



COACH GURU

The Journey Continues...

EMOTIONAL INTELLIGENCE

The monthly newsletter from the desk of Regal Unlimited

WHAT'S IN IT:

A lowdown on what's Emotional Intelligence, Regal updates, book recommendation, blogs, upcoming events and so much more!

Dear Leaders,

When you think of a perfect leader, what are the qualities that come to your mind? A good listener, someone who has the unquestionable trust of his team members, critical thinker, kind, respectful, capable and the list goes on. Most of these qualities are of someone with a high emotional intelligence.

Emotional intelligence or EI is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people.

For leaders, having emotional intelligence is essential for success. After all, who is more likely to succeed – a leader who shouts at his team when he's under stress, or a leader who stays in control, and calmly assesses the situation?

According to Daniel Goleman, an American psychologist who helped to popularize emotional intelligence, there are five key elements to it:



The more that you, as a leader, manage each of these areas, the higher your emotional intelligence. So, let's look at how coaches and leaders use emotional intelligence to get better at their craft:



WHY EI IS IMPORTANT TO A COACH OR A LEADER? OR ANYONE?



Because it helps me hold my nerves under pressure and stay functional.

Shekar Rangarajan



A leader's emotional intelligence can have sweeping influence over their relationships, how they manage their teams, and all in all how they interact with individuals in the workplace.

Piyush Pushkal



If a leader cannot connect manage his emotions and not be aware of the emotions of his team, inspiring the team is not simply possible

Madhu Kanna



One has to be emotionally well balanced within, before coaching or leading anyone. Our actions means a lot to others than our words. Hence it is important that we are self aware of our own emotions and its triggers to lead by example. What we have is what we can give, what we generate is what we can spread.

Deepa Kannan



Because it is the heart that matters

Jeffrey Luke Walker



EI helps to increase awareness of both self and others. Increased awareness leads to increase in effectiveness of human interactions.

Prakash Seshadri Nathan



EI is about wholly about relationships- with self and with others. And in any relationship, empathically building trust leads to making positive, beneficial influences. Towards self, being emotionally intelligent, makes us become aware of our biases, limitations, and judgments and helps us move towards mindful self-management. Towards others,

EI is about intuitively being empathetic and understanding their emotions and requirements and sharing of yourself with them. Coaching too is about a relationship- so for a coach, EI is the way to be with the client- to provide the confidentiality and safety they need, to be completely present, to offer non-judgmental feedback, to listen and question with empathy, to enable them to look within and move towards self-development.



Whoever you may be, having good EI helps in better understanding of the person, empowers you to connect better & contribute more.

Sangeeta Shankaran Sumesh



Enables to build positive relationship personally & professionally | Emotional balance

Arun.S.K.



Leaders have the power to set the culture of an organisation. An organisation can technically run smoothly with just intelligence as key ingredient, but in challenging situations, it's the emotions that run high & deep. As a leader one got to be very aware of their own emotional state as well as that of their



Emotion is as important a dimension as intellect. Extra-ordinary things get done when emotional urge takes one beyond known limits of rationality and logic. Emotional intelligence also helps people to team-up and work towards a common purpose.

PK Narayanan



Emotional intelligence enables leaders to understand and motivate people. Leaders with Emotional Intelligence understand the importance of communicating effectively, treats all employees with respect, Understand and emphasize with the emotions that influence attitudes and behaviors, Express their emotions rather than allowing them to run wild during a healthy way. this is often why emotional intelligence is vital to leaders and coaches.

Ramanathan Yegyanarayanan



360 assessment will help to understand EI profile, EI is a set of learned and learnable skills, Empathy is tool to understand EI, Self reflection and journaling helps coaches/leaders to recognize their emotions and their impact.

Arun SK



This was a topic which I picked as a client in couple of peer coaching sessions. In my professional life as a Manager/Leader, I realized the importance of EI. When I started to monitor my emotions, my life at work improved a lot. Which gave me positiveness in my work relations.

Vijay Sudeva

employees, in order to effectively tide the difficulties with a feeling of oneness. EI is the only element that helps differentiate between a good & great leader. Leaders with high EI are an inspiration to work with.

Priya Sundaram



EI is the one facet that distinguishes a leader-ability to define purpose, work towards that, take failures in their stride, learn all the time, listen to others, encourage disagreement and discussion, handle ambiguity, feet on the ground in face of extreme success, build and work in teams and completely avoid being full of oneself.

Tram



We are interacting with Human beings who are made up of emotions. Any conversation happens are 2 levels basically. Physical the words uttered and body language expressed and emotional level (unexpressed)

B.Natarajan



As a leader, one needs to be high on EQ/EI as it is good for the self as well the team that is being managed. Emotions are contiguous and may reflect on the people/followers who the leader influences. A leader has to be vigil about his ongoing emotions and control/ guide them according to the impact the emotion is going to make in the surroundings.

Mohamed Riaz

STORY OF THE MONTH

Save the Date

Live Webinar:
Emotional Intelligence leads to
Resilience During a Time of Change

Time: 8 PM IST / 7:30 AM PST
Venue: Zoom

Speaker
Cathy Mott, PCC, ISEI
CEO & President
CWC Leadership Development




A Regal Webinar - Emotional Intelligence leads to Resilience During a Time of Change with Cathy Mott

Emotional Intelligence is a topic that is relevant at any time or space whether normal or not normal and Emotional Intelligence leads to Resilience during a time of change. The purpose of this webinar with Cathy was to help us develop the mindset of resilience and accountability during change. To explore the value of dealing with our own emotions during change before we can assist others, learn how to be mindful and constantly check if we are operating from a space of powerlessness or empowerment. To know more, [click here](#).



30,000+ and counting!

The coaching community is growing and how! We are now a 30,000+ strong family of ICF-Credentialed coaches! Here's a heartfelt shout out to all those who have chosen to invest in their professional development and are applying for and renewing their ICF credential. This is a journey you will enjoy! [Read more.](#)

The Online programs on ICF Coach Training ran on full strength

Who said self-work is a passé? Both of our online batches for ICF coach training programs in June 2020 saw record participation. One, a closed-group of business owners, who are adding coaching to their work and life, and two, an open group of professionals from diverse backgrounds.



#ICFCoachoftheWeek

We are happy to share that Regal's Subash CV got featured as The Coach of the Week by ICF!

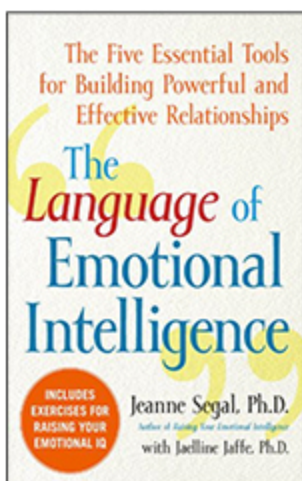


Monday Muse

On June 6th, we hosted Bob Hughes, CEO, The Forton Group, who shared with us a coaching tool, my360plus.

[Read more.](#)

READ-LEAD-SUCCEED



Are you an entrepreneur? CEO? Parent? Project or HR manager? There's a gold nugget for everyone here.

The Language of Emotional Intelligence: The Five Essential Tools for Building Powerful and Effective Relationships: An excellent resource on using EQ to build better relationships with just about everyone in your life, from employees to your family. Jeanne Segal shows you how to use five basic tools of EQ to enhance communication, read non-verbal cues, and diffuse conflicts before they get out of hand.

[READ NOW>>](#)

We enjoyed reading this for its subtle message. We hope you like it too!

Back in the days when Germany was divided, a huge wall separated East and West Berlin. One day, some people in East Berlin took a truck load of garbage and dumped it on the West Berlin side.

The people of West Berlin could have done the same thing, but they didn't. Instead they took a truck load of canned goods, bread, milk and other provisions, and neatly stacked it on the East Berlin side.



On top of this stack they placed the sign:

"EACH GIVES WHAT HE HAS"

How very true! You can only give what you have.

What do you have inside of you?

Is it hate or love?

Violence or peace?

Death or life?

Capacity to build or capacity to destroy?

What have you acquired over the years?

"EACH GIVES WHAT HE HAS!"

BLOG



MY PERSONAL JOURNEY HANDLING EMOTIONAL BURSTS

When I was introduced to Emotional Intelligence (EI) more than a decade back, I understood that I am good at it, based on the feedback I received at work. But not until later, I realized, this was limited to social competence of EI.

Since, early last year, my father's health started deteriorating with multiple complications including alternate day dialysis. I could barely hold myself together when I had to put up a courageous face for my mother during the crucial times. I found myself struggling to deal with all these emotions and started spiraling down a path of self-questioning. I started to question the use of all the moral principles that my parents had lived by and aspired for me also.

On one such sleepless night, while skimming through the bookshelf, Daniel Goldman's Emotional Intelligence book got my attention. I started reading through it afresh, looking for ways to handle myself. Connecting the dots of self-awareness and self-management, here are the first two big pillars of EI that I framed for myself - a formula, to improve my personal competence.

Acknowledge, Analyze, Act

1. Acknowledge my emotions without judgement

I started noting down the emotions that I was going through. It took me a while to not judge my emotions. Emotions that came out were fear, upset, insecurity,

disappointment, frustration, etc.,

2. Analyze why I am feeling that way

Then, I noted down what is causing me to get those feelings, such as feeling helplessness, expectations, inability to find answers or to accept the metaphysics around it.

3. Act on the Analysis

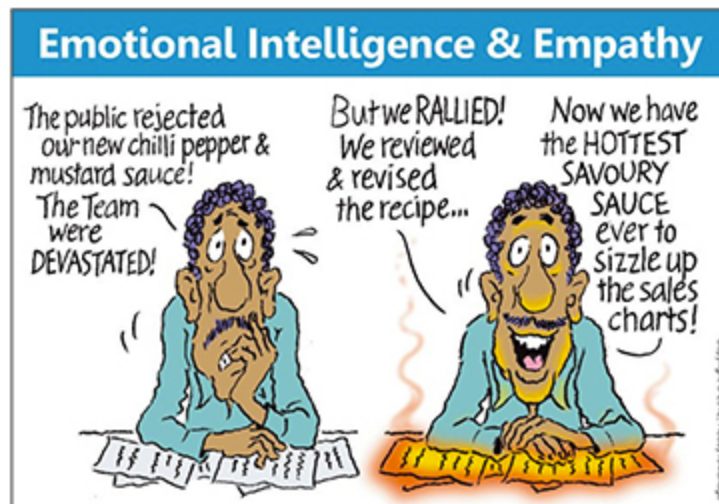
I asked myself what I could do differently. I have to accept the situation, stay in the present and handle things that are in my control.

Following this consciously had helped me overcome the mental struggle I was going through. I continue to audit my feelings whenever my responses are not aligned with my true self. This experience brought significant changes in the way I listen to my deeper self and to others.

Dhurka Natchiyar

Well, the three As worked for Dhurka Natchiyar. How have you upped your EI? Write to us. We would be happy to hear about how you manage your emotions.

LAUGH OUT LOUD



UPCOMING EVENT



SAVE THE DATE - August 17, 2020

We launch a new batch on an inward journey so beautiful it shows on the outside too! Our ICF-approved #CoachTraining starts with the focus on the process, the framework.

While it is based on the science of coaching, as the learner moves forward, the learner-coach effortlessly transition into the realm of art.

A new online/global/live batch starting on Aug 17, 2020.

To know more, pls write to us.

info@regalunlimited.com

You may also like to read - [Why ICF Coach Training with Regal Unlimited?](#)

Best wishes.

Team Regal Unlimited

