



Feeling all the feels? 🤔 😞 😓
Here's how to deal with them like a pro!

Have you had one of *those* days? Meeting was cancelled last minute, emails kept coming, spilled the coffee - all before 9.30am? I had, not that long ago, and felt a mix of frustration, embarrassment, and stress. In the past, I might've soldiered on without checking in on what was going on internally. But now, I know better. I paused, acknowledged what I was feeling, and reached for a tool I keep close by: my 'Wheel of Emotions'. Within minutes, I felt back in control. And that, my friend, is the power of emotional intelligence.

*"Effective leaders are alike in one crucial way: they all have a high degree of emotional intelligence."
Daniel Goleman*

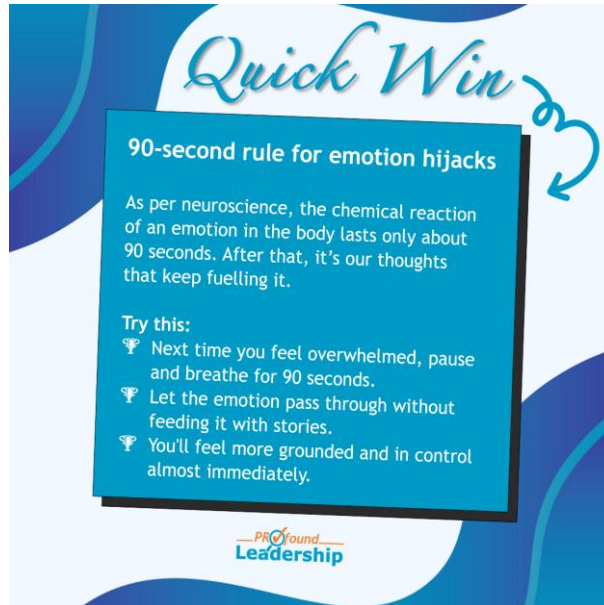
In this *Leadership Talk*, I'm sharing a powerful article on how to take charge of your emotional and mental fitness, an emotional literacy freebie, upcoming professional development opportunities (free for AEN members!), a quick win strategy to reset emotionally in the moment, and (on a lighter note) a birthday moment behind the scenes!

Keep scrolling!
Martin



📖 On this topic: LEADERSHIP ARTICLE





eBook: 'EMOTIONAL AND MENTAL FITNESS'

Do you wish you could:

- Stay in control of your emotions so you can calmly and successfully navigate turbulent times?
- Be among the 90% of top performers with the assistance of high Emotional Intelligence or Emotional Quotient?
- Better read emotional cues to build strong and lasting stakeholder relationships?

If you do, then this resource is for you! A handy guide to improve emotional self-mastery to succeed with fulfilment and positively influence self and others.

[Download for \\$4.99 →](#)



Ted Talk: 'MY STROKE OF INSIGHT'

Dr. Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions (motion, speech, self-awareness) shut down one by one. An astonishing story.



On this topic: BOOK RECOMMENDATION

Following her famous TED talk closing remarks of “*We have the power to choose, moment by moment, who and how we want to be in the world*”, Dr. Jill Bolte Taylor wrote the book 'Whole Brain Living'. This gem discovers how to tap into the present moment, shift out of anxiety and gain a sense of deep inner peace by understanding the brain's two hemispheres. Eye-opening and practical.

[Get it on Amazon →](#)


Growth opportunity: UPCOMING TRAINING


The following sessions are facilitated on behalf of the Apprenticeship Employment Network (AEN).

 **Topic: Presenting with intent and impact**

 Wednesday, 30 April 2025 | 9am-12pm


 In-person: AEN, Kensington VIC


 **What to expect:** This workshop will equip you with the tools needed to enhance your professional presence, deliver assertive verbal and non-verbal communication, and engage your audience by leveraging your personal power.

 **Cost:** FREE for AEN members, but you must sign up to receive the details.

[Secure your spot now →](#)

 **Topic: Coaching and mentoring for growth**

 Wednesday, 28 May 2025 | 9am-12pm

 Online: Zoom

💡 What to expect: In this engaging workshop, I will equip you with the essential tools and strategies to confidently coach, mentor, and guide others toward long-term success.

💎 Cost: FREE for AEN members, but you must sign up to receive the details.

[Secure your spot now →](#)

👁️ Behind the scenes: BIRTHDAY VIBES

Yesterday, I added another candle to the cake! 🎂

Thank you to everyone who sent kind wishes - it made my day. Here's a happy snap from the moment (yes, I made a wish!).



Got any questions, suggestions, or want to share how you manage emotions as a leader? Simply get in touch with us via email or reach out on social media. We are on your support team!

Looking forward to another month of learning and growing together!

Dare to make a difference!

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