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Do Try This at Home: A Reflective Practice to Support Emotionally Intelligent Leadership.

This month we invite you to benefit from one of our Future Leaders Academy activities.

In our Future Leaders Academy training program, Future Leaders learn the core skills associated with being emotionally intelligent leaders. These core skills of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making are critically important. These skills directly elevate one's ability to achieve goals, relate well to others, and positively impact the places where we learn, work, and live.

One of the ways t2pRI helps Future Leaders develop and strengthen these five core skills is through the following reflective practice. Over the past few months, Future Leaders and their Mentors have been discussing their reflections on each of these skills in their lives.

Since we are all continually learning and growing, no matter our age or experience, we wanted to share this valuable practice with our newsletter readers. We invite you to reflect on your experiences with these core skills over the past week or month with our "at-home version." The practice is certain to uncover thoughts and behaviors you want

to celebrate and repeat along with areas you hope to improve.

How to use the practice:

First review the description of each skill. Then reflect on your experiences and write down examples of when you successfully demonstrated the skill and times when you missed the opportunity to embody it.

If you keep a journal, this can be part of your journaling practice and then used to jumpstart discussions about leadership experiences with a trusted mentor, colleague or friend. You can also access a worksheet of this practice [here](#).

Skill: Self-awareness

Description: The ability to identify one's own emotions, thoughts, and actions, recognize strengths, weaknesses, and values, have a sense of self-efficacy and optimism, and use a growth mindset.

Personal Reflection: Write down your recent experiences with self-awareness.

Skill: Self-management

Description: The ability to monitor and manage one's emotions, thoughts, impulses, stress, and behavior in order to set and achieve personal goals.

Personal Reflection: Write down your recent experiences with self-management.

Skill: Social awareness

Description: The ability to recognize other people's perspectives and emotions, empathize, respect others and their differences, understand social norms and ethics,

and identify resources.

Personal Reflection: Write down your recent experiences with social awareness.

Skill: Relationship skills

Description: The ability to communicate, cooperate, negotiate, and manage conflict, provide, seek, and receive support, and avoid harmful social pressure, all to achieve satisfactory interpersonal relationships.

Personal Reflection: Write down your recent relationship experiences.

Skill: Responsible Decision Making

Description: The ability to recognize challenges as you pursue your goals, and to consider factors such as time management, ethical, social, moral, and safety issues related to achieving your goals; engage in effective problem-solving; and evaluate and reflect on one's actions.

Personal Reflection: Write down your recent experiences with responsible decision making.

The concept of [reflective practice](#) was introduced by philosopher and MIT professor, Daniel Schön. His research showed the habit of reflection can separate extraordinary professionals from mediocre ones. We're enlisting this habit to help produce extraordinary Future Leaders, and through the practice featured here we encourage you to consider adopting this habit on a daily, weekly, or monthly basis. It's an evidence-based effort well worth your time.

[think2perform Research Institute](#) has funded research and leadership development programs since its founding as a nonprofit 501(c)(3) in 2016.

Learn more about our:

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