

Emotions and feelings influencing decision-making capabilities

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Quest training is provided by Focus Independent Adult Social Work C.I.C



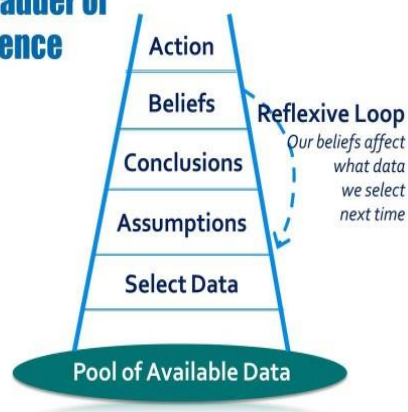
Understanding Emotions

- What is the difference between a feeling and an emotion?
- What are the implications of getting it wrong?
- Where is the balance in terms of:
 - Personal responsibility.
 - Permanence pause points (changing decisions).
 - Boundaries.
- Emotions and feelings in decision making
 - Changing decisions
 - Consultation/Consultative decisions

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The Ladder of Inference



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By using the Ladder of Inference, you can learn to get a broader view of the facts and use your (and other's) experiences to positive effect. Rather than narrowing your field of judgment you can increase your options for higher quality decisions and relationships.



- What extra data would have been useful to have in your pool of data?
- Did you make the decision on your own or with others?
- Where would 'pause points' have been useful?

Recommended Reading/Videos:

Group decision making - <https://www.youtube.com/watch?v=2AXOSQT5yVQ>

Further training sessions in the Skills Development Pathway:

Course Code	Course Title	Duration (hrs)	Pre-Req
SD1.1	Responding vs Reacting to communication	2	None
SD1.2	Ways to sharpen and strengthen rapport.	2	None
SD1.3	Listening for the meta message, missing pieces and complex equivalence.	2	None
SD1.4	Positive and advanced language structures for generating collaboration.	2	None
SD1.5	Balancing fears through growth mindset.	2	None
SD1.6	Choosing behaviours with positive outcomes (Assertiveness).	2	None
SD1.7	Responding to criticism or negativity.	2	None
SD1.8	Supercharging a positive impression.	2	None
SD2.1	Pessimism, optimism and the balance between.	2	None
SD2.2	Changing perceptual positions to resolve conflict.	2	None
SD2.3	Reframing the challenge (situation, person or change).	2	None
SD2.4	Emotional Intelligence, in a nutshell.	2	SD1.1
SD2.5	Emotions and feelings influencing decision-making capabilities.	2	None
SD2.6	Five step formula for positive outcomes.	1	None
SD2.7	Coaching models for self-development.	2	None
SD2.8	Supercharged coaching questions to create momentum.	1	None
SD2.9	Goalsetting in alignment with values and reality.	2	None
SD2.10	Generate meaningful visions and goals using mind-tools.	1	None
SD2.11	Feedback exchange to generate growth and development.	1	None
SD3.1	Negotiation plans to support long-term relationships.	2	None
SD3.2	Language to progress negotiations.	2	SD3.1
SD3.3	Motivation orientation.	2	None
SD3.4	Creative thinking.	2	None

