

The Inner Edge: Understanding Emotional Intelligence

ONE-PAGE TAKEAWAY

Key Insight:

Emotional intelligence is not about controlling emotions – it's about being aware enough to choose how you respond.

The Two Skills We Built Today

Self-Awareness

- Recognizing emotions as they arise
- Understanding triggers and patterns
- Noticing how emotions influence decisions and behavior

Social Awareness

- Paying attention to tone, energy, and silence
- Reading context, not just content
- Noticing what's happening beneath the surface

Why This Matters

- Awareness creates choice
- Choice creates leadership
- Leadership is how you show up under pressure

One Practice for This Week

Choose one:

- Pause before responding
- Name the emotion internally
- Paraphrase before reacting
- Notice silence instead of filling it

Small, consistent practices create meaningful change.

