

# EQ COMMUNITY NEWSLETTER™

EMOTIONAL INTELLIGENCE (EQ) & CULTIVATING YOUNG LEADERS



## OUR CHILDREN ARE THE FUTURE!

*by Jordan Sims, Community Programs Specialist*

We often hear “children are the future,” which means now is the time to start cultivating our young leaders! While some children have qualities that naturally lend themselves to leadership, every child has the potential to be a leader. No matter their leadership style, a good leader must be emotionally intelligent. They must be self-aware of their strengths and growth opportunities, manage their emotions and behaviors, communicate effectively, develop strong relationships, and make responsible decisions for themselves and others. The best way to cultivate emotional intelligence and leadership in our children is to provide them with ample opportunities to practice. Opportunities for children to cultivate leadership skills are all around – leading a group project, captaining a team, or simply being a positive role model to siblings and peers. When children learn to be leaders, they gain the confidence and skills they need to be successful in their goals and make a difference in the world. In this month’s issue, we will provide strategies and resources to help you cultivate capable, emotionally intelligent young leaders.

### EARLY LEARNING

It is never too early to work on leadership qualities and becoming a leader. As children continue to develop at every age there is potential for developing leadership qualities. Working on building emotional intelligence in our early childhood learners using social and emotional skills sets up a foundation for their future. This infusion of social and emotional skills with our Pre-K children allows students to start understanding their own emotions and recognizing the emotions they are seeing in their classmates. This time in a child’s life is one of learning to interact with other children and adults that care for them and acting and thinking independently. We are getting them ready for elementary school and what will come next in their school journey. The foundations of social and emotional learning skills set the tone for being a leader.

### ELEMENTARY SCHOOL

Elementary school takes children on a very intricate developmental journey with new challenges at every grade level. At every grade level, there is potential for developing leadership qualities. Working on building emotional intelligence in our elementary learners using social and emotional skills sets up a foundation for their future as they eventually move on to middle school. As children progress through elementary school, they are forming new relationships, gain more responsibilities, and learn more about their classmates and adults and how emotions are seen in others. This provides great opportunities to help them become leaders and work on leadership qualities through social and emotional learning. It is important to address the 'whole person' when it comes to cultivating our youngest leaders, and leadership qualities in our youth.

### MIDDLE SCHOOL

When cultivating leaders we want to cultivate their confidence. We can do this by offering choices and creating room for trust to build. We want to highlight their hard work and thoughtfulness. Give them the tools for stress management and setting healthy boundaries. Let them problem solve and offer support from the sidelines. Show them their community and how to ask for support and help them access the resources around them.

### HIGH SCHOOL

When cultivating young leaders we want to instill empathy in our kids. At the high school level, it is important to model excellent listening skills. They like to be heard, but at the same time it is important to show them view points that differ from their own. Introduce them to volunteer experiences to give them opportunities to build their leadership skills. Have them identify areas in their community that they would like to offer support in. Empower them to create their own path.



## EMPOWERING OUR YOUTH

by Caitlin Castro  
Education Program Specialist-  
Grants Coordinator

One of the best gifts we can give our children is empowering them to take the lead and develop strong leadership skills. Even if they are not aware of it, this gift can set them up for success in the future. There are many different kinds of leaders, therefore there are no 'set' qualities that have to be present in all leaders. Rather an effective leader draws from a range of personal qualities to help them deal with different circumstances and challenges. Everyone can learn leadership attributes from watching the successes and failures of others-including you! Below are a few examples of how to instill leadership skills:

- **Lead by example**
- **Instill emotional intelligence skills**
- **Provide safe and inspirational environments**
- **Embrace empathy**

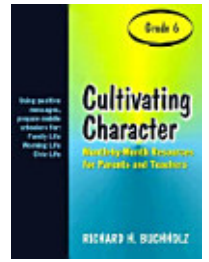
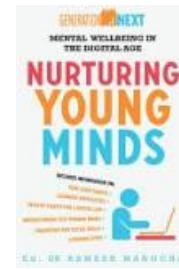


## STRATEGIES TO CULTIVATE YOUTH

by Mabel Filpo  
Community Programs Specialist

Cultivating young leaders involves intrinsic motivation and a mindset to inspire. This is an ongoing process which involves providing opportunities for growth. You can help your child foster their leadership skills by helping them build their confidence. Encourage your children to reflect on the values and qualities that they admire in themselves. Here are some strategies for cultivating leaders:

- **Lead with empathy:** Teach young leaders to lead by example and demonstrate behaviors and values that they want to see in others.
- **Strong communication skills:** Effective communication is a critical skill to have. Leaders need to practice intentionally listening and to communicate effectively with others. Practice deepening conversations with youth to help them practice these skills.
- **Foster a Growth mindset:** young leaders need to learn to take challenges with a more positive approach. When the outcomes don't turn out as expected, they can be resilient and find opportunities for growth.
- **Recognize the leader in them:** Acknowledge their efforts to take initiatives or to lead by example. It can encourage your them to continue with the effective practice and to see the leader in them.



## RESOURCES AND READINGS

by Eddie Underwood  
Education Program Specialist

The following are some resources to help with cultivating young leaders. The following link from growingleaders.com provides access to multiple free resources that include many books, podcasts, and blogs.

- <https://growingleaders.com/free-resources/>

This link provides a quick read on 7 simple steps that can help to develop young leaders.

- <https://leadchange.org/7-steps-develop-young-leaders/>

The following link gives access to worksheets that can be used to help cultivate and direct student leaders.

- <https://teentruth.net/3-great-worksheets-to-focus-your-student-leaders/>

To access additional free resources or purchase resources for home, classroom, or office use, please visit our website:



[www.myframeworks.org](http://www.myframeworks.org)

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 OUR 12TH ANNUAL  
**2023 Head & Heart Luncheon**

FEATURING KEYNOTE SPEAKER  
**TRACY DENNIS-TIWARY, PHD**  
 CO-FOUNDER AND CEO OF WISE THERAPEUTICS  
 PSYCHOLOGY AND NEUROSCIENCE PROFESSOR  
 AUTHOR OF FUTURE TESTS: Why Anxiety is Good for You  
 (Even Though It Feels Bad)

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