

EMOTION MANAGEMENT

Emotions are faster than the mind. If you do not understand their language, they will control you – instead of being used to your advantage.

Emotion management means dealing consciously with your own feelings. Emotions arise when reality and expectations do not align – they are precise signals, not disturbances. In professional contexts, they were long regarded as a hindrance. Only with the rise of research into emotional intelligence has this view changed: the ability to perceive and use one's own and others' emotions constructively is now considered a key competence.

Emotion management can be learned – even if it initially feels unfamiliar. Many people feel at the mercy of their emotions as long as they lack a conscious way of handling them. In coaching, the focus is often on recognising the subtle emotions, not the loud ones. Those who understand what they mean can respond appropriately – rather than reacting impulsively or becoming blocked. This creates self-regulation, preserves the ability to act, and protects against manipulation.

Perceive, decode, respond. This is how emotions shift from being a perceived adversary to becoming an inner advisor.

Articles on emotion management (all articles)

- Keep your eyes on your goals, not your opponents
- Surrounded by idiots