



Podcast 3

Self-awareness: how to understand one's emotions & manage them?

In this part of the podcast we will talk about emotional self-awareness, emotional state, and identification of emotions.

Emotional self-awareness is a key value in personal growth. It means knowing one's own feelings, thoughts, and behaviours. It is ultimately the idea of self.

Self-concept is formed from the environment, social influences, and evaluations of individual experiences.

It is not set in stone, it can be modified over time, and working on the self-concept allows for greater emotional control.

Everything passes through our emotional filter: having control over one's emotional condition is a determining factor in making decisions and taking actions in daily life.

Going further, emotional stability is necessary for good physical and mental health. It is therefore a prerequisite to recognise one's own emotions.

Emotional work is a continuous educational process. Through emotional education, the aim is to enhance the development of emotional competences to increase personal and social well-being.

During physical activities and corporal expression every participant can have a different motivation.

Women at risk or in social exclusion may seek more complex goals in sport, such as:

- adapting to a disability,
- developing self-defense skills,
- counteracting marginalization,
- reconnect to society after a traumatic experience or,
- because they want to improve their abilities.

There may also be social goals: to feel part of a group, to socialize, to engage in leisure activities, or to achieve goals.

The goal to be worked on is determined by the athlete, while the coach provides the necessary guidance to obtain the tools to achieve it. And the control of emotions plays a key role in all of this.

In the emotional process there are several stages: one must start with the identification of emotions, then understanding and interpretation, then management, then action and finally evaluation of the process.

