

Managing
Your

Emotions

as a leader

Why We Should Manage our Emotions?

01

Because leadership is all about relationships.

02

Only 1/3 of employees in the workplace can identify their emotions as they are happening.

03

You are hired because of your IQ, but you are promoted because of your EQ.

How Well do you Control Your Emotions?

Ask Yourself:

Do I consider how my response will influence my employees?

Does showing emotion in this situation help me obtain my objectives?

Do I consider what I say or how I behave before responding to a situation?

Am I equipped to deal with unexpected stress?

6Rs to Managing Your Emotions

Remember what is true.

Remember the YESs and not all the NOs.

Remember how far you have come.

Remember who you are serving.

Realize your first response is emotional.

You may not be able to determine the emotion you feel but you do determine how you react to it.

Play the long game, don't react immediately!

Realize the neurology of it.

"Amygdala Hijack"
It's a response that is emotional - the full brain is not working, just the flight- fight - freeze area is.

How do you push through this? Slow down - breath through it - wait for entire brain to engage-great decisions can then be made.

Recognize what's at stake.

A leader's voice is always louder than they think - with positional authority your voice gets louder - adjust that. You set the temperature.

ASK: What will happen if I lose it?
Press play on my emotions?

Rely on God's Sovereignty.

Trust in His timing

God is sovereign over the plan and the person.

Look at the example of David and Saul.

Reflect on your impact on others.

Ask these 3 Questions:

How do I change the dynamics of the room? How do I respond emotionally when things don't go well?

What is like to be under my leadership?