

Emotional intelligence strategies for maintaining emotional well-being and resilience for personal and professional leadership success in work, life, and Self.

5. Stress Management

- a) What intense emotions/feeling might come up as I pursue my leadership goals.
- b) What might trigger stress? Who/When?
- c) Who can I turn to during stressful times (see #3. Interpersonal)
- d) What has been helpful in the past?

Time for **Extreme Self Care**. Watch movies demonstrating stress tolerance and optimism.

- Forest Gump
- Apollo 13
- Life is Beautiful
- Inside Out (Pixar)

4. Decision Making

What situations might come up that will require well-developed skills in problem solving, reality testing, and impulse control?

1. Self-Perception

What is the one strength that I am known for that I can mobilize to begin re-examining what I want to actualize as the leader in my work, life, and Self in the next 90 days?



2. Self-Expression

In what situation do I need to be more assertive in order to have my needs met in a healthy way as I lead myself and others for success?

3. Interpersonal

What relationships do I want to develop into strong bonds to support my leadership goals?

What relationships need to be put on hold temporarily or permanently?

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