

TOOL

# What You Need to Understand About Emotions

---



This product is the intellectual property of Elena Aguilar and Bright Morning. Unauthorized use, reproduction, or distribution is prohibited.

# What You Need to Understand About Emotions

## ***Understand*** **Emotions**



- An emotion is a cycle of mind-body experiences
- An emotion is information
- We can respond to emotions in many ways

## ***Expect*** **Emotions**



- Human beings have emotions
- When we expect and accept emotions, we can prepare for how to respond to them

## ***Embrace*** **Emotions**



- Emotions are our friends
- We can learn from our emotions
- There's a difference between the emotion and how we act on the emotion

## ***Decolonize*** **Emotions**



- Our experience of emotions is culturally constructed
- Our thoughts about emotions have been distorted by dominant culture
- We can adopt beliefs about emotions that are liberating

Figure 2.1. © Elena Aguilar, Lori Cohen, *The PD Book: 7 Habits that Transform Professional Development*. Jossey-Bass, 2022

## WHAT'S NEXT

# Keep Learning with Bright Morning



### Ready to take your facilitation skills to the next level? Introducing [The Resilient Facilitator Toolkit](#).

- Get strategic clarity when fast decisions are needed.
- Save hours of prep with editable digital and printable resources for use in any session.
- Quick reference guides for those “up-oh” moments during facilitation.
- Integrate new practices step-by-step and start seeing results within 10 days.
- Keep essential facilitation tips and action steps within reach during every session.
- Turn every session into a growth opportunity for yourself and your learning community.



### Join [PD that Changes Practice](#).

#### Engage adult learners in PD that energizes, inspires, and activates.

- Master facilitation techniques that balance structure with responsiveness.
- Design agendas that engage even the most reluctant participants from start to finish.
- Transform routine staff meetings into powerful learning opportunities that spark change.

Curious what this could look like for your team?  
Schedule your [complimentary consultation](#).

