



Happy Tuesday! Welcome back to Leadership Unscripted.

We're now in Week 3 of our **Emotional Intelligence in Action** series.

So far, we've explored:

- **Self-Recognition:** Seeing how we show up.
- **Self-Management:** Responding instead of reacting.

This week, we're turning outward to the third component—**Social Recognition**—the ability to understand and empathize with the emotions, needs, and perspectives of others.

Quick Reflection

Have you ever been in a meeting where you could *feel* the tension before anyone said a word? Or had a conversation where you sensed someone wasn't fully okay, even though they said, "I'm fine"?

That's social recognition in action. It's your ability to *read the room*.

In leadership, this skill is everything. Because no matter how sharp your strategy or how clear your message, if you can't sense what's happening emotionally around you, you'll miss the chance to connect.

In my coaching sessions, I've seen leaders who could read numbers but not people—and that disconnect always shows up in team morale, retention, and performance. Emotional awareness bridges that gap.

Leadership Insight: 3 Ways to Strengthen Social Recognition

Visual Reminder



The room is always speaking—your job is to hear it.

Here are 3 Ways to Strengthen Your Social Recognition

1. Listen Beyond Words

Pay attention not just to what people say, but **how** they say it. Tone, pauses, and body language often reveal the truth behind the words.

2. Ask, Don't Assume

Instead of guessing what someone feels, simply **ask**. Phrases like, “How are you really doing?” or “What’s on your mind?” open the door to honest connection.

3. Match Empathy with Action

Empathy isn’t just understanding someone’s emotion—it’s **doing** something with that understanding. Acknowledging, adjusting, or supporting are what make people feel seen.

Action Step for the Week:

In your next meeting or conversation, focus on one person. Observe their tone, posture, or expressions. Ask yourself: *“What are they not saying out loud?”* Then adjust your approach with empathy.

Community Spotlight

Each week, your feedback reminds me that leadership is human work.

“Paula, I needed your email today! More personally, in this case. Keep all the good things coming!”

“Excellent message - yet again, thank you, my friend, for sharing your expertise.”

AND

“Also, there is a button at the bottom of this email- I clicked, but nothing happened???”

My assistant was on vacation, and I created the newsletter myself and added an extra section, so that “edit button” was an error! I make mistakes too and can own it!

What I’m Up To:

- I’ve worked with **four executives** in the last week. One of the best pieces of feedback I heard at the end of one of the sessions was, **“I need more of you. You do a great job of listening.”** That’s exactly it. When we recognize others deeply, we create trust, belonging, and connection—the foundation of strong leadership.

- I conducted **three DISC/EIQ assessment debriefs**, and each one had a profound impact on my clients. Learning about themselves and, more importantly, feeling like they can move forward and not apologize for how they show up. They understood the value of knowing and how to use the information to have stronger relationships - both professionally and personally!
- I also spoke at a women's conference about **Emotional Intelligence in Action: Enhancing Leadership Through Self-Awareness**. Yes, I love this topic!

I will continue to say - **the more you understand yourself, the more effectively you can understand others**. Do you need some help? Guidance? Coaching? Reply and let's have a conversation.

Final Thought:

Social recognition is more than empathy—it's awareness in action. When leaders truly see others, they build bridges instead of barriers.

So, this week, slow down, look around, and listen between the lines. The room is always speaking—your job is to hear it.

Newsletter Archives:

Have you missed a newsletter? You can now find all past editions here:

👉 [View the Newsletter Archives](#)

With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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