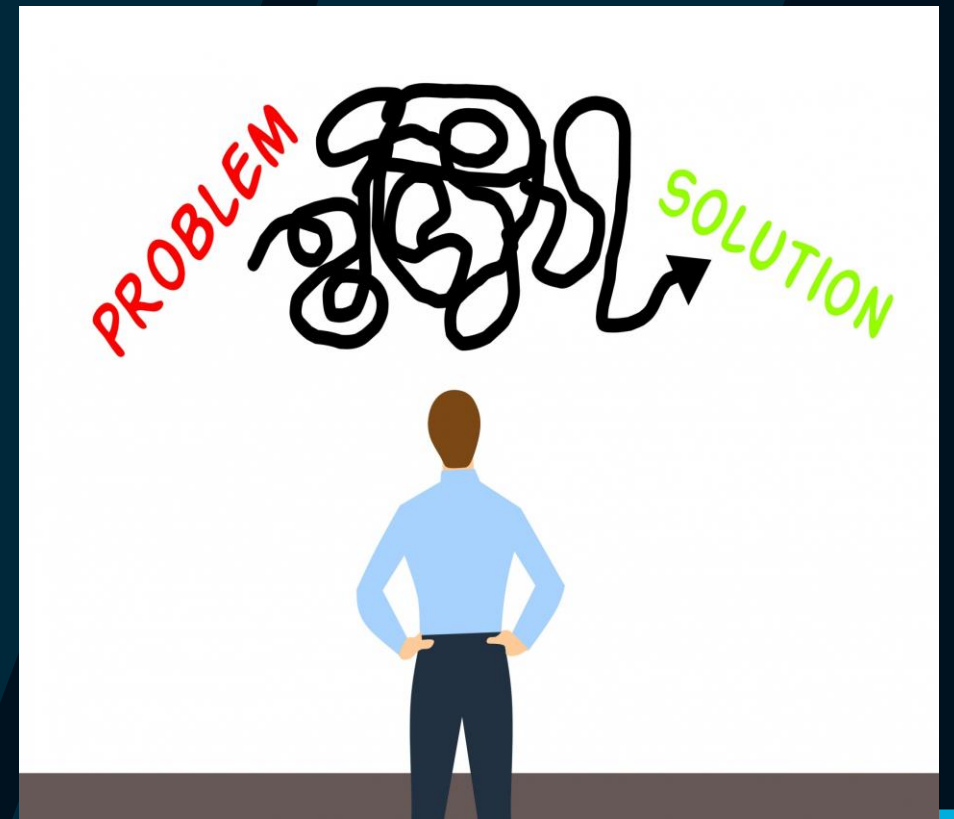
DEVELOPING EMOTIONAL AWARENESS



Group Activity

Scenario

Repeatedly, a team member tells you about ways they can improve their department. However, when internal leadership opportunities have come up, they don't apply for them. When you probe, they report being hesitant because it seems like "too much work." They are also critical of your leadership to other members of your team.



Creating a Culture of Emotional Awareness

- **Being Intentional**
- **Weekly Check-Ins (Face to Face or Virtual)**
- **Wellness Wednesdays**
- **Walking Meetings**
- **Virtual Coffee Breaks or Luncheons**

Weekly Challenge

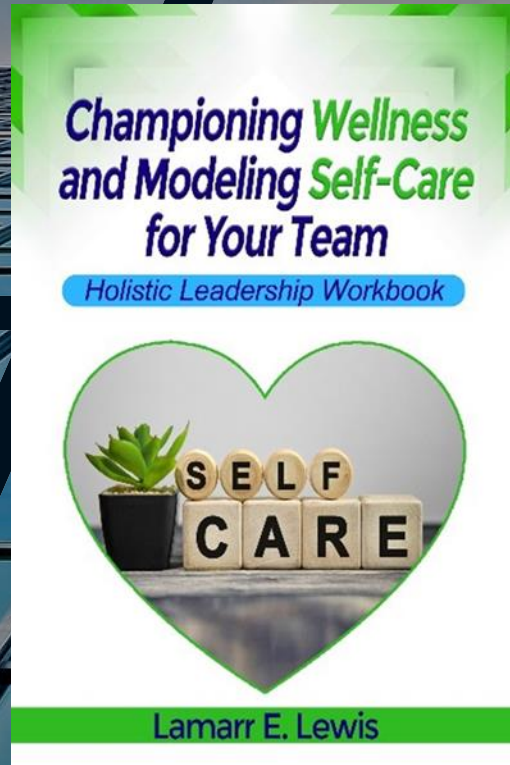


Conclusion

- Emotional Intelligence
- Develop Emotional Awareness
- Create a Culture of Emotional Awareness

Take AIM!





THANK YOU!

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For Your Training Needs...



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration