Title: Social Awareness

Exercise Code:

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

# Purpose:

* To manage 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.

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 handout;
* "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

Handouts: Social Awareness Handout

# Material:

A bench and two chairs and table attached

# Methods:

Emotional intelligence training, experimental learning

# Advice for Trainer:

The trainer will help people to express their emotions not only through the content of what they say but also the body language and the tone and volume of voice. In fact, people in this kind of acting, tends to hide behind a joking facade.

In addition, the trainer gives one minute for each fact, explaining at the beginning that the important thing is not to end it but to express it.

# Handout:

Social awareness

# Source/Literature:

Modified and adapted by LiberEta from:

Emotional Intelligence, Why Can Matter More Than IQ - Daniel Goleman -2009

Emotional Intelligence 2.0 - Travis Bradberry , Jean Greaves , Patrick Lencioni 2010