



Exercise: Monitoring Your Impact on Others

At some point, almost everyone will experience intense emotions in the workplace. Our emotional states can be highly contagious, and may have a significant impact on others, affecting their mood and the way they function at work. Those who are most likely to be strongly impacted by your emotional state include those who are already stressed, who fear your disapproval, or who are experiencing depression or anxiety-related symptoms. Whether you wish it to or not, your mood affects workplace productivity, and staying aware of your impact on others can help you optimize your leadership.

Think of a situation where you experienced an intense emotional state at work and where it impacted another worker. The cause of your emotion state may or may not have been related to work.

The situation: _____

The emotion(s) I was experiencing: _____

The way(s) I displayed my emotion when around another: _____

How my emotion affected the other person: _____

What the other person was likely thinking or feeling: _____

What I could have done differently: _____
