



Happy Tuesday! Welcome back to Leadership Unscripted.

We've spent the past few weeks walking through the four areas of Emotional Intelligence:

- ***Self-Recognition:*** *Seeing how you show up.*
- ***Self-Management:*** *Responding instead of reacting.*
- ***Social Recognition:*** *Reading the room and understanding others.*

*Now, we close this month's series with the fourth and final piece—**Social Management**—the ability to use your emotional awareness to build relationships, influence outcomes, and create environments where others can thrive.*

Quick Reflection

Awareness means little if it doesn't lead to action.

Social management is what happens after you recognize your emotions and the emotions of others—it's how you respond, guide, and lead in real time.

I've been working with a few clients lately who are realizing just how powerful this skill can be. Some are learning to navigate conflict without defensiveness, while others are finding new ways to motivate their teams by adjusting tone, timing, and approach. The shift has been remarkable.

Because when you manage relationships well, you don't just improve communication—you elevate trust, collaboration, and results.

Leadership Insight: 3 Ways to Strengthen Social Management

Visual Reminder



True leadership is the daily practice of turning awareness into action.

Here are 3 Ways to Strengthen Your Social Management

1. Lead with Empathy, Follow with Clarity

Empathy builds connection, but clarity builds direction. Both are essential. When people feel understood and guided, they feel supported and empowered.

2. **Create Psychological Safety**

Encourage open dialogue and model vulnerability. When people know it's safe to speak up—even when it's uncomfortable—they engage more deeply and innovate more boldly.

3. **Influence Through Consistency**

Your behavior teaches others how to communicate with you. Be consistent in how you show up—especially under pressure. Consistency creates predictability, and predictability creates trust.

Action Step for the Week:

This week, be intentional about one key relationship—at work, in your community, or at home. Ask yourself:

“How can I use what I know about this person to strengthen our connection?”

Then do one small thing differently based on that insight.

Community Spotlight

Each week, your reflections remind me that this work matters. One reader recently shared:

“Paula, these newsletters are helping me think differently about how I lead conversations. I’m paying attention in ways I never did before.”

That’s what emotional intelligence looks like—awareness, intention, and transformation in real time.

What I’m Up To:

- This month has been full of meaningful **coaching sessions, workshops, and client breakthroughs** around communication and emotional awareness.
- If you’re reading this and thinking, “It’s been a while since I worked on my own growth,” maybe it’s time. Taking a **DISC or Emotional Intelligence (EIQ) assessment** is one of the most effective ways to strengthen your self-awareness and team connection. I facilitate these nearly weekly with someone, and the insight they gain is fascinating.
- I just finished going through the **edits of my book from my editor**, and I am getting more excited about publishing it!
- I also continue to share short, actionable leadership insights on my **YouTube channel** each week. If you haven’t checked it out yet, this is a great time to subscribe and catch up.

Final Thought:

Emotional intelligence isn't about being perfect—it's about being present.

The more we understand ourselves and others, the more effectively we can lead, influence, and inspire.

As we head into a new month, remember: **True leadership is the daily practice of turning awareness into action.**

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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