



# THE V-EDITION

SEPTEMBER 2019

## Victory Offices Monthly Update

Victory Offices St Kilda had its launch on Friday the 23rd August and is now open to the public.

The launch was a huge success with members and guests coming through the doors to celebrate with us. If you missed it, come and enjoy a complimentary coffee and experience the space for yourself.

Our three floor building has been designed with a focus on work-life balance, a relaxing atmosphere, community and most importantly a place where your business can exceed the benchmark. It also has on-site cafe, gym and wellness centre.

Are you ready for the workspace of the future? Call us on 1300 788 292 to find out more.

## WHAT'S HAPPENING

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## Emotional Intelligence And How To Deal With Work-Related Stress

Emotional intelligence refers to the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. In other words, emotionally intelligent people can influence the emotions of other people.

Emotional intelligence is a highly important skill in leadership, professional and personal life. It affects the quality of our lives as it influences our behaviour and relationships.

Daniel Goleman (author and science journalist) identified five key components of EI:

**SELF-AWARENESS:** The ability to understand own emotions and the impact you have on the people around you. It enables us to live our lives with intention, purpose, and autonomy.

**SELF-REGULATION:** The ability of individuals to control their emotions/impulses and redirect negative emotions to achieve positive outcomes.

**SELF-MOTIVATION:** The drive possessed by individuals to pursue work goals, to be personally invested in their work, to be goal-oriented, optimistic, and committed to their organisation.

**COMPASSION:** The ability of individuals to understand the emotions of other people and respond effectively to others' emotional reactions.

**SOCIAL SKILLS:** The ability of individuals to manage relationships and networks by seeking out common ground and building rapport.

In our professional life, there are many work-related issues that one has to deal with on everyday basis. It's, therefore, crucial to determine how to look at a problem. If we look from the wrong perspective, we might create an even bigger problem rather than solving it.

***"What you focus on is what you get, to the exclusion of everything else." - Stephen Covey***

Every time you think the problem is out there, you empower what's out there to control you. If we believe the other person or the situation is the problem, then we are at effect. We surrender to a situation or hand over power to another person by believing we don't have any in the first place.



## Emotional Intelligence And How To Deal With Work-Related Stress

If we can see situations and problems in a different light, we can easily improve our personal and social capabilities, heighten our confidence to successfully deal with challenging situations and lead with positive influence. And if the other person or situation really IS the problem, wouldn't we want to stay in control and be empowered as much as possible to deal with it in a calm and positive way to achieve win/win outcomes?

This mindset of excellence and emotional intelligence gives us empowerment, helps us to step up, positions us in the best possible emotional state and helps us be pro-active rather than affected and conditioned by others and reactive to their actions and problems.

This is true leadership and gives us the confidence to lead, inspire and positively influence behavioural change in ourselves and others to succeed in today's busy and ever-changing environment.

Consider what would happen if we...

- *Reframed events in more positive ways?*
- *Asked powerful questions?*
- *Challenged our limiting beliefs?*
- *Looked at past experiences with more acceptance?*
- *Created more self-awareness and acted on what drives us?*
- *Listened to our intuition rather than our fears?*
- *Responded to feedback in a more welcoming manner?*

Test your Emotional Intelligence [here](#).

Based on [Martin Probst](#) - "Emotional Intelligence"



“FALL SEVEN TIMES  
AND  
STAND UP EIGHT”

-JAPANESE PROVERB