

Luckygirliegirl Christina Aldan

Chapter 5 Handouts and Homework

UNIT 5 RESOURCE LIST

- Emotional intelligence 2.0 - www.talentsmart.com/products/emotional-intelligence-2.0
- Consortium for Research on Emotional Intelligence in Organizations – www.eiconsortium.org
- Collaborative for Academic, Social, and Emotional Learning – www.casel.org
- Brene Brown - The power of empathy youtube.com/watch?v=1Evwgu369Jw

BUILD YOUR TRIBE

Who are your allies? Who do you look up to? Why do you look up to them? What core values do you share? What path did they follow to success? How can you cultivate more of that into your own life?

Luckygirliegirl Christina Aldan

Chapter 4 Handouts and Homework

Strategies for building trust

- Strategy: Active Listening - Practice attentive listening. When we listen with the intent to understand, we demonstrate respect for the values of others.
- Strategy: Open Communication - Encourage an environment where people feel comfortable expressing thoughts, feelings, and concerns openly.
- Strategy: Consistency - Be consistent in your actions and follow through on commitments. This models reliability and dependability.
- Strategy: Cultural Sensitivity - Embrace and respect diversity, understanding and appreciating cultural differences to create an inclusive community.
- Strategy: Transparency - Be open and honest in your communication when sharing information and intentions with others.
- Strategy: Empathy - Seek to understand the experiences and emotions of others by showing empathy and compassion in your interactions.
- Strategy: Conflict Resolution Skills - Develop effective conflict resolution skills to resolve disagreements constructively.
- Strategy: Reliability - Show up with consistency and dependability. Demonstrate reliability by fulfilling responsibilities and being there for others when needed.
- Strategy: Collaboration - Work collaboratively with others, valuing teamwork as well as the contributions of each individual.
- Strategy: Shared Values - Identify and emphasize shared values within the community to create a sense of unity progressing toward a common goal.
- Strategy: Respect Boundaries - Reinforce firm boundaries with yourself and others. Encourage others to openly communicate their personal boundaries.
- Strategy: Supportive Feedback - Provide effective feedback with the intention of showing support for others. Focus on their growth and improvement rather than criticize their mistakes.

By incorporating these strategies into your life, you can create a tribe of trusted supporters. This is how we build connections, with intention and authenticity.

Luckygirliegirl Christina Aldan

Chapter 4 Handouts and Homework

Create a list of 10 characteristics (non-negotiables) you want in a teammate/partner

Here are some examples of non-negotiable characteristics **I've seen coaching clients and mentees** look for in their relationships:

Respectful Communication During Conflicts:

Fostering open and honest dialogue, even when you are upset is an important part of resolving conflicts.

Trustworthy and Forthcoming:

Without trust, a relationship will likely fail. Trust is foundational. Seek individuals who consistently demonstrate they are trustworthy. Withholding information is still not a trustworthy trait, so a partner must be forthcoming with their intentions.

Shared Core Values:

Compatibility in values and beliefs creates a strong foundation for accomplishing common goals.

Shared Wins and Losses:

An important non-negotiable trait is to have a friend who is supportive during both challenges and successes.

Unapologetic Empathy:

Must have the ability to understand and share the feelings of others, while maintaining psychological boundaries without latching on to the emotions others feel.

Must Have a Few Shared Interests:

We don't have to do everything together, but my life partner should share some hobbies or interests with me so we can have adventures together.

Healthy Boundaries Matter:

My workplace must have respect for personal boundaries and an understanding of the importance of individual space. Working on my days off is not an option.

Reliability:

Dependability is essential to any marriage. My ideal partner will follow through on commitments and promises.

Conflict Resolution Skills:

The ability to navigate disagreements and conflicts in a constructive manner is an essential characteristic in close relationships.

non-negotiable characteristics help guide you to build strong, positive, and supportive connections with those around them.

Luckygirliegirl Christina Aldan

CONGRATULATIONS ON COMPLETING UNIT 4!

HERE ARE MORE WAYS TO IMPROVE YOUR EMOTIONAL INTELLIGENCE SKILLS.

- [Hire me](#) to keynote your next conference, in-house event, or quarterly meeting.
- Visit LuckyAndLeslie.com/webinar-registration to improve communication skills with their monthly virtual “Engaged Leadership Practicum.”
- Check out our non-profit, AveryBurtonFoundation.org, to book Mental Health First Aid training.
- Buy my “Mastering Resilience” book on [Amazon](#) and [Kindle](#).
- [Hire me](#) to facilitate a leadership workshop.

LUCKYGIRLIEGIRL AT ARANA SOFTWARE
ATTN: CHRISTINA ALDAN
2831 SAINT ROSE PKWY, STE 200-340
HENDERSON, NEVADA 89052
CHRISTINA@LUCKYGIRLIEGIRL.COM
OFFICE: +1 702.818.1115

Connect with [@luckygirliegirl](#) everywhere on the interwebs

