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Emotional agility quiz

QUIZDone over 140,000 people quiz and get a free Agility report. Check out This 5-minute quiz by Susan David, gives you personalized feedback on how to be more effective with your thoughts and emotions and the baseline from which you can improve through Neuro-Agility Mentoring.You can take the quiz here: Have you noticed that life is moving at the speed of light and it's just getting faster? Have you also noticed that people are more stressed than ever? Therefore, emotional agility is essential. You need it to move in turbulent times, you need it to maintain a sense of humor, you need it to cope with the eternal uncertainty of everyday life. No matter what external situations you find yourself in, emotional fitness is your superpower. What is emotional agility? Daniel Goleman's groundbreaking book Emotional Intelligence changed the way we think about human interaction and made it possible to admit that people are emotional beings, even at work. The concept of emotional intelligence is crucial for all of us to understand, because its absence causes most human conflicts, including endings, divorces, and even war. It's not enough just to know that emotional intelligence is important. How do we change our emotional state to achieve the results we want, especially when we are overwhelmed by constant changes? We certainly know that it's not as simple as saying to ourselves, OK, let's look at it in a positive light. And you shouldn't tell someone: Stop feeling overwhelmed. It doesn't help anyone! So what works? Here's the scenario. A sales director who is not emotionally agile let's say you're a sales director, and a large customer who accounts for 30 percent of top-line revenue stops working with you. Now you need to either replace this customer or let go of some employees, may delay critical initiatives and explain the loss to the board. It feels bad, so it's bad. And you, as sales director, may want to avoid malaise at all costs, be it by refusing, avoiding, freezing or solving to take your anger and frustration to your team, all of which are likely to create an environment of guilt instead of collaboration. However, avoiding bad feelings also comes at a cost. Alternative cost. A sales director who is emotionally agile to a more emotionally agile sales director can still feel bad about losing a large customer. It would be strange if she didn't. But a more emotionally agile sales director will have a different feeling available to her, a sense of inspiration that comes with the challenge. In this way, this sales director will behave differently. It will consider this as an opportunity to talk to a lost customer and explain why this customer has gone. Instead of using negative feelings as a sign of failure, failure, to these feelings as a feedback loop and an impetus for growth. It can redirect its attention to the inclusion of feedback from the missing customer and mobilize the team to block holes in the company's main service offering so that the rest of the customer base does not suffer the same consequences. This agile maneuver can result in increased penetration on the customer and increase the revenue of the highest line to the customer's account. The difference that made the difference? The importance that the sales director made and the feelings that were available to her as a result. Which of the above examples sounds familiar? How can you increase emotional fitness for yourself and your team? The impact of emotional agility in the workplace Our infographic shows how important emotional fitness is in the workplace. Research shows us that: Emotional intelligence and agility explain 58% of the leader's productivity 90% of top performers are high in EQ Employees whose managers are open, approachable and emotionally agile are more engaged Greater engagement leads to lower turnover, higher operational efficiency and increased productivity Do you want to increase emotional agility? Follow these seven steps of Release Resistance: to make room for a greater selection of increase rapport with you: build mental muscles and calm your mind make new meaning: and choose a story, you want to tell Anchor The Outcome You Want: to make success inevitable for yourself and others Save and engage with others: how to bring emotional agility to your tribe Build Tribal Agility: to expand and keep the changes will expand tribal power: to help the tribe navigate every obstacle, develop into opinions and redefine their personal best in the coming weeks, I will be sharing tools, with the seven steps listed above to show how you and your team can become more emotionally agile. What will be the benefits for you when you are more emotionally agile? Here's what our executive coaches and workshop customers find: Benefits You'll reap 87-93% less time in Critter State (fight/lot/freeze) 94% confidence boost that you can handle all 92% increased compassion for others 85% increased compassion for yourself Net-Net How emotionally agile are you? Take our 3-minute rating and find out. Christine Comaford is a leadership and culture coach who helps companies achieve growth. Learn more at the SmartTribes Institute and see Power Your Tribe: Creating Resilient Bands in Turbulent Times and SmartTribes: How Teams Become Brilliant Together. * As originally seen on Forbes.com have you noticed that life is moving at the speed of light and it's just getting faster? Have you also noticed that people are more stressed than ever? If you are emotionally agile, you have not only noticed in a good position to not only survive, but to thrive. Emotional agility is simply essential. You need it to navigate the turbulent storms You need it to maintain a sense of humor, you need it to deal with the eternal uncertainty of everyday life. No matter what external situations you find yourself in, emotional fitness is your superpower. Emotional agility is crucial for happy cultures and engaged employees. What is emotional agility? Daniel Goleman's groundbreaking book Emotional Intelligence changed the way we think about human interaction and made it possible to admit that people are emotional beings, even at work. The concept of emotional intelligence is crucial for all of us to understand, because its absence causes most human conflicts, including endings, divorces, and even war. It's not enough just to know that emotional intelligence is important. How do we change our emotional state to achieve the results we want, especially when we are overwhelmed by constant changes? We certainly know that it's not as simple as saying to ourselves, OK, let's look at it in a positive light. And you shouldn't tell someone: Stop feeling overwhelmed. It doesn't help anyone! So what works? Here's the scenario. Sales director without emotional agility Let's say you're a sales director, and a large customer who accounts for 30 percent of your top-notch revenue stops working with you. Now you need to either replace this customer or let go of some employees, may delay critical initiatives and explain the loss to the board. It feels bad, so it's bad. And you, as sales director, may want to avoid malaise at all costs, be it by refusing, avoiding, freezing or solving to take your anger and frustration to your team, all of which are likely to create an environment of guilt instead of collaboration. However, avoiding bad feelings also comes at a cost. Alternative cost. Sales director with emotional agility More emotionally agile sales director can still feel bad about losing a large customer. It would be strange if she didn't. But a more emotionally agile sales director will have a different feeling available to her, a sense of inspiration that comes with the challenge. In this way, this sales director will behave differently. He considers this an opportunity to talk to a lost customer and explain in detail why the customer left. Instead of using negative feelings as a sign of failure, it will refer to these feelings as a feedback loop and an impulse to grow. It can redirect its attention to the inclusion of feedback from the missing customer and mobilize the team to block holes in the company's main service offering so that the rest of the customer base does not suffer the same consequences. This agile maneuver can result in increased penetration on the customer and increase the revenue of the highest line to the customer's account. The difference that Difference? The importance that the sales director made and feelings of affection available to it. Which of the above examples sounds familiar? How can you increase emotional fitness for yourself and your team? The impact of emotional agility in workplace research shows how critical emotional agility is for successful work environments. Our infographic shows how important emotional agility is in the workplace. Research shows us that: Emotional intelligence and agility explain 58% of the leader's productivity 90% of top performers are high in EQ Employees whose managers are open, approachable and emotionally agile are more engaged Greater engagement leads to lower turnover, higher operational efficiency and increased productivity Do you want to increase emotional agility? 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Here's what our executive coaches and workshop clients find: Benefits You'll reap 87-93% less time in Critter State (fight/lot/freeze) 94% confidence boost that can handle all 92% increased compassion for others 85% increased compassion for each other Net-Net emotional performance is crucial in work and in general life. There are seven proven steps to increase emotional performance. The tangible benefits that you and your organization will reap are profound. How emotionally agile are you? Take our 3-minute rating and find out.

Your Tribe provides a set of powerful neuroscience-based tools to help managers identify emotions, unleash resistance, end isolation, focus on results, and improve course for further success. Learn more

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