

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-employee-engagement-performance-results/>

Follow these seven steps to increase emotional agility...

INCREASE SOLO RESILIENCE

INCREASE TRIBAL RESILIENCE

1. Release Resistance

to make room for more choice.

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



2. Increase Rapport With Yourself

to build mental muscles and calm the mind.

*Tools: Organismic Rights, Parts Auditorium, Mindfulness Practices**



3. Make New Meaning

and choose the story you want to tell.

*Tools: Reframing, Distorted Thinking Decoder, Neuro Storytelling**



4. Anchor The Outcome You Want to make success inevitable – for yourself and others.

*Tools: VAK Anchoring, Outcome Frame**



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**



6. Build Tribal Agility

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.

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/emotional-resilience-assessment/