

# EQ AND RESONANT COMMUNICATION - EXERCISE

### CONNECTING TO EXPERIENCES OF RESONANCE

- What comes to mind when you think of “Resonance”?
- Applying this to the word of communication and relationships, what experiences come to mind when you think about a state of “resonant leadership” and “resonant communication”?
- Looking back at your relationships, which felt the most safe for you and why? What characterised these relationships?



### CONNECTING TO EXPERIENCES OF DISSONANCE

- What comes to mind when you think of “Dissonance”?
- Thinking on the concepts of “dissonant leadership” and “dissonant communication”?:
  - What do you think it means?
  - What impact do you think it has on others?
  - What do people notice when there is dissonance?



### SHARING WITH OTHERS

Share with your small group a brief on your thoughts.

- How do your answers differ?
- What insights did you gain from listening to others?

### EXPLORING EMOTIONAL INTELLIGENCE AND EMOTIONAL SAFETY

- In your own words, what is Emotional Intelligence? What do you already know about the subject? Why is it essential for leadership and interpersonal communication?
- Looking back at the past months, how would you assess your emotional awareness?
- How do you understand Emotional Safety? Why is it important for communication and leadership?

### ADDITIONAL EXERCISES

There are currently no additional exercises for this section