Emotional Intelligence

Emotional intelligence (EI) refers to the ability to identify and manage one's own emotions, as well as the emotions of others.

EI is said to include three main skills:

• Emotional Self Awareness - the ability to identify and name one's own emotions

• The ability to harness those emotions and apply them to a context i.e. a football match

• The ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same

Your Brain – Human Functioning

Stimulus ➡ Emotion ➡ Filter ➡ Interpret ➡ Behavior

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Building Emotional Muscle

Building emotional muscle casts a wide net around behaviors that are critical to high performance. The abilities are often the separator of average and elite athletes and help build the characteristics necessary for high performance. The primary abilities for you as a football player include:

- **Self-Awareness**:
- **Self-Confidence**
- **Self-Reliance**
- **Achievement Drive**
- **Competitiveness**
- **Resilience**
- **Focus**
- **Self-Control**
- **Flexibility**
- **Optimism**

Building Emotional Muscle

1. Move past mistakes quickly
2. Set your own standard of excellence
3. Create a strong, positive voice
4. Take responsibility for your performance and don't blame those around you
5. Be aware of your emotional state before you train or play a match
6. Make your focus excellence and not perfection

Positive action is the enemy of negative emotion. It cools the emotional brain, and focuses your mind on the task at hand – winning the game.

The 'Triple A' Response

1. Aware – be aware of and notice any destructive emotions, catch yourself in the moment and give yourself time to respond in a positive way

2. Anticipate – in game focus, the next few seconds in a game are the most crucial, what's next and looking to the future not dwelling on any past mistakes

3. Action - Move, stand tall, make a positive gesture, communicate with team mates, go get the ball back, check your position…just do something. Something positive!

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