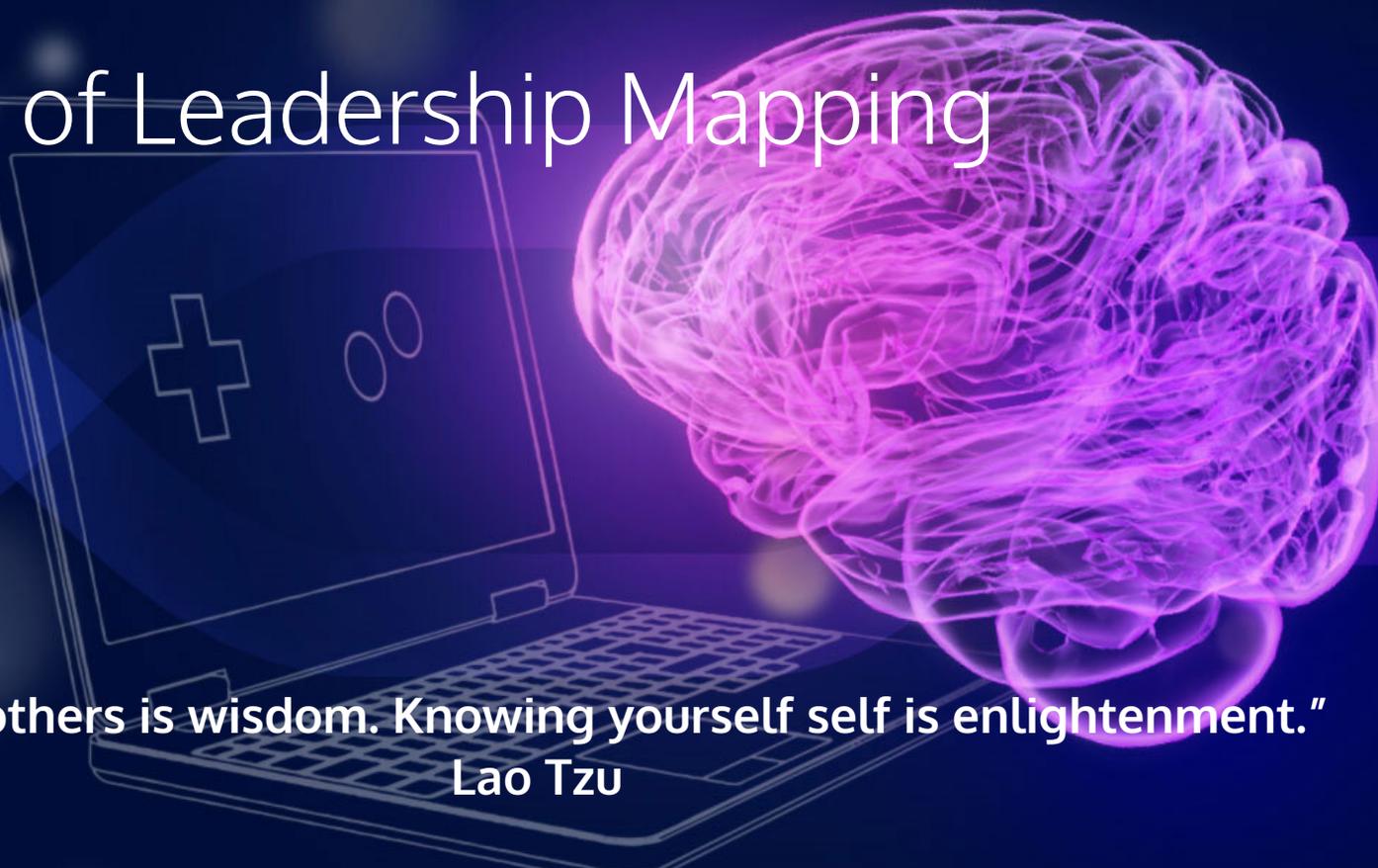




Future of Leadership Mapping

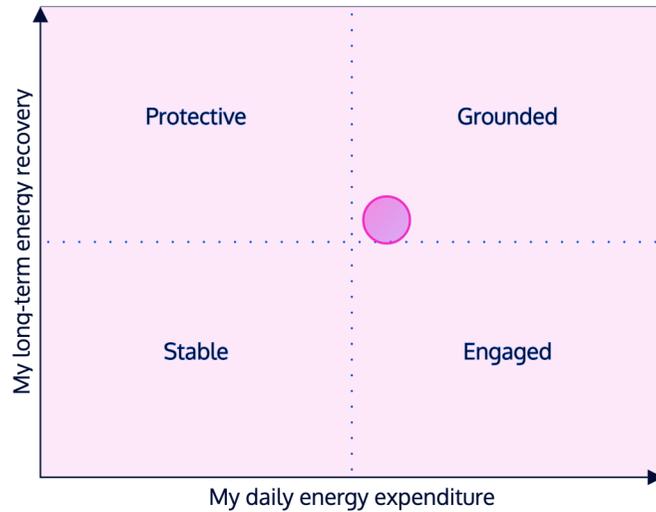


**"Knowing others is wisdom. Knowing yourself self is enlightenment."
Lao Tzu**

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Summary of your results

Emotional grounding



Protective

In everyday life, you pace your energy, for example, by letting go of events beyond your control. By nurturing your drivers of fulfilment, you maintain your engagement in a sustainable way.

Grounded

You are fully engaged in your projects, activities or responsibilities day to day. By nurturing your drivers of fulfilment, you maintain your engagement in a sustainable way. Your energy expenditure is therefore balanced by a strong recovery.

Stable

In everyday life, you pace your energy, for example, you're able to keep calm under pressure. In the longer term, you continue to demand a lot of yourself despite achievements, even if this sometimes impairs your recovery.

Engaged

You are fully engaged in your projects, activities and responsibilities day to day. You don't rest on your laurels and you challenge yourself, which can mean that your recovery is sometimes compromised. Finding a balance of energy could help you to develop your well-being and protect yourself.

Definition

Emotions have a very specific function: they tell us about our environment, allowing us to identify very quickly whether a situation is threatening or beneficial. However, emotions also have a cost: the more intense they are, the more energy they require. To stay strongly emotionally grounded in any

situation, you therefore need to foster a balance between the things that burn up energy on a daily basis (intense emotions, a high level of engagement, etc.) and what restores your energy capital (the drivers of fulfilment).



Emotional grounding

Regulating emotions and stress

Emotional regulation is the second phase of our emotional response. It represents recovery from an emotion or stress, whether positive or negative. It's first and foremost a biological process, as the heart rate slows down, the nervous system relaxes and so on.

Day to day, emotional regulation is your strongest ally when it comes to letting go of an event that's beyond your control, or keeping your composure under pressure.

Emotional regulation



45% 



Your emotional regulation is medium

 : self-assessment



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