

### EMOTION MANAGEMENT – THE ART OF SELF-MANAGEMENT

#### What is it about emotion management?

I use the terms emotion and feeling synonymously. Emotion management is therefore synonymous with emotion management. Emotion is a psychological process that is triggered by the conscious or unconscious perception of objects or situations and manifests itself physically. Put simply, an emotion manifests itself when reality does not match our expectations. Compared to the mind, emotions are a much more subtle instrument of perception. However, it is important to be able to decipher their language. Systematizations try to reduce the abundance of emotions to basic emotions like fear, anger, joy, etc. In business they were often met with mistrust. They were perceived as disturbing and unprofessional. Only the bestseller «Emotional Intelligence» by psychologist Daniel Goleman in the 1990s led to a certain rethinking. Emotional intelligence is the ability to perceive and deal with one's own and other people's emotions. It is therefore a different expression for emotion management.

#### How can emotions be managed?

Coaching is mostly about managing one's own emotions. Those who know how to deal with them can cope better with other people's emotions. The term emotion management may seem strange, as we often seem at the mercy of our emotions. They seem to manage us rather than vice versa. This is the case as long as we have not learned emotion management. The first step is to recognize emotions as a valuable channel of perception. The hardest thing is to perceive the emotions. Above all, it is not about the overwhelming ones, but about the subtle ones. Then it is necessary to learn the language of emotions in order to decipher their meaning. Emotion management can be learned, but it requires a lot of patience and practice. But the effort is worth it. We prevent that we are managed by them or that other people manipulate us through them.