

MODULE 4: COACHING

Emotional literacy



LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective 1

Background information

Explore emotional literacy and its impact on coaching.

Objective 2

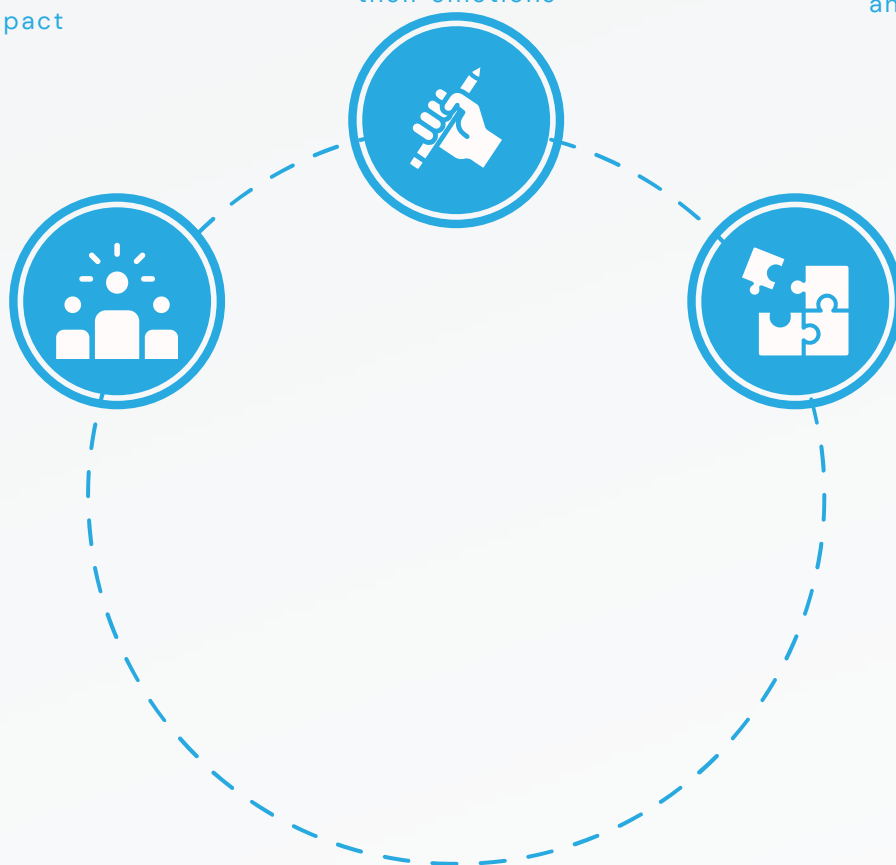
Exercise: Emotional intelligence

helping participants develop awareness and understanding of their emotions

Objective n° 3

Integration of the findings

Reflecting the process and integration of the insights



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description

1. Target group – adult educators, mentors of change
2. Time – 1 hour.

1. Instruction, index cards
2. Pen and paper

Materials

METHODOLOGY USED FOR THIS ACTIVITY



Background
information



Exercise:
Emotions



Reflection



Closing
round



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BACKGROUND INFORMATION ABOUT EMOTIONAL LITERACY

For people involved in emotional work with others, like mentors of change/recovery coaches, it is important to develop an understanding of ones own emotions, learn to regulate emotions (see Module 1: Emotional regulation), be aware of the emotions of others and manage interactions. These competences can be summarized in a table like this:

	Recognition	Regulation
Personal Competence	Self-Awareness <ul style="list-style-type: none">• Self-confidence• Awareness of your emotional state• Recognising how your behaviour impacts others• Paying attention to how others influence your emotional state	Self-Management <ul style="list-style-type: none">• Keeping disruptive emotions and impulses in check• Acting in congruence with your values• Handling change flexibly• Pursuing goals and opportunities despite obstacles and setbacks
Social Competence	Social Awareness <ul style="list-style-type: none">• Picking up on the mood in the room• Caring what others are going through• Hearing what the other person is "really" saying	Relationship-Management <ul style="list-style-type: none">• Getting along with others• Handling conflict effectively• Clearly expressing ideas/information• Using sensitivity to another person's feeling (empathy) to manage interactions successfully

Daniel Goleman's Model of Emotional Intelligence (Positivepsychology, 2022)

Emotional intelligence can be fostered through mindfully attending to current emotional states.

While some mindfulness practices for emotions typically include 'acceptance' instructions, the following exercises focus on emotional awareness only. Participants are invited to simply notice and connect with an emotional state. The goal is not to regulate or tolerate emotions, but to become gradually more familiar with ones emotions.

As such, it is advisable to first connect with positive or neutral emotions in this exercise, rather than difficult or distressing emotions.

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EXERCISE 1 EMOTIONAL LITERACY

With this exercise, you can practice to become aware of your emotions. By practicing emotional awareness, you can build your emotional intelligence.

Instructions:

1. Sit down comfortably and upright. Relax your shoulders and jaw muscles. Close your eyes, or simply gaze down in front of you defocussed.
2. Notice your breath. Feel the breath flowing into and out of the body.
3. Now, move your focus from your breath to your body, and begin to scan through the body slowly from head to toe, observing any feelings or emotions that are present.
4. You might find various feelings or emotions throughout the body. For this exercise, choose one feeling or emotion to focus on for now.
5. Notice where in your body this emotion is located... what part of the body is holding this feeling?
6. How big or small is the feeling?
7. What size and shape does the feeling have? Is it round or edgy?
8. Does the feeling have a color? And if so, is the color changing or remaining the same?
9. Is the feeling heavy, or light?
10. Is the feeling moving, or still?
11. Is the feeling hard or soft? Is it rough or smooth? If you could touch this feeling with my hand, what would its texture be like?
12. Now, if you were to give a name to this feeling or emotion, what would it be?
13. If a name for this feeling doesn't come to mind, that's OK. Be kind to yourself, and continue to observe the feeling in the body with curiosity and without judgment, until the nature of this emotion becomes clearer to you.
14. Continue to get to know this emotion for another five or so minutes. When you feel that you have reached a level of comfort with and understanding of this feeling, gently open your eyes and bring your attention back to the room you are in.



Reflect about this exercise in the group

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EXERCISE 2 EMOTIONAL LITERACY

Emotion Transition Exercise

1. Understanding Emotions

Briefly discuss the importance of recognizing a wide range of emotions to better understand yourself and others, as well as to regulate your feelings. Hand out blank index cards to participants.

2. Listing Emotions

- Ask participants to brainstorm as many emotions as possible.
- Each emotion is written on a separate card.
- Spread the cards out to avoid duplicates.

3. Emotion Transition Activity

- Collect and shuffle the cards, placing them face down.
- Each participant picks two cards at random.
- They explain how one could transition from the first emotion to the second.
- Others can share their perspectives.

4. Discussion Questions

- How easy was it to list emotions?
- Were you surprised by the variety?
- How difficult was it to shift between emotions?

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REFLECTION AND CLOSING

Reflection about the exercises

How are the participants feeling after this exercise?

What experiences did the participants have?

Would the participants like to share anything or ask any questions?

Did any emotions arise during the exercises that need to be processed or discussed?

Conclusion by the facilitator.