

Business Purpose: To focus on the components of individual (coaching) effectiveness.

Facets of Emotional Effectiveness



Every relationship we face, every situation we encounter, every interaction, is made up of different facets of emotionally intelligent behaviour:

My self awareness

Awareness of you

My self esteem

Your self esteem

How we relate

How to bounce back

My energy, drive and passion

My goals and focus

Being flexible

Being open

Being trusted

Trusting others

A can do approach

Expressing my emotions

Managing conflict assertively

Give and take

Motivating

Forgiving

Intuition

Reflecting

© me + you = Maureen Bowes

We all have some facets that are more developed than others. All of the facets are developable and they provide a great self development map for anyone, especially coaches, to navigate their way through work and life situations.

Performance = Potential – Interference

Timothy Gallwey (*The Inner Game of*series)

The facets are particularly helpful for **increasing potential** ~ by building on individual strengths and **reducing interference** by strengthening underdeveloped facets.

You can use the *What am I like?* Questionnaire to rate how effective you believe yourself to be in each of these areas and / or to use for discussion and feedback in coaching situations.