



2 Critical Skills To Thrive in Uncertainty

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Welcome!

Thank you for participating in the webinar "Critical Skills to Thrive in Uncertainty".

To realize your human potential, you must acknowledge the various automatic responses that Volatility, Uncertainty, Complexity, and Ambiguity (VUCA) trigger in your brain.

These tools are here to support you in learning emotional regulation and focusing on clarity.



Emotional Regulation



Emotional awareness meditation



Identify false beliefs about emotions



A list of emotions

Focus on Clarity



Listen to learn



Ask questions to stay curious

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For support, call us at: **1.231.577.9852**

Emotional Awareness Meditation

This exercise invites you to become aware of your emotions. It's your chance to really get to know your emotions. By practicing emotional awareness in this way, you can build your emotional intelligence.



Tool created by **Hugo Alberts (PhD)**
and **Lucinda Poole (PsyD)**

01 Find a comfortable seat. Gently close your eyes.

02 Notice where your body is making contact (feet, back, sit bones).

03 Notice your breath. Inhale and exhale deeply for 5 breaths.

04 Shift awareness from breathing to the body. Scan the body slowly.

05 Detect feelings or emotions throughout the body. Choose one emotion.

06 Notice where this emotion is located in the body. Where is it?

07 How big or small is this feeling?

08 What are its edges? Are these edges sharp or soft?

09 Does the feeling have a color? Is the color changing or remaining the same?

10 Is the feeling heavy or light?

11 Is the feeling moving or still?

12 Is the feeling rough or smooth? If you could touch with hand what would it's texture be?

13 Give the emotion a name.

14 If no name comes to mind, that's OK. Just continue to observe the feeling in the body.

15 Continue to know this emotion for another five minutes.

16 Gently open your eyes and bring attention back to the room.

Identifying False Beliefs about Emotions

01 Choose a difficult emotion

Choose an emotional state you are struggling with at the moment; for instance, you might be feeling anxious about an upcoming event or regretful about a recent transgression.



02 Uncover false core beliefs about emotion

Read through the list of common false beliefs and see which resonate most with you. Put a check mark next to 1-3.

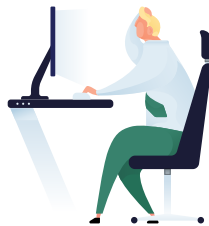


03 Explore the consequences of holding these beliefs



What impact do these beliefs have on how you feel, behave, and talk to yourself when faced with this emotion?

04 Reflection

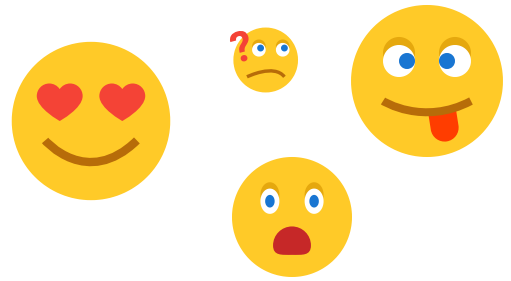


How was it to do this exercise?
Looking at the consequences, how adaptive is it for you to hold such beliefs about your emotions?
What was easy or difficult about this exercise?
What insights have you gained about your beliefs about emotions?

- If I lose control, others will think less of me
- I should be able to control my emotions
- If I feel this emotion, I will be overwhelmed
- If I tell others how I feel, they will use it against me
- If I tell others how I feel, they will see me as weak
- Other people don't feel this way, there is something wrong with me
- Only an immature person would get so emotional
- I should be able to cope without needing others for support
- To be accepted, I must keep negative feelings to myself
- This emotional response is not normal, I have to get rid of it
- A happy person would not feel this way
- If I let myself feel this pain, it will kill me
- If I feel bad, I will fall to pieces and be a total mess
- Others will reject me if I show signs of weakness
- I'm supposed to be rational, not get carried away by emotion
- I'm stupid for feeling this way

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List of Emotion Words



Self-awareness is the foundation of emotional intelligence. The ability to recognize our own emotions and moods, and our thoughts about them. Our ability to see how those thoughts and feelings are connected with our behavior. Understanding how emotions affect and are affected by our actions, reactions, decisions, and daily interactions with others.

Adapted from **the J unto Institute**

Sadness	Anger	Fear	Surprise	Joy	Love
Suffering	Rage	Scared	Stunned	Content	Affection
Sadness	Exasperated	Terror	Confused	Happy	Longing
Disappointed	Irritable	Insecure	Amazed	Cheerful	Desire
Shameful	Envy	Nervous	Overcome	Proud	Tenderness
Neglected	Disguist	Horror	Moved	Optimistic	Peaceful
Despair	Hate	Frightened	Shocked	Enthusiastic	Romantic
Agony	Hostile	Helpless	Dismayed	Elation	Fondness
Hurt	Agitated	Panic	Disillusioned	Enthralled	Sentimental
Depressed	Frustrated	Hysterical	Perplexed	Pleased	Attracted
Sorrow	Annoyed	Inferior	Astonished	Satisfied	Passion
Dismayed	Aggravated	Inadequate	Awe-struck	Amused	Infatuation
Displeased	Resentful	Worried	Speechless	Delighted	Caring
Regretful	Jealous	Anxious	Astounded	Jovial	Compassionate
Guilty	Contempt	Mortified	Stimulated	Blissful	Relieved
Isolated	Revolted	Dread	Touched	Triumphant	Satisfied
Lonely				Illustrious	
Grief				Eager	
Powerless				Hopeful	

Listen to Learn

When we listen to someone....we have this nasty habit of **listening to be right**. We are looking for fault or alignment. So we are ready to respond appropriately.

Or we **listen to fix**...to find out where our superhero capabilities can swoop in and save the day.



Instead we need to develop the capacity to listen to learn.

Adapted from **Unlocking Leadership Mindtraps**



Why would someone be telling me this?

Why do they believe that?



How could this be beneficial to me?

How does this add to my understanding?



Ask Questions to Stay Curiosity

01 What do I believe?



We often believe things without noticing we have a belief; it feels like noticing the truth. Those shoes are ugly. That political is lying. These feel like statements of truth, when they really are statements of beliefs. I believe certain shoes are not fashionable. Noticing these beliefs puts just a tiny bit of daylight between what we believe and our sense that it is objectively true.

Sometimes we really don't know what we believe. We spin around, bouncing between possibilities, and lose our way. This question can be incredibly grounding. When the way seems unclear and various forces push in one direction and then another, there are at least some things you believe. Naming them can be very grounding and settling.

02 How could I be wrong?



This has been a very powerful question for my coaching clients. This question opens up our curiosity. It prepares our brain to be open to hearing or seeing data that might actually prove us wrong. When we ask ourselves how might we be wrong about an assumption or belief, amazing things unfold.

03 How is this person a hero?

In complex settings, you tell simple stories that limit the range of thinking and feeling about what is possible. Do you believe that your colleague is always undermining you and trying to make you look bad in front of the boss? See if you can reframe her actions as the hero in her story rather than the villain in yours.



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