



Happy Tuesday! Welcome back to Leadership Unscripted.

This month, we're diving into **Emotional Intelligence in Action**—and how self-awareness shapes every interaction we have, personally and professionally. Over the next few weeks, we'll explore the four components of emotional intelligence:

Self-Recognition, Self-Management, Social Recognition, and Social Management.

And we're starting right where growth always begins—with **Self-Recognition**.

Quick Reflection

Every once in a while, life gives us a mirror moment—one of those experiences that forces us to pause and ask, *"How am I showing up?"*

I had one of those moments recently. It reminded me that even with all the work I do around leadership and communication, I'm still a student of awareness. Sometimes, our intentions and our impact don't align—and we don't realize it until someone, or something, reflects it back to us.

That's why self-recognition is the foundation of emotional intelligence. You can't lead what you don't see.

In my coaching work, I often see this play out: leaders who are brilliant, driven, and compassionate—yet unaware of how their energy, tone, or timing impacts others.

When they finally see themselves clearly, everything changes.

Leadership Insight: 3 Ways to Strengthen Self-Recognition

Visual Reminder



Self-Recognition: You can't lead what you don't see

Here are 3 Ways to Strengthen Your Self-Recognition

1. Reflect Daily, Not Occasionally

Awareness isn't a one-time check-in; it's a daily practice. At the end of the day, ask yourself: *"How did I show up today?"* Be honest, not harsh.

2. Seek Honest Feedback

Ask people you trust, *"How do you experience me?"* Their insights might

surprise you—but they'll help you grow.

3. Take an Assessment (and Actually Review It)

DISC and EIQ assessments aren't just tools—they're mirrors. They reveal patterns you might overlook and help you understand both your strengths and your blind spots.

Action Step for the Week:

Pause at least once a day and ask yourself:

"Am I showing up as the person I intend to be?"

If the answer is no, adjust with grace, not guilt. Awareness is progress.

Community Spotlight

Hearing from you always keeps me encouraged. Two of you shared this recently:

"Good Morning, I really enjoy and look forward to receiving your weekly emails. They are the highlight of my Tuesdays. Thank you for the series, sharing your experiences and your words of wisdom."

and

"Hi Paula, yes, I love the newsletter that you just shared. Thanks."

Your words remind me that these reflections matter—and that we're growing together. Keep them coming! Just hit reply!

What I'm Up To:

- This month, my coaching sessions are focused on emotional intelligence—helping leaders and teams recognize how their communication patterns influence trust and performance.
- If it's been a while since you or your team took a **DISC or Emotional Intelligence (EIQ) assessment**, this might be the perfect season to revisit it. Awareness is the first step to transformation. Reply and let me know you're interested.
- I'm also continuing to upload short leadership insights to my **YouTube channel**—bite-sized lessons to help you grow throughout the week.

- The book is off to the editor! It's coming along, everyone!

Final Thought:

Self-recognition is the quiet strength behind every great leader. When you truly see yourself, you begin to lead yourself—and that's where transformation begins.

Reply and let me know if this is resonating with you - are my newsletters helping you? Adding value? I really want to know!

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With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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