

PERMISSION



TO FEEL

*Unlocking the Power of Emotions
to Achieve Optimum Well-being and Success*

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#PermissionToFeel



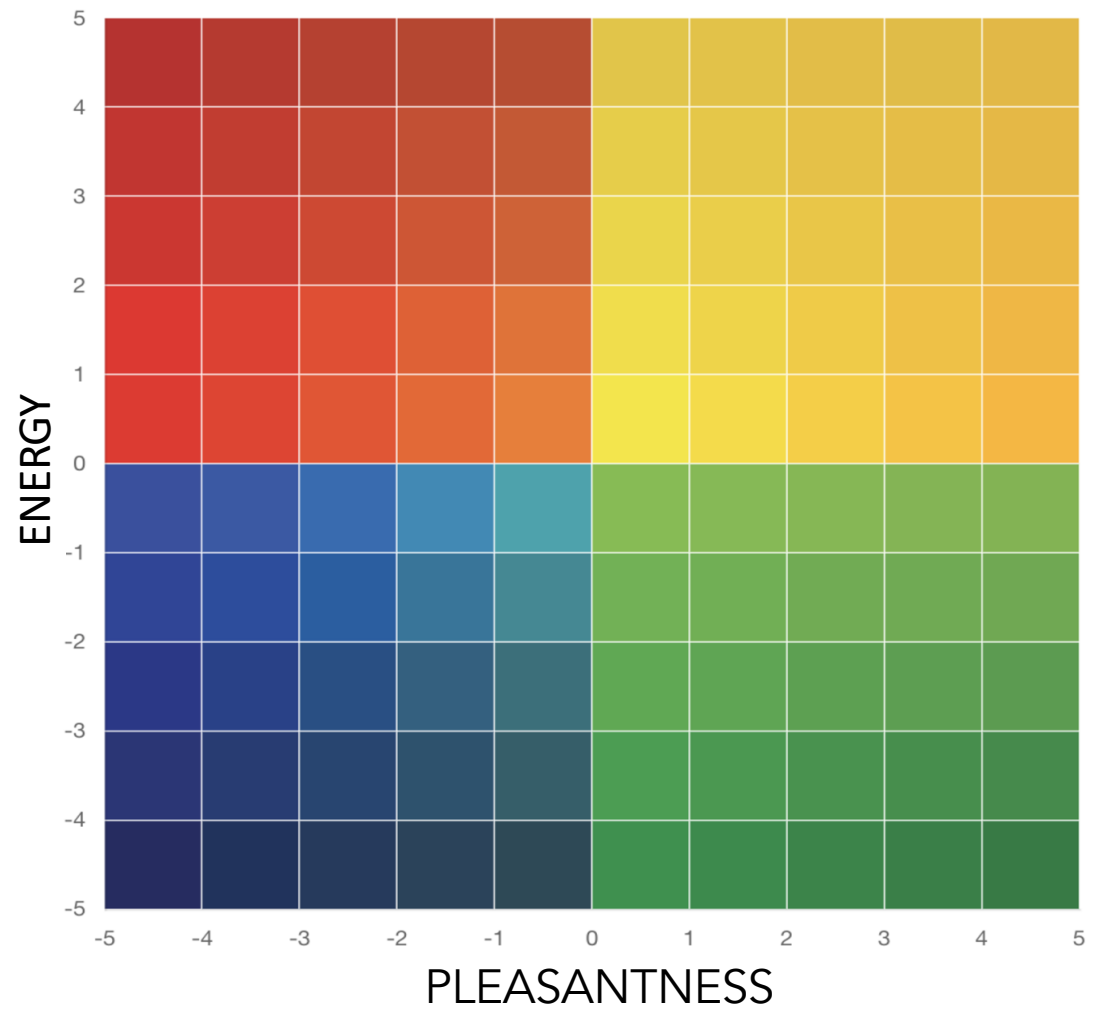
@marc.brackett



marcbrackett.com

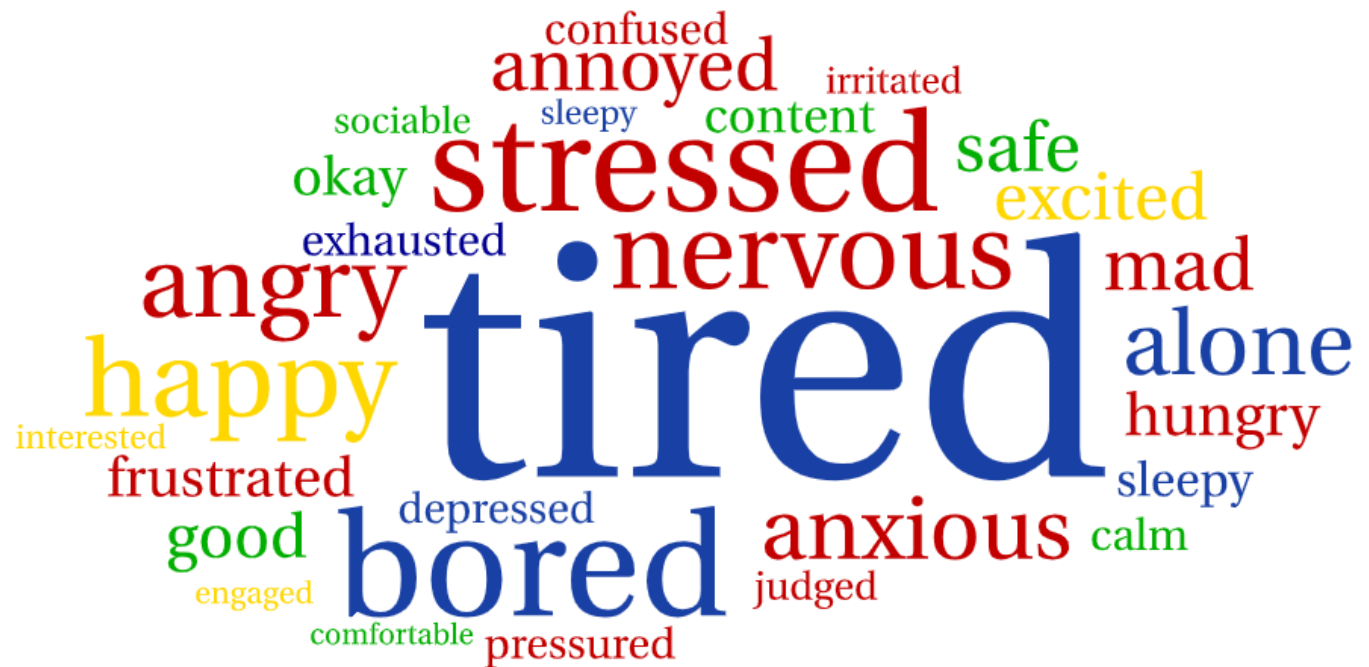
rulerapproach.org

How are
you feeling?





How High School Students Feel



How Educators Feel

worried joyful overworked
engaged enthusiastic respected
rushed stressed tired
concerned excited energized confident
busy frustrated hopeful
determined supported
challenged content pressured
annoyed fulfilled fatigue
proud overwhelmed
exhausted motivated anxious
nervous unappreciated happy satisfied
accomplished disappointed

How College Students Feel

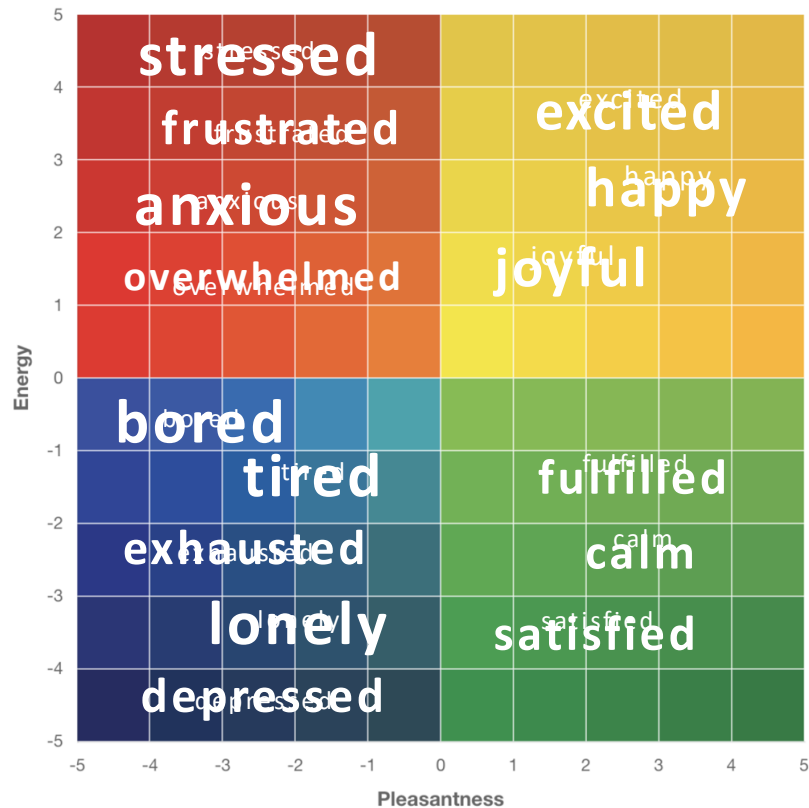
accepted
accomplished
happy
challenged
pleasant
grateful
appreciated
supported
bored
disconnected
overwhelmed
amused
inspired
motivated
relieved
restless
loved
satisfied
pride
sad
tired
hopeful
exhausted
driven
joy
disappointed
lonely
anxious
jealous
content
determined
confused
confident
fulfilled

How People in the Workplace Feel



A word cloud illustrating various emotions and states experienced in the workplace. The words are arranged in a circular pattern, with 'stressed' and 'anxious' being the most prominent in the center. Other words include 'tired', 'motivated', 'driven', 'engaged', 'frustrated', 'insecure', 'helpless', 'satisfied', 'annoyed', 'bored', 'fatigued', 'thoughtful', 'focused', 'rewarded', 'grateful', 'understood', 'disrespected', 'irritated', 'smug', 'worn', 'secure', 'determined', 'unappreciated', 'lethargic', 'content', 'confident', 'fun', 'proud', 'excited', 'helpful', 'cheerful', 'angry', 'appreciative', 'stimulated', 'empowered', 'lucky', 'pressured', 'exhausted', 'torn', and 'driven'.

stressed
anxious
tired
motivated
driven
engaged
frustrated
insecure
helpless
satisfied
annoyed
bored
fatigued
thoughtful
focused
rewarded
grateful
understood
disrespected
irritated
smug
worn
secure
determined
unappreciated
lethargic
content
confident
fun
proud
excited
helpful
cheerful
angry
appreciative
stimulated
empowered
lucky
pressured
exhausted
torn
driven



HOW WE FEEL IS

Out of Balance

Our students, educators, and workforce are spending 70-80% of their days in the RED and BLUE.

While the goal is NOT to be in the YELLOW and GREEN all of the time, we need greater balance!

How People Hope to Feel

hopeful satisfied valued
successful respected positive
creative connected content trusted
energized confident accomplished rewarded
proud fulfilled joyful
relaxed helpful optimistic grateful
effective motivated challenged engaged
excited inspired appreciated safe
prepared calm acknowledged empowered peaceful
loved supported productive
enthusiastic




Our Vision

To use the power of emotions to create a healthier and more equitable, innovative, and compassionate society

Emotions Matter



- Attention, memory, and learning
- Decision making
- Relationship quality
- Physical and mental health
- Performance and creativity

A group of people are sitting on the ground in a park-like setting. They are holding up colorful paper bags (red, blue, yellow, green) in front of their faces. The background shows a building and trees. The text "Are you an Emotion Scientist or an Emotion Judge?" is overlaid on the image.

*Are you an
Emotion Scientist or an
Emotion Judge?*



The RULER Skills

Recognizing emotions in self and others

Understanding causes and consequences of emotions

Labeling emotions accurately

Expressing emotions

Regulating emotions effectively

The Big 7

- Mindful breathing
- Sleep
- Nutrition
- Exercise
- Positive self-talk, reappraisal, and problem-solving
- Building and maintaining positive relationships
- Doing things that are meaningful to you (hobbies/entertainment)

Healthy Emotion Regulation

Characteristics

- Effortful
- Developmental (for kids!)
- Specific to the emotion and situation
- Personalized (e.g., family, culture)
- Permitted and encouraged
- Practiced, evaluated, & refined
- No criterion of correctness!

Impact

- Less stress
- Better health and wellbeing
- More healthy life habits
- More positive relationships
- More solutions



EI Among Youth

Lower in EI:

- Conduct problems
- Aggressive behavior
- Hyperactivity/attention problems
- Risky sexual behavior
- Substance abuse
- Social deviance
- Anxiety/depression

Higher in EI:

- Empathy
- Well-being
- Quality relationships
- Prosocial behavior
- Satisfaction with school
- Leadership skills
- Academic achievement

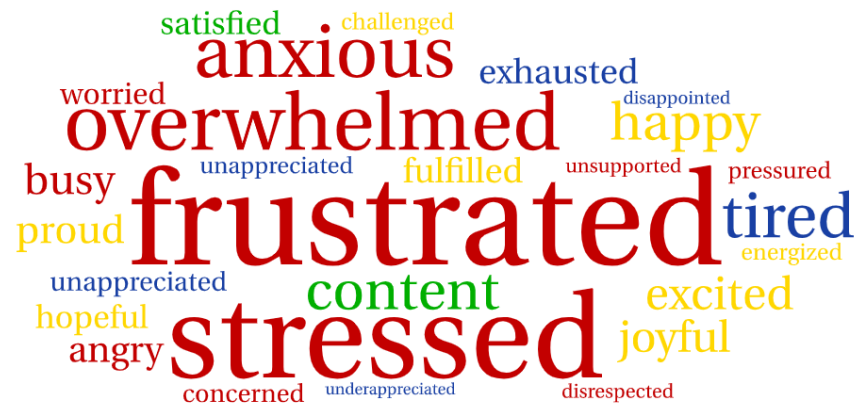
EI Outcomes

- Have greater sensitivity and empathy
- Are rated as more effective
- Receive higher performance ratings
- Are less stressed and burnt out
- Have greater job satisfaction
- Build more positive workplace climates

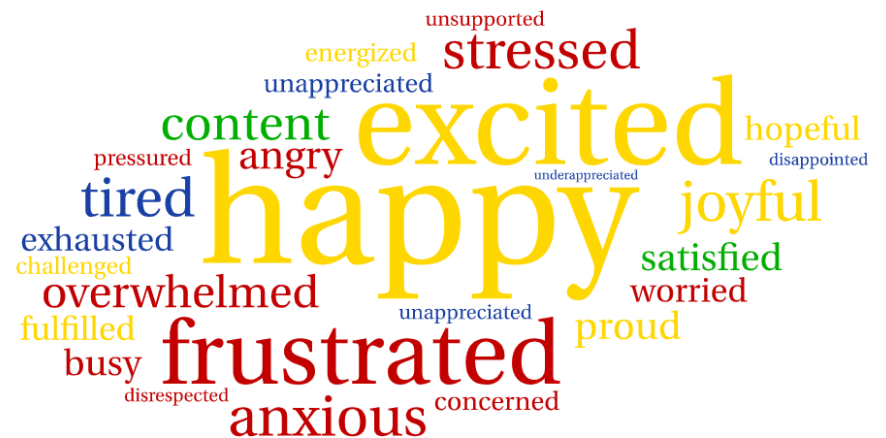


Leader EI Matters!

Low EI



High EI





El is not so soft!

Results from the study The Class of 2030 and Life-Ready Learning – conducted in collaboration with Microsoft and McKinsey & Company's Education Practice

30 - 40%

of jobs require soft skills

42%

of employers believe new graduates are adequately prepared for the workforce, especially with social and emotional skills

Social and Emotional Learning



RULER

Moving from a piecemeal approach...

- Rules
- Assemblies
- Classroom kits
- Simple lessons
- Flavor of the month

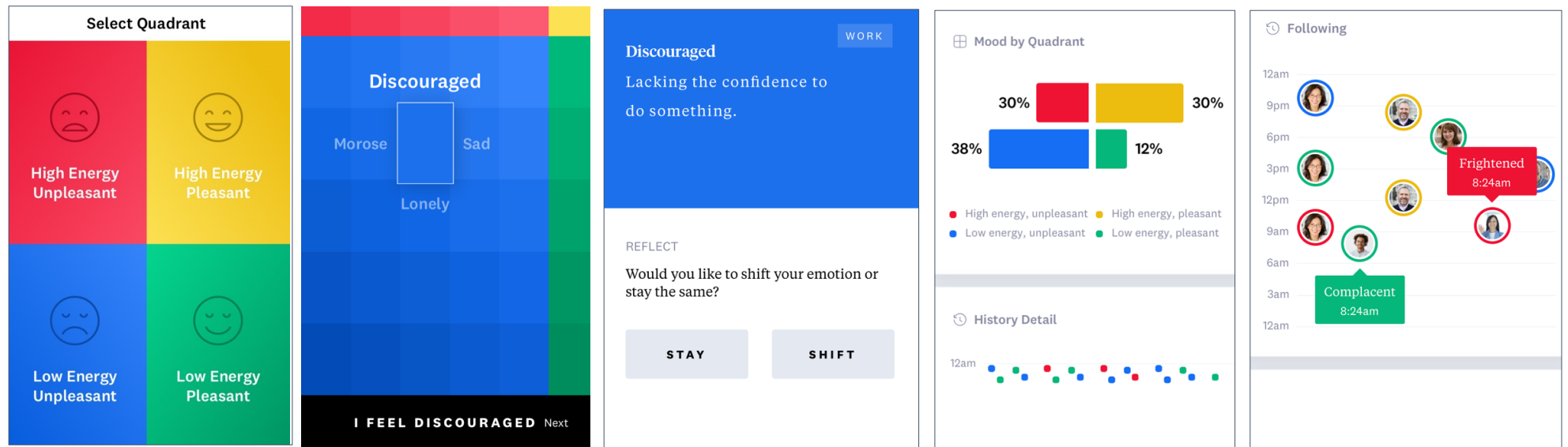
...to a systemic approach

The RULER Approach

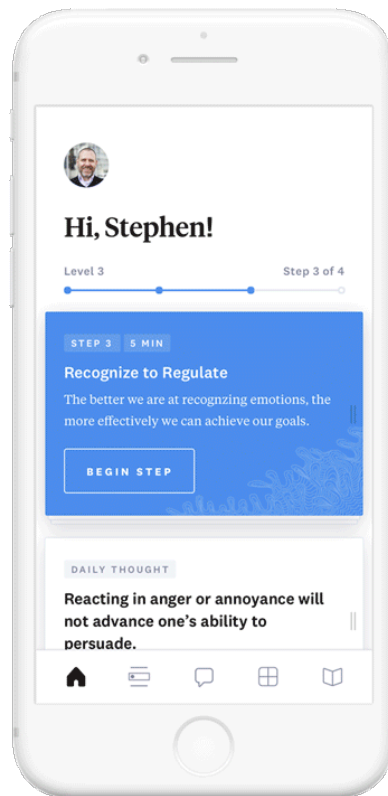
STRATEGY	STAKEHOLDERS	AIMS	IMPACT
<ul style="list-style-type: none">• Adult personal and professional learning• Schoolwide tools, Pre-K to 12 classroom resources, and OST resources• Online platform and coaching support• Monitoring and evaluation tools	<ul style="list-style-type: none">• Administration and school board• Educators and staff• Families• Students	<p>Individual-level</p> <ul style="list-style-type: none">• Enhanced mindset ("emotions matter")• Deepened social and emotional skills <p>Setting-level</p> <ul style="list-style-type: none">• Healthier emotional climates in schools and homes• SEL-infused pedagogy, practices, and school-wide policies	<ul style="list-style-type: none">• Increased engagement and performance• Better-quality relationships and less bullying• More responsible decisions and behavior• Better stress management and greater well-being

The Mood Meter App

www.moodmeterapp.com



Business Solutions



Emotion Life Lab



Oji Life Lab

**Critical emotional intelligence skills
for business and life performance**

www.ojilifelab.com





Let's Put It All Together!

- Give yourself and the people you care about Permission To Feel
- Understand that all emotions are information
- Be an emotion scientist, not an emotion judge
- Appreciate that emotional intelligence (EI) is a real set of hard skills
- There are creative ways to develop your EI (systemic approaches are better!)
- Accept that it's never too early or late to cultivate EI (and it's life's work!)
- Check in regularly, be the role model, monitor your strategies
- With your hard work, we can build a healthier, and more equitable, innovative, and compassionate society

Book, Blog, Media

marcbrackett.com

RULER Training

rulerapproach.org

Yale Center for EI

ei.yale.edu

Mood Meter App


moodmeterapp.com

Business Solutions

ojilifelab.com

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*Let's unlock the wisdom of emotions to
support all children and adults in achieving
their dreams*

THANK YOU!