



The Role of Emotions in Sport & Performance: Developing Your Emotional Intelligence



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
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director of Beyond Horizons Performance
(BHP). Through BHP, I'm committed to
embedding psychological skills training and
mental wellness across athletic and artistic
spaces.

Let's build confidence, mental toughness, and resilience together!



Whether it's about losing a game, or a tense interaction with teammates, emotions can be the ultimate asset or a major distraction in sports & performance. So, instead of shoving emotions away, what can we do to effectively respond to them? The answer lies in the mental skill of emotional intelligence. Emotional intelligence is defined as the ability to perceive, use, understand, manage, and handle emotions.



a Emotional Recognition (Self-Awareness)

Emotional Recognition is the process of identifying what you're feeling in a current instance. This means you have to be able to put a word to your feelings!

The 6 universal emotions are:



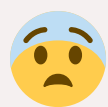
Happy



Sad



Anger



Fear



Surprise



Disgust

There are SO many more beyond that shortlist. Let's test your emotional literacy!

List as many emotions/feelings that you can think of in under 1 minute:



Visit feelingswheel.com and reflect on your answers above.

How difficult was this exercise for you on a scale of 1 (not difficult at all) to 10 (very difficult)? What surprised you about the feelings wheel?



Using the feelings wheel, choose 2 emotions that currently describe how you're feeling:

1

2

The first non-negotiable step in building emotional intelligence is developing self-awareness.



If you can't pinpoint how you're feeling, how are you going to communicate that feeling, and cope?

b Self-Expression & Understanding

Self-expression is the ability to effectively communicate how you're feeling in a given instance.

Put a check mark by the example that demonstrates healthy self-expression.

EXAMPLE

A performer falls on stage and is embarrassed and ashamed. Later on in the day, she snaps at her best friend.

EXAMPLE

A performer falls on stage and is embarrassed and ashamed. After the show, she decides to listen to music and stretch on her own.

Explain your answer below. Why did you choose 1 example over the other?



Emotional Understanding is being able to effectively identify why you are experiencing those feelings. In other words, what's the root cause?

Recall a time in sport/performance when you were particularly emotional. Looking back at that event, what do you think led to you experiencing those emotions?





Emotional Regulation & Coping (Self-Management)

Emotional Regulation is a person's ability to effectively manage and respond to an emotional experience (e.g., deep breaths, taking a walk, listening to music. etc.)



Not all coping strategies work for everyone! These should be personalized to what you know works for you. The goal is for this list to develop over time.

In the space below, brainstorm coping methods you can use in various situations.



Review



Here's an simple way to remembe what we've learned and continuing developing your emotional intelligence:



1. What happened?
2. How did it make you feel?
3. What are you going to do to properly cope?

EXAMPLE

(1) We lost the game because we weren't playing well as a team. (2) It made me feel frustrated and disappointed. (3) I'm going to have some alone time when I get home and come back to practice ready to work.



Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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