Title: Emotional Communication

Exercise Code:

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness | Small group | 10 min |

# Purpose:

# get to know your own emotions

# Description:

# There are no right or wrong emotions. Every emotion is a signal that our body gives us to help us and act more quickly and effectively to a given input. For example, if we did not have the emotion of fear most likely we would have died at an early age fallen from a window or under a car. But sometimes it seems that our emotions are our enemies and make us adopt destructive behaviours, such as anger against a person, or the fear of facing an important situation. To effectively manage our emotions is first necessary to know that emotions.

# The exercise is done in the following way:

# the trainer chooses one of the participants and invites him/her to get in front of the rest of the group;

# respecting the following order with the attached table he/she will tell 6 short episodes (maximum 6 minutes) in which he/she have tried:

# 1. Sadness

# 2. Anger

# 3. Scare

# 4. Tenderness

# 5. Excitement

# 6. Happiness

# the speaker will try to be as consistent as possible with the emotion transmitted, trying to amplify it;

# the trainer will monitor scheduled time (up to a minute for single emotion);

# after that the speaker will tell how his/her emotion was helpful in this particular situation;

# In turn, all participants will play the role of speaker.

# Methods:

# 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 through the body language and the tone and volume of their voice. In fact, people tend to hide behind a joking facade. In addition, the trainer will give one minute for each story, explaining at the beginning that it is important to tell it, not make it to the end.

# Handouts: Emotional Communication table

# Source/Literature:

# Modified and adapted from: Emotional Intelligence, Why Can Matter More Than IQ - Daniel Goleman, 2009