

**Understanding Emotions**

Being able to recognize and manage your emotions and the emotions of others is important to
being a good leader!

**In this module, you will:**

1. Define self-awareness
2. Practice identifying your emotions
3. Explore self-management techniques
4. Develop a plan to manage your emotions in the moment
5. Explore empathy
6. Practice responding to the emotions of others.

| Topic | Description |
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| **Lesson 1: Self-Awareness*** Defining self-awareness
* Identifying emotions
* Reflection activity
 | Understanding your emotions takes time and reflection. Explore the first steps to becoming self-aware and practice identifying the emotions you experience daily. |
| **Lesson 2: Self-Management*** Defining self-management
* Self-management techniques
 | Explore what you can do to manage yourself during times of intense emotions. Find a technique that works for you and create a plan to remind you of your self-management techniques.  |
| **Lesson 3: Empathizing with Others*** Defining empathy
* The importance of empathy
* Responding to others with empathy
 | We don’t experience emotions alone; that’s where empathy comes in. Explore the meaning of empathy, and how to work with and understand the emotions of others. |

 **Delivery methods:**

1. The **independent activities** are designed for athletes to do on their own. They teach them similar lessons and have similar discussion questions but are designed in a way that allows athletes to participate without needing an instructor.
2. The **PowerPoint slides** are to be used as a visual during any virtual or in-person trainings organized by Program staff. The **facilitator’s guide** is to assist staff in having a discussion and guide the instructors through what to say and when.

**Resources:**

* Independent activities
* Facilitator’s guide
* PowerPoint slides