

**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 |
| --- | --- |
| **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