



#EmotionalIntelligence

We create self-reflective learning experiences to help individuals and organizations identify, understand and resolve interpersonal relationship problems via Emotional Intelligence.

Emotional Intelligence: Embracing Vulnerability and Championing Empathy

कस्तो **Feel** गर्दै हुनुहुन्छ ?



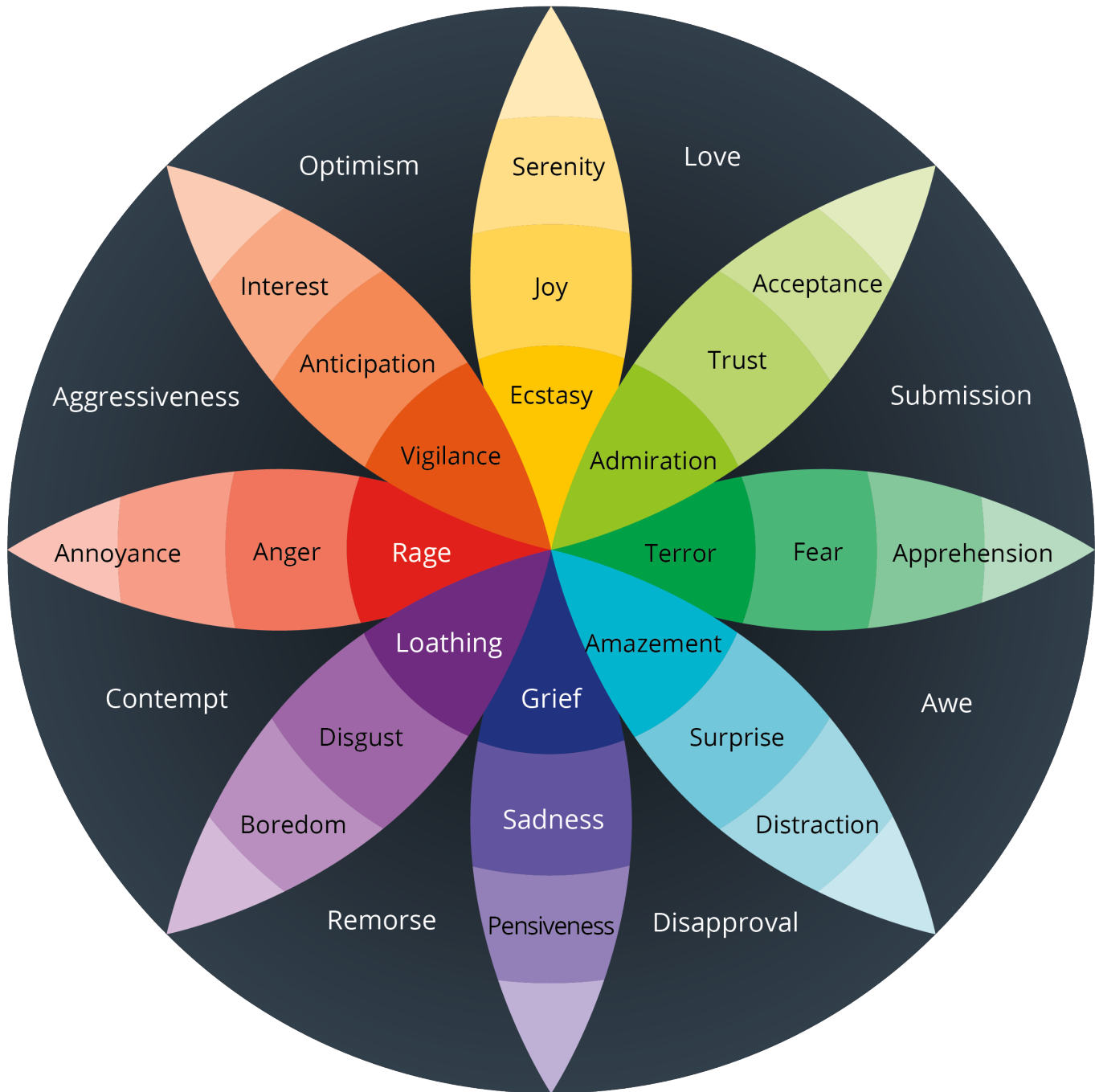
Stories of Courage

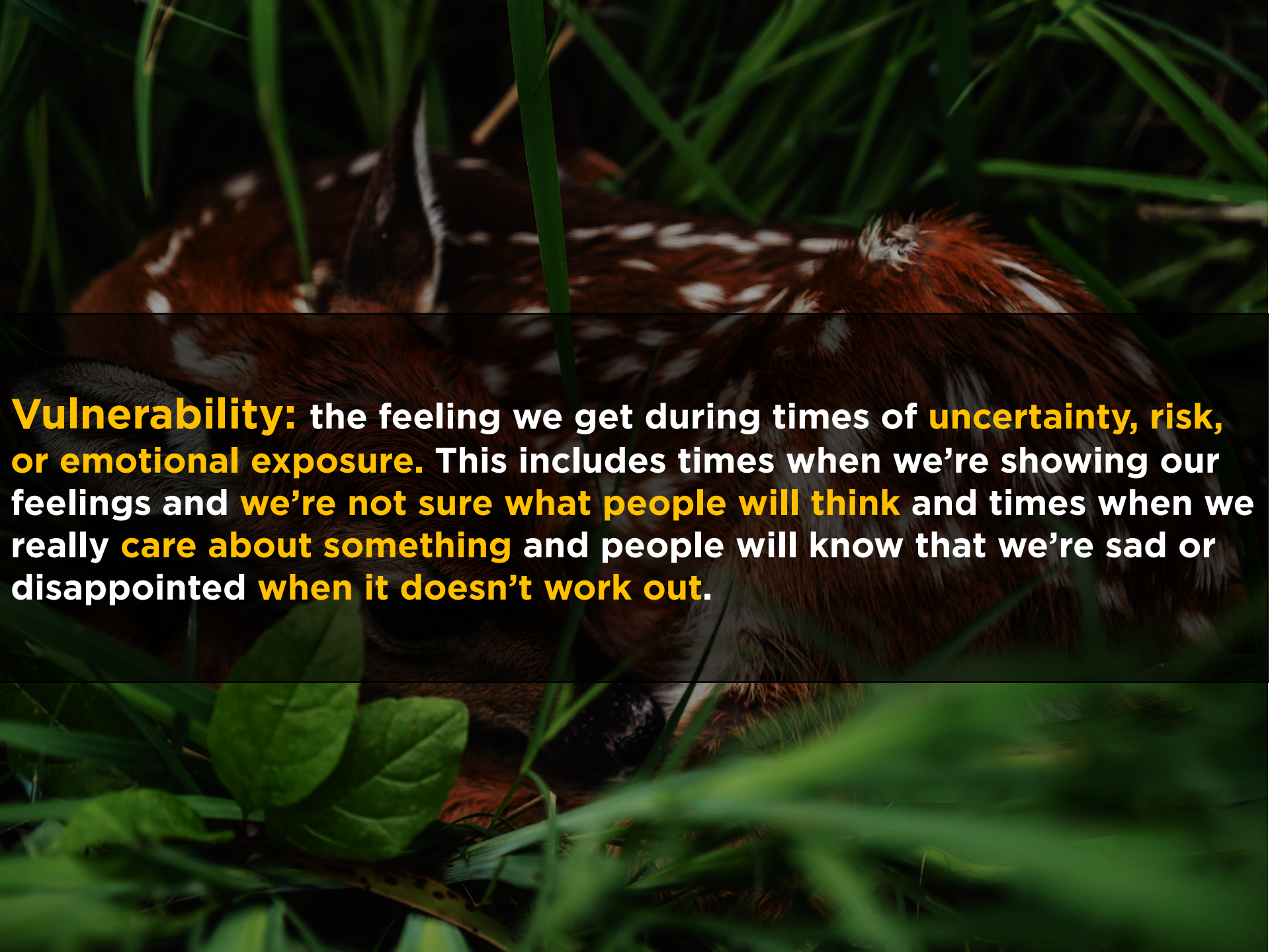
Courage is a heart word. The root of the word courage is *cor*—the Latin word for “*heart.*”

Courage originally meant “To speak one’s mind by telling all one’s heart.”

Today that means:

- **Talking about how we feel**
- **Asking for what we need**
- **Being ourselves**
- **Being kind to others who are trying to be themselves**
- **Learning how to be brave and afraid at the exact same time**





Vulnerability: the feeling we get during times of **uncertainty, risk, or emotional exposure**. This includes times when we're showing our feelings and **we're not sure what people will think** and times when we really **care about something** and people will know that we're sad or disappointed **when it doesn't work out**.

Learning to Unlearn

SELF-TALK that fuels the MYTHS of VULNERABILITY

1. Vulnerability is weakness

(Thinking, "I'm weak for feeling this scared about my audition.")





2. I don't do vulnerability.

(Thinking, "Nope, I don't let myself feel vulnerable. I either get the part or I don't and that's that.")

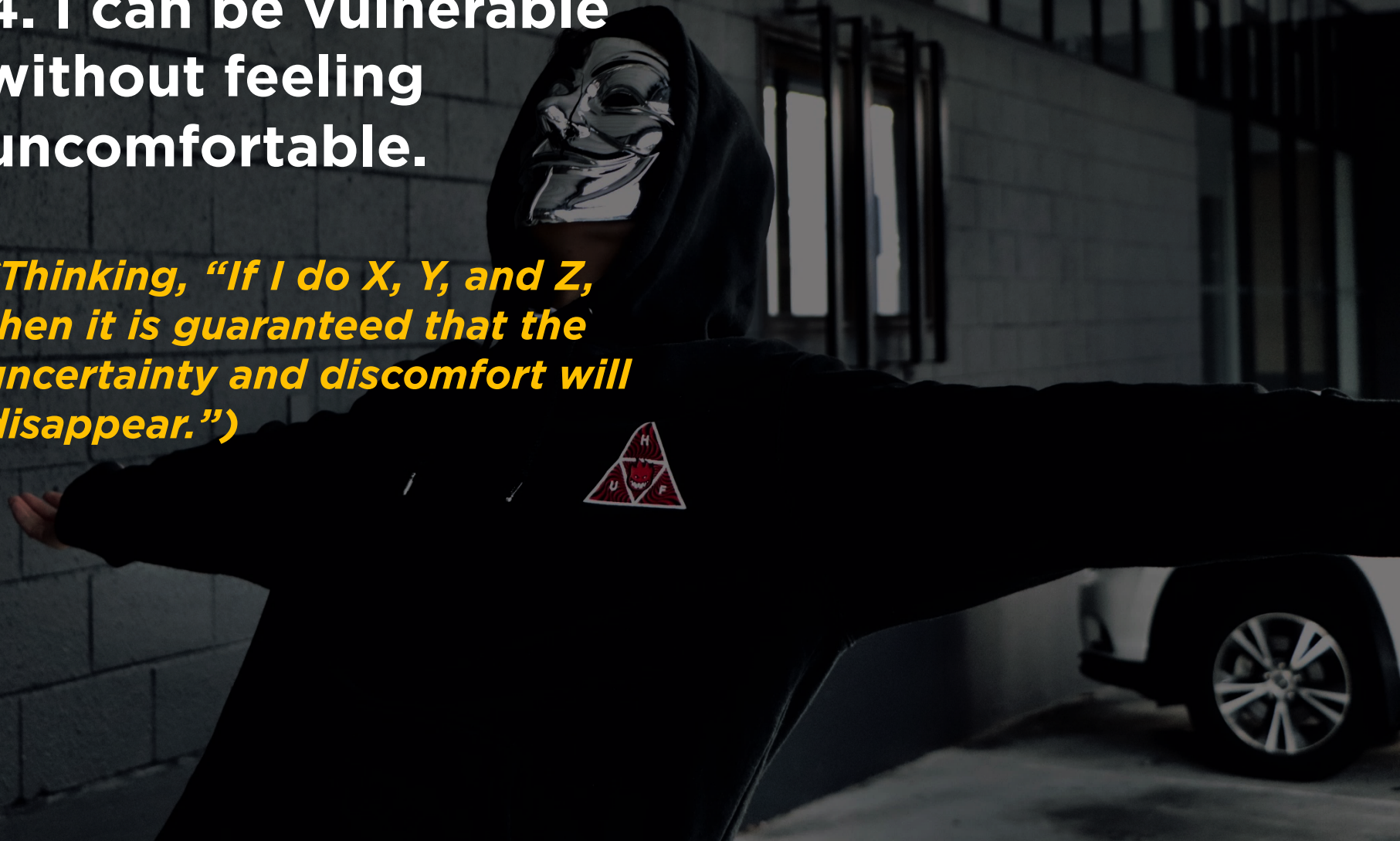
3. I can go it alone.

(Thinking, “I can go through this by myself without anyone’s help. No one needs to know how important this is to me.”)



**4. I can be vulnerable
without feeling
uncomfortable.**

*(Thinking, “If I do X, Y, and Z,
then it is guaranteed that the
uncertainty and discomfort will
disappear.”)*





5. Trust comes before vulnerability.

(Thinking, “I don’t trust anyone, and therefore I can’t be vulnerable and share how I really feel about this audition”)

A close-up photograph of a large pile of various keys and coins scattered on a dark, textured surface. The keys are of different shapes and sizes, some with circular heads and others with notched heads. The coins are also of various denominations and designs. The lighting is dramatic, with strong highlights and deep shadows, creating a sense of clutter and complexity.

6. Vulnerability means sharing all the personal details of my life with everyone.

(Thinking, "I have to tell every single person how scared I am about my audition.")

A top-down view of several hands reaching towards the center. Some hands are painted with bright red paint, while others are natural skin tone. The hands are arranged in a circular pattern, creating a sense of unity and shared purpose. The background is dark, making the hands stand out.

Empathy

- Empathy is **connecting** with people so we know we're not alone when we're in struggle.
- Empathy is a way to connect to the ***emotion*** **another person is experiencing**; it doesn't require that we have experienced the same *situation* they are going through.

When I'm having a hard time or my feelings are hurt and I share what I'm feeling with someone, I like that person to:

- *look right at me*
- *look away a little so it doesn't feel so hard*
- *give me a hug*
- *give me some space*
- *say something so I'm not just standing there*
- *just listen and stay quiet*

When someone is having a hard time or their feelings are hurt, and they share what they're feeling with me:

- *I worry that I might not say the right thing*
- *I want to say something that will make them feel better*
- *I get nervous*
- *I want to fix it*

Ask:
Don't Assume

THANK YOU FOR YOUR SUPPORT AND WE HOPE EVERYONE IS SAFE AND WELL.

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**“The real voyage of discovery consists not in seeking new lands
but in seeing with new eyes.” - Marcel Proust**

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