



Lumina Emotion Factsheet

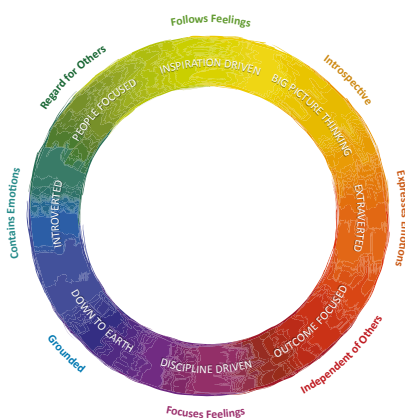
Emotional Agility can be described as the ability or capacity to perceive, assess and manage the emotions of one's self and of others. It can directly influence how a person reacts to stressful situations as well as interpersonal relations. The portrait brings the awareness of strengths, challenges, overextensions and how to be emotionally agile.

Lumina Emotion Overview

Lumina Emotion consists of 16 Emotional Qualities and a process to streamline the learning into concrete strategies to enhance emotional agility.

Lumina Emotion is a comprehensive measure of your emotions, feelings and behaviours, and how these relate to one another. It takes a 'whole person' view by bringing together personality, emotional intelligence and key emotional influences known as 'Emotional Reactors'.

The Lumina Emotion Portrait uncovers the relationship between our inner feelings and emotions and actual behaviours in an everyday context. It examines unique patterns of behaviour, including how you may tune up or tone down certain behaviours perhaps to suit the needs of your environment. It also focuses on how you can over play your strengths which can become blockers for interpersonal effectiveness



Your 8 Emotional Sparks inform you of:

- Your style of emotional expression
- Your emotional attitude toward others
- Your emotions related to structure and goals
- Your emotional relationship to curiosity and change.



Your 8 Emotional Reactors inform you of:

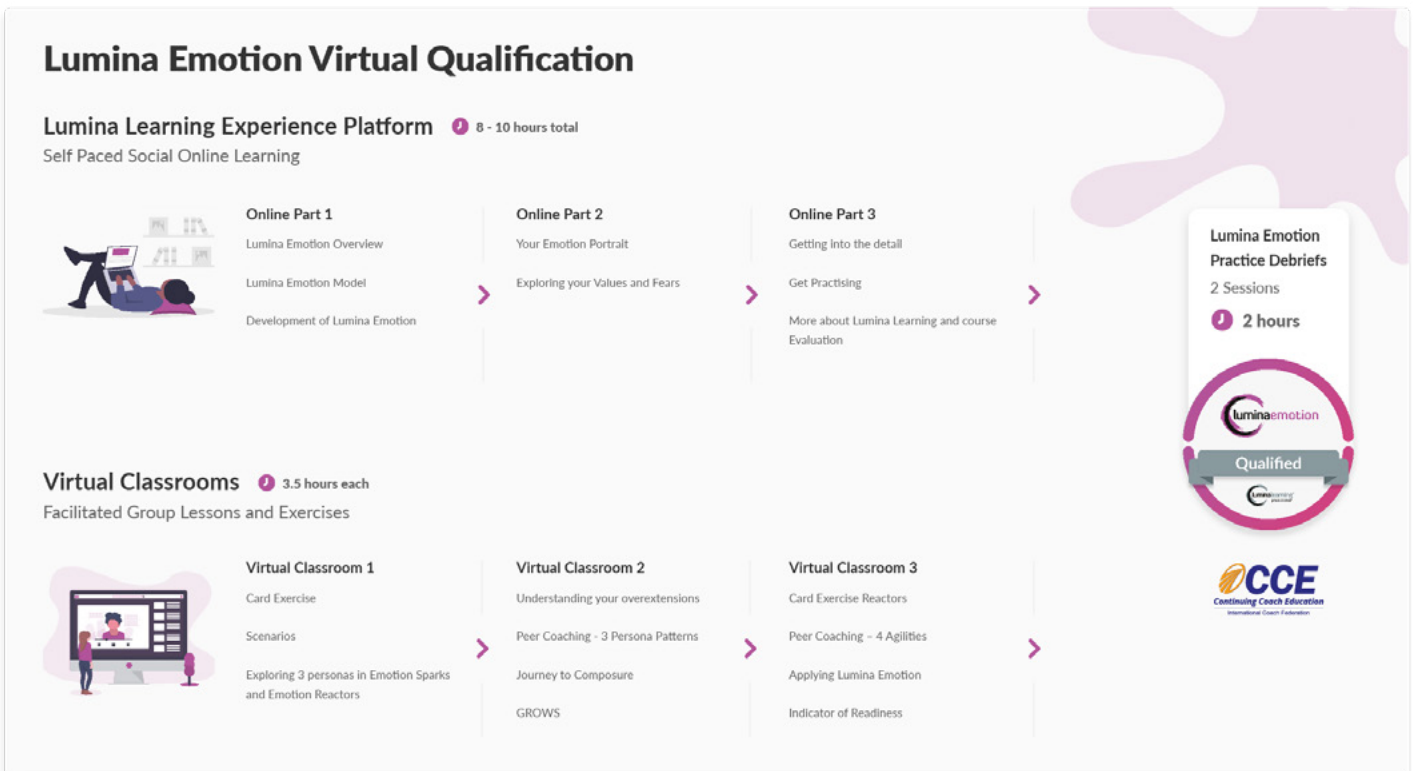
- How you respond to threat in your environment
- Your emotional outlook on life
- Your emotional intensity
- Your emotional relationship with self
- Your emotional relationship with stress



Your 4 Emotional Abilities:

All of this information is streamlined into our Emotional Agility Process to increase emotional awareness and effectiveness personally and professionally.

Example of a Lumina Emotion Blended Virtual Qualification



i The Lumina Emotion Qualification is available in a variety of different blended formats

Qualification Objectives

By the end of this Qualification all Practitioners will:

Experience a transformational Lumina Emotion workshop

Understand the theory and validity of the Lumina Emotion framework

Grow your professional capability and confidence

Build an action plan for practical implementation