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, https://www.careermetis.com/impact-employeeengagement-performance-results/

Follow these seven steps to increase emotional agility...

1. Release Resistance

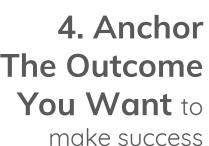
to make room for more choice.

2. Increase Rapport With Yourself to build mental

muscles and calm the mind.

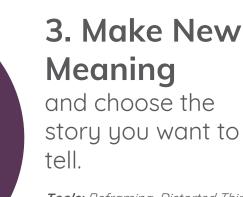
Tools: Emotion Wheel, Maneuvers of Consciousness, Outcome Frame *

Tools: Organismic Rights, Parts Auditorium, Mindfulness Practices*



inevitable - for yourself and others.

Tools: VAK Anchoring, Outcome Frame*



Tools: Reframing, Distorted Thinking Decoder, Neuro Storytelling*

5. Enroll And **Engage** With Others

as you bring emotional agility to your tribe.

Tools: SBM Behavior Decoder, SBM Communication Tools, SBM Index, Meta Programs*



to expand and keep change going.

Tools: Bias Navigation, Borderline Behavior Quiz & Decoder, Cultural GAME Plan*

7. Expand Tribal Power

to help your tribe navigate any obstacle, thrive on feedback, and redefine their personal best.

Tools: Energetic Weight, Energy Recall, Myelination Practice, Feedback Frame, 4 Conversations*

*Get all the tools in our book, Power Your Tribe: Create Resilient Teams In Turbulent Times

...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.

300 medium-sized businesses get remarkable results.

At SmartTribes Institute, we've helped 700 of the Fortune 1000 and

How Emotionally Resilient Are You? **Find Out in 3 Minutes:** www.SmartTribesInstitute.com/emotional-resilience-assessment/

