Title: **Social Awareness**

Exercise Code:

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness  | Large group | 30 min |

# Purpose: Managing emotions in a useful way in comparison with other people

# Description: "Social awareness is your ability to accurately pick up on emotions in other people and understand what is really going on with them. Often this means perceiving what other people are thinking and feeling even if you do not feel the same way. It's easy to get caught up in your own emotions and forget to Consider the perspective of the other party. Social awareness Ensures you stay focused and absorb critical information. " (Emotional Intelligence 2.0 by Travis Bradberry , Jean Greaves , Patrick Lencioni, 2010).

# Material: a bench and two chairs and table attached

# Methods: The exercise is done in the following way :

# The participants will be divided into "A" and "B" and "C";

# "A" will pretend to be a public relations officer;

# "B" will pretend to be a customer that reports, in 5 minutes, a fact that happened with the following conditions

# when telling the fact, he/she will communicate in a normal (non-amplified) way all six emotions in the annexed table;

# "A" will interact with "B" reflecting his emotions (e.g.: if "B" seems to be happy , "A" promises to be happy ) as best he/she can;

# "C" will observe in silence and take note of how communication is happening only from the emotional point of view;

# After 5 minutes, "C" will tell his/her notes to the other two participants, and then " B" will tell you how he felt;

# In turn, each of the participants will play three roles

# Advice for Trainer:

# Source/Literature:

# Handouts: