

# Emotional Agility in the Workplace

Research shows that emotional agility is critical in working environments:

Emotional intelligence and agility explains 58% of a leader's job performance. 90% of top performers are high in EQ.

Employees whose managers are open and approachable – more emotionally agile – are more engaged.

More engagement leads to lower turnover, higher operational efficiency, and increased performance.



\*With gratitude to the following: <http://news.gallup.com/businessjournal/182321/employees-lot-managers.aspx>, [http://www.talentsmart.com/media/uploads/pdfs/The\\_Business\\_Case\\_For\\_EQ.pdf](http://www.talentsmart.com/media/uploads/pdfs/The_Business_Case_For_EQ.pdf), <https://www.careermetis.com/impact-employee-engagement-performance-results/>

Follow these seven steps to increase emotional agility...



...and reap these benefits!



**87-93%**  
Less time in critter state



**94%**  
Confidence that you can handle ANYTHING!



**92%**  
Increased compassion for others



**85%**  
Increased compassion for self

\*Based on SmartTribes Institute client results.

At SmartTribes Institute, we've helped 700 of the Fortune 1000 and 300 medium-sized businesses get remarkable results.

**How Emotionally Resilient Are You?**  
Find Out in 3 Minutes:  
[www.SmartTribesInstitute.com/ERA](http://www.SmartTribesInstitute.com/ERA)

