

EMOTIONAL INTELLIGENCE - READ THE ROOM

Have you been told or self reflected after the fact that you didn't read the room? Or are you not aware or sure how to read the room? This awareness can be challenging for some individuals. Conducting self reflection can help see where you may be standing or where additional support is needed.

SELF REFLECTION

This self reflection section is meant to be kept private and not shared with others in order to gain the best reflections to the questions below.

- Are you aware of the environment when in a room?
- Are you aware of others non verbal cues when communicating? Or are you assuming what they are saying is exactly what they always mean?
- When giving responses, are you pausing to not only give your own agenda but what's needed for the group? That could be you not saying anything.
- Are you doing reflections after discussions?
- Is dialogue happening after you speak? Or is there silence? The silence could be an indicator of not reading the room.
- Do you have a trusted colleague that can give you reliable feedback? Someone's perspective that you trust and can talk through tougher conversations.
- Are you encouraging others to give you in the moment feedback?
- Are you uncomfortable with this topic? Have you had challenges related to this before?
- What can others do to help you with reading the room better or reading the room less if over aware?
- Are you making self awareness a priority?
- Where do you think you're doing good with reading the room? How can you grow?

GROUP DISCUSSION

Discussion questions are a great way to dive deeper into the topic of reading the room and gain new insights.

- Do you feel you tend to overthink reading the room, not pick up on reading the room, or have a good balance? What can others do to support you from either side?
- How easy or hard is it for you to share with others feedback related to self awareness?
- Where do you think you're excelling or is a strength of yours related to self awareness?
- What's one action you plan to do moving forward related to your self awareness with reading the room?