

MINDFUL LEADERSHIP MASTERY · CHAPTER EIGHT

Emotional Intelligence Practices

Chapter Eight of Mindful Leadership Mastery

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Emotional Intelligence Practices
Chapter Eight of Mindful Leadership Mastery

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Chapter Eight of Mindful Leadership Mastery. The whole book, with every chapter, is at business.hautelumiere.life/library/mindful-leadership-mastery (DOI https://doi.org/10.5281/zenodo.23989430).

A NOTE BEFORE YOU READ

This work is offered for education and leadership development. It is not legal, financial, accounting, investment, medical or psychological advice; take the advice of a qualified professional who knows your circumstances. Companies and events are described from the public record as the author understands it; characterisations are the author's analysis. Examples are illustrative, and no particular outcome is promised to any reader.

ABSTRACT

This practice develops somatic emotional awareness through systematic reflection. It is best done in the evening, as a review of the day's emotional landscape. Sit quietly. Establish somatic presence through The Arrival. Then replay your day, scene by scene, focusing not on what happened but on how your body responded to what happened . This inventory is not a judgment exercise. It is a data collection exercise . You are gathering the raw material of somatic emotional intelligence — learning the unique language through which your body-parts system communicates its responses to the demands of leadership. Over weeks and months, patterns will emerge. You will discover that certain parts activate predictably in certain contexts. You will learn the somatic precursors of your most common emotional reactions. You will develop an increasingly nuanced map of your emotional landscape — and with that map comes the capacity to navigate it with skill rather than being navigated by it unconsciously.

CHAPTER EIGHT

Emotional Intelligence Practices



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The Daily Emotional Inventory (5 Minutes, Evening)

This practice develops somatic emotional awareness through systematic reflection. It is best done in the evening, as a review of the day's emotional landscape.

Sit quietly. Establish somatic presence through The Arrival. Then replay your day, scene by scene, focusing not on what happened but on how your body responded to what happened.

For each significant interaction or event, note:

- What emotion was present? Name it with as much precision as you can. Not just "stressed" but "anxious about the timeline" or "frustrated with the lack of clarity" or "sad about the departure of a colleague."
- Where did you feel it in the body? Locate the emotion with specificity. Not just "in my chest" but "a tightness in the upper left chest, near the heart."
- What part was carrying it? Identify, if you can, which part of your inner system was activated. "My perfectionist part was frustrated." "My people-pleasing part was anxious about disappointing the board." "My young, vulnerable part felt unseen in that meeting."
- How did it influence your leadership? Did the emotion or part shape your behavior in ways you would not have chosen from Self? Did you avoid a conversation? Overreact to a minor issue? Withdraw from connection? Push too hard on a point?

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The Resonance Practice (Partner Practice, 10 Minutes)

This practice develops somatic empathy — the capacity to perceive others' emotional states through your own body's resonance. It requires a trusted partner.

Sit facing your partner. Both establish somatic presence through The Arrival. Then one partner (the "sender") is asked to recall a mildly emotional memory — not a traumatic one, just a memory with genuine emotional content. A moment of pride. A moment of disappointment. A moment of gratitude. The sender simply holds the memory internally, without speaking about it or visibly expressing it.

The other partner (the "receiver") attends to their own body, noticing any sensations, impulses, images, or emotions that arise. After two minutes, the receiver shares what they noticed. Then the sender reveals the memory they were holding.

This practice consistently produces surprising results. Receivers regularly report sensing the emotional quality of the sender's experience with remarkable accuracy — not through cognitive inference, but

through genuine somatic resonance. Over time, this capacity becomes available in professional settings: sensing what a colleague is really feeling beneath their composed exterior, perceiving the emotional undercurrent of a meeting, reading the genuine state of a client or stakeholder.

The ethical dimensions of this capacity are important and are addressed in detail in Chapter 23 on ethical leadership. For now, the key principle is the same one articulated in the Organizational Soul Work framework: attunement is for service, not surveillance. The capacity to sense others' emotional states carries a responsibility to use that information with integrity, compassion, and respect for others' autonomy.



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The RAIN Protocol — Somatic Emotional Regulation in Real Time

When a strong emotion arises in a professional context and you need to regulate it quickly, use the RAIN protocol — adapted from Tara Brach's mindfulness framework and integrated with somatic and IFS principles:

R — Recognize. Notice the emotion arising. Name it silently. "Anger." "Fear." "Shame." This moment of recognition creates a micro-space between you and the emotion — the beginning of disidentification.

A — Allow (and Locate). Allow the emotion to be present without trying to fix, suppress, or escape it. Simultaneously, locate it in your body. Where is it? What are the physical sensations? This somatic anchoring prevents the emotion from becoming purely cognitive — a spiral of thoughts that feeds on itself.

I — Investigate (the Part). Get curious about the part carrying this emotion. "What part of me is feeling this? What is it trying to protect? What does it need?" This IFS move transforms the emotion from an obstacle into information — a communication from a part of your system that has something important to say.

N — Nurture (from Self). Offer the part compassion and acknowledgment from Self. "I see you. I understand your concern. I've got this. You don't have to take over." This is the moment of Self-leadership — the inner equivalent of a skilled leader acknowledging a concerned team member without being derailed by their anxiety.

The entire RAIN process can be done in thirty seconds, silently, in the middle of a meeting. It requires no visible behavior change. But internally, it produces a profound shift: from being the emotion to being with the part that carries it. From reactivity to responsiveness. From emotional hijacking to emotional intelligence.

YOUR PAGE

Chapter Eight, carried forward. *What will you practise from this chapter in the coming week, and where in your day will it live?*

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