

Speak With Emotional Intelligence



“We’ll get through this together”

Stand with others when the going gets rough

“Here’s what I heard you say”

Listen actively and confirm understanding

“Let’s put our heads together”

Work collaboratively with others

“Tell me more about your concerns”

Lead with mutual respect and seek common ground

“Let’s talk about this”

Lean into conflict, looking for a path forward

“I was wrong”

Role model ownership and growth

“Thank you”

Give appreciation liberally

“I’m sorry”

Recognise when you’ve caused hurt and own it

“Let’s take a breather”

Notice charged situations and take a step back

“I’m proud of my effort”

Prioritise self-love, not external validation

“Great job!”

Praise others frequently

“I’d love your input”

Ask for feedback regularly

“How are you feeling?”

Check in on others when you sense something’s up

“Walk me through what happened”

Seek to understand, not blame

“We’d better change course”

Be adaptable when circumstances change

“Here’s why I made that decision”

Work to bring others along even when difficult

“How was your kid’s birthday?”

See and care about others as human beings

“I feel..”

Work to see and name your feelings

“How can I help?”

Offer support often

