

Assertiveness is Not a Dirty Word: Communicating with Clarity and Power for Personal Agency”

Emotional Intelligence skills to say what you need to say, effectively.



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Assertive Communication is Clear + Respectful + Specific

It is...“the ability to speak and interact in a manner that considers and respects the rights and opinions of others while also standing up for your rights, needs, and personal boundaries”

(Pipas & Jaradat, 2010 , p. 649)



W h a t W e ' l l D o : B u i l d t h e S k i l l s

You are what you do, not what you say you'll do.

-Carl Jung

E m o t i o n a l A w a r e n e s s & E x p r e s s i o n

E m o t i o n a l L i t e r a c y

S e l f - R e g u l a t i o n

B o u n d a r i e s

C o m m u n i c a t i o n (A s s e r t i v e a n d C l e a r)

L i s t e n i n g

A g e n c y

Knowledge

"Knowledge is only rumor until it lives in the bones."

-Asaro tribe

Emotional Intelligence is a form of social intelligence that involves the ability to monitor one's own and other's feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions."

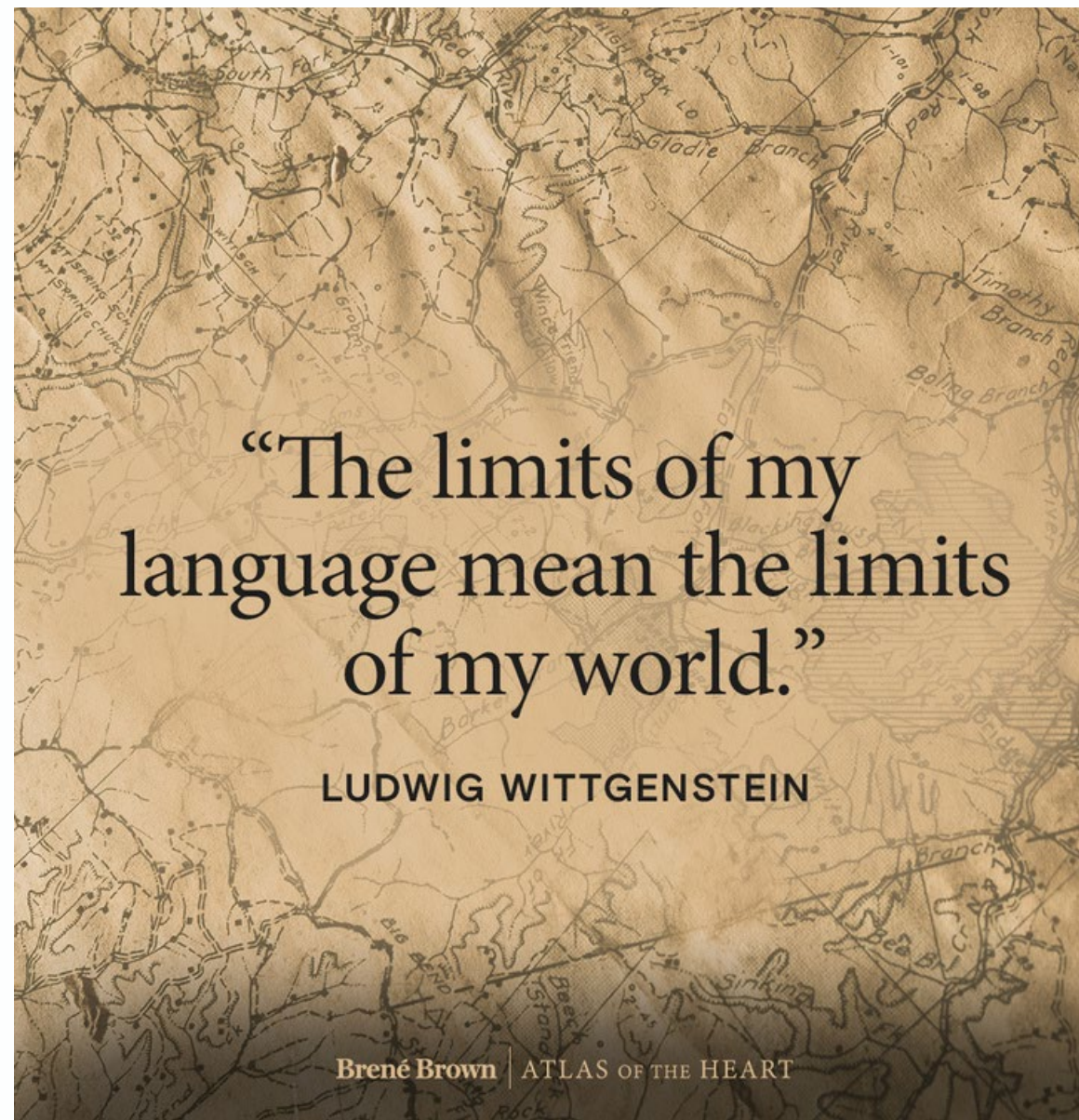
-Salovey & Mayer, 1990

..a set of emotional and social skills that influence how we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information effectively and meaningfully.

-MHS EQI 2.0

Emotional Awareness & Expression

Emotional Literacy. Emotion Granularity. I Statements

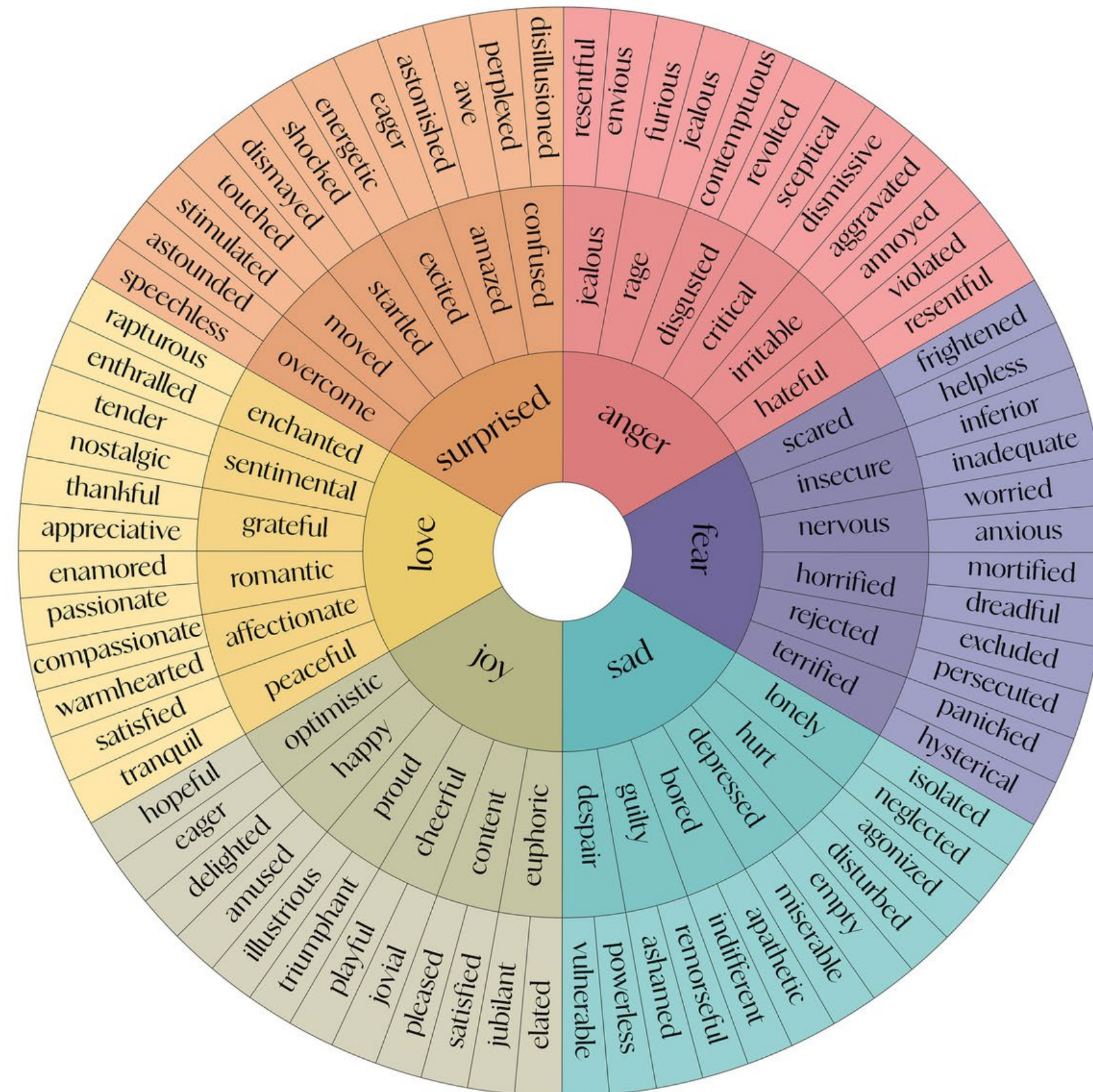


Your ability to help
someone name a feeling
actually calms their
nervous system.

Part of skillfully holding space is learning how to
mirror.

@theeqschool

FEELINGS WHEEL



I Statements

An "I" statement is a way of communicating that focuses on expressing your own feelings, needs, or concerns rather than criticizing or blaming others. It's a communication tool that helps reduce defensiveness and conflict while clearly expressing your perspective.

"I feel unable to contribute effectively when I'm interrupted mid-sentence because it breaks my train of thought."

#1. Start with "I" + a feeling/thought/need word (Focus on your own feelings and experiences).

"I feel..."

"I think..."

"I need..."

"I want..."

#2. Describe the specific situation or behavior objectively

Avoid "you" statements

Focus on actions, not personality

Be specific about time and place

#3. Explain the impact or reason

How it affects you

Why it matters

The concrete results

Emotional Vocabulary and Granularity

Happy, sad, and mad

“The average number of emotions named across the surveys was three.

...What about shame, disappointment, wonder, awe, disgust, embarrassment, despair, contentment, boredom, anxiety, stress, love, overwhelm, surprise, and all of the other emotions and experiences that define what it means to be human?”

-Brene Brown



Boundaries are lines that mark limits.

- Boundaries are healthy.
- Boundaries let the people in our lives know what is okay and what is not.
- Clear and consistent boundaries are kind.

See the Pattern:

Clarifying personal values.

Using Language to accurately
express oneself.

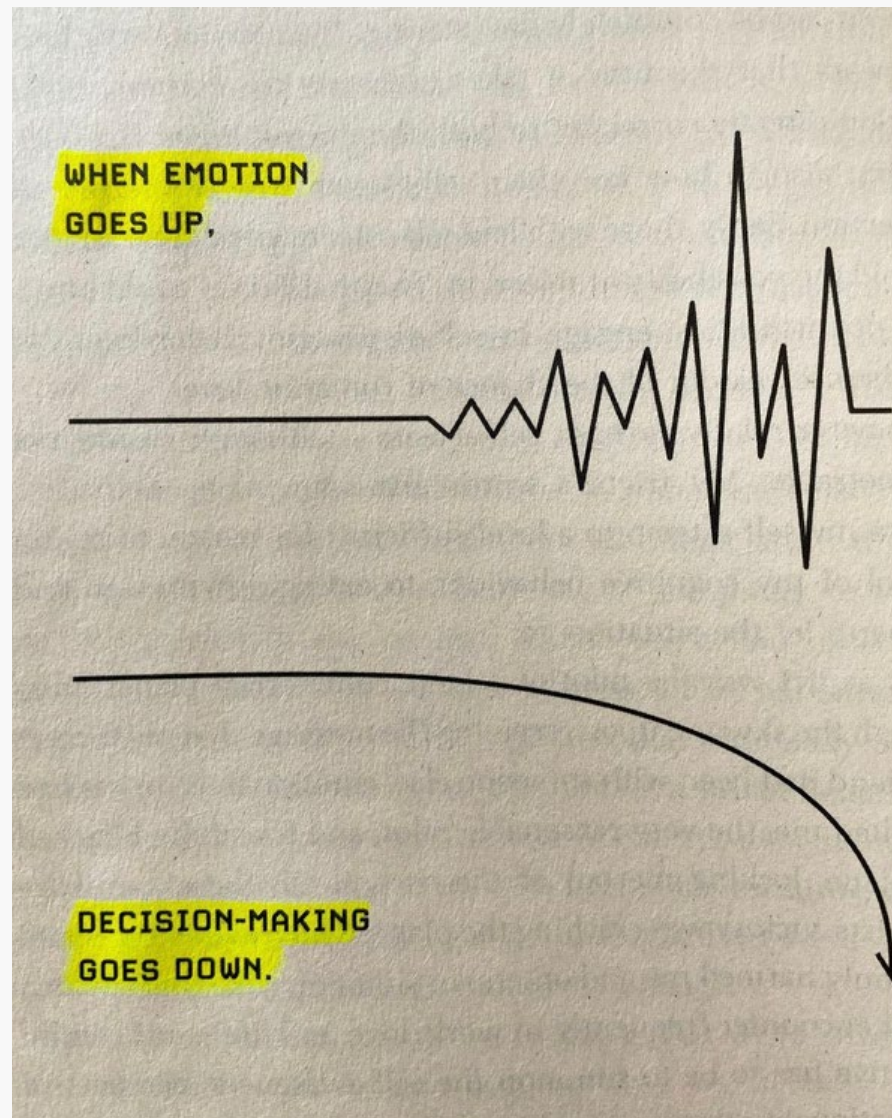
Boundary setting
and

Assertive communication are
connected .

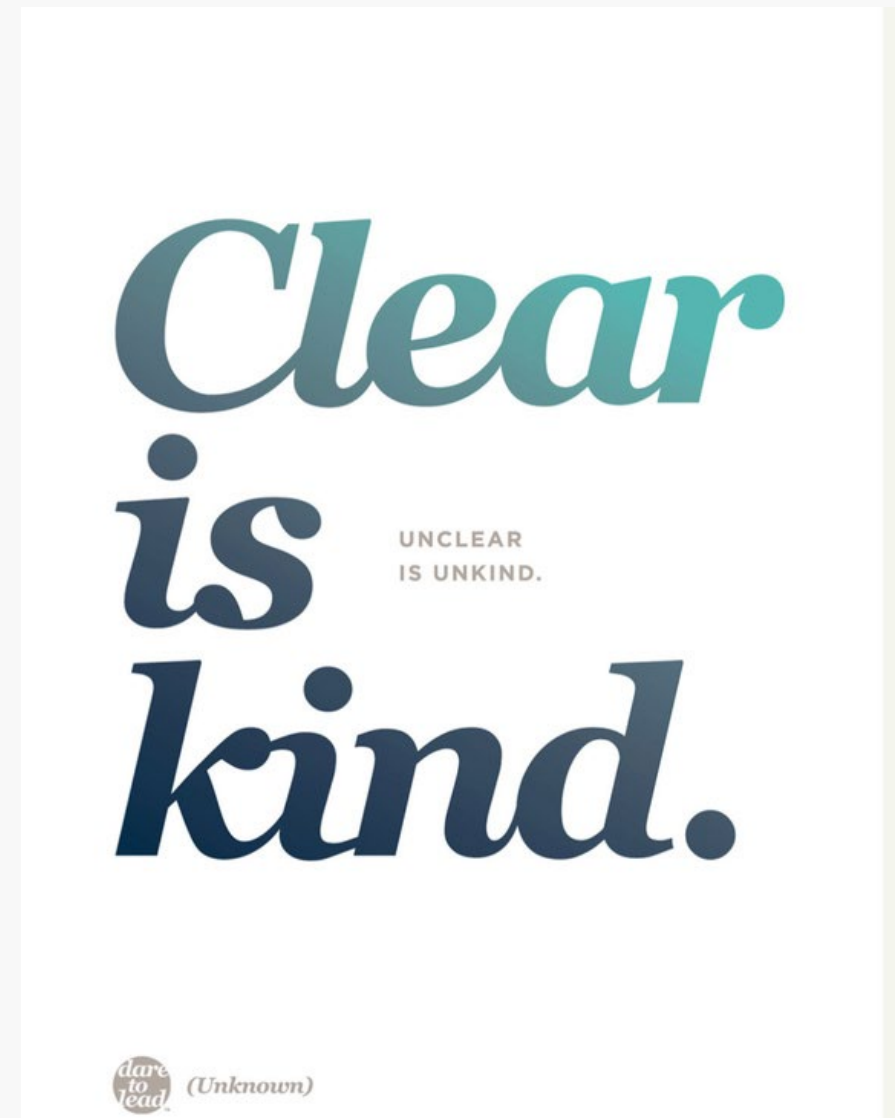


Clear Communication

Self-Awareness & Self-regulation



Emotional Expression



Empathy & Reverent
Listening



“In tough conversations, hard meetings, and emotionally charged decision making, leaders need the grounded confidence to stay tethered to their values, respond rather than react emotionally, and operate from self-awareness, not self-protection.” *Dare to Lead* , Brene Brown,

A Call To Action

YOU: "Now that you know this, how will you be different?"

(write it out - 2 action steps).

The Collective: "Individual voices matter, but collective voices create change. Find your allies, build your networks, and speak together."

- Dr. Nadine Burke Harris, first Surgeon General of California

What's on Your Mind? Questions...



Reach Out:

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