
Strategies for Developing Your Emotional Intelligence

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Self-Awareness Strategies

1. Do not label feelings as good or bad
2. Observe the ripple effect from your emotions
3. Lean into your discomfort
4. Feel your emotions physically
5. Know who and what pushes your buttons
6. Keep a journal about your emotions
7. Remember moods (good and bad) will pass
8. Stop and ask yourself why you do the things you do
9. Visit your values
10. Remember how you feel is reflected in how you look
11. Spot your emotions in books, movies, and music
12. Seek feedback
13. Get to know yourself under stress

Self-Management Strategies

1. Breathe
2. Create an emotions vs. reasons list
3. Make your goals public
4. Count to ten
5. Sleep on it
6. Talk to a skilled self-manager
7. Smile and laugh more
8. Take control of your self-talk
9. Visualize yourself succeeding
10. Clean up your sleep hygiene
11. Focus on your freedoms rather than your limitations
12. Speak to someone who is not emotionally invested in the problem
13. Make time for exercise and a mental recharge

Social Awareness Strategies

1. Greet people by name
2. Watch body language
3. Making timing everything
4. Develop a back-pocket question
5. Live in the moment
6. Go on a 15-minute tour
7. Watch EQ at the movies
8. Practice the art of listening
9. Go people watching
10. Understand the rules of the culture game
11. Test for accuracy
12. Step into their shoes
13. Seek feedback to get the whole picture

Relationship Management Strategies

1. Be open and curious
2. Avoid giving mixed signals
3. Remember little things that pack a punch
4. Take feedback well
5. Build trust
6. Have an "open-door" policy
7. Only get mad on purpose
8. Acknowledge the other person's feelings
9. When you care, show it
10. Explain your decisions
11. Make feedback direct and constructive
12. Align your intention with your impact
13. Tackle a tough conversation