

Wroten & Associates

December 2015 Leadership Insight

Emotional Intelligence: Self Regulation/ Self-control

"Emotional self-control-- delaying gratification and stifling impulsiveness, underlies accomplishment of every sort." --Daniel Goleman, *Emotional Intelligence*

With the holidays approaching, along comes increased pressure and demands on our time, efforts and energy. At this time of year it is easy to become negative and frustrated as the holidays can be fraught with emotions for a variety of reasons. According to Daniel Goleman, author of the book *Emotional Intelligence* and an internationally known psychologist who lectures frequently to professional groups, business audiences, and on college campuses, self-regulation/self-control is one of four basic capabilities of Emotional Intelligence that can provide us with the ability to control our emotions and responses to situations and other people.

It is important for us to be aware of our emotions and then chose how to react and express our feelings. In particular self-regulation is about using self awareness to keep negative reactions under control. When we manage our impulses and emotions we are able to function at our best, professionally and personally.

Individuals who are self-regulated can calm themselves when upset or angry and cheer themselves when things seem grim. They are flexible, adaptable and can take charge of situations when necessary. Great traits for effective leaders! Fortunately, self-regulation can be developed. Being aware of what your triggers are is important. Once you have identified what your triggers are you can replace your negative responses with more positive behaviors. This takes practice. Thinking about change positively will help you to see the opportunities or possibilities in a situation. Re-framing negative thoughts can significantly diminish a negative event or obstacle. And, finally a small shift in your perspective or the meaning that you attach to a situation can transform your thinking and create feelings of optimism.

Self-regulation is about remaining calm, cool and collected when facing adversity. If you feel you are losing control try to remove yourself from the situation for a few moments and take some deep breaths. Believe in yourself, and your ability to improve your emotional intelligence.

Wishing you a Happy Holiday and month of inspiration!

Positively provided by: Wroten & Associates and Marilynn Allemann, LCSW, CPC

Recommended reading:

- *Emotional Intelligence: Why it Can Matter More Than IQ* by Daniel Goleman
- *Social Intelligence* by Daniel Goleman
- *The New Leaders: Transforming the Art of Leadership* by Daniel Goleman, R. Boyatzis, A. Mckee

Visit Wroten & Associates at www.wrotenlaw.com



Visit Marilynn Allemann at www.MwaExecCoach.com