

MOD 3.4 Integrating SEL into Leading



TAKE IT DEEPER: The Big Picture

“Mixed quality relationships (positive qualities with less helpful interactions) actually cause stress and lack of trust. Satisfying relationships (with someone who understands your problems and gives the kind of support you really want) are related to more resilient patterns of stress reactivity.”

- From The Telomere Effect
Elissa Epel, Ph.D and Elizabeth Blackburn, Ph.D.

What would you like people to say about you?

Think of three people in your life: 1. A close family member or friend, 2. A neutral person, e.g, a co-worker or acquaintance, 3. Someone you have a hard time working or being with. For each person, look over the list of qualities below and select a few that represent how you show up in a relationship with that person.

Receptive Argumentative Open Finding fault and blame Curious Judgmental Appreciative Going for win-win solutions	Responsible Distracted Compassionate Non-Judging Defensive Harsh Assertive Present	Justifying my actions Closed Acknowledging Dismissive Putting my needs ahead of their needs Deferential Avoiding conflict Something else...
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