



The ability to choose our response to a situation is a powerful one - Lumina Emotion gives people that ability. Improved emotional intelligence, adaptability and resilience are just some of the benefits organisations report.



- 1. Uncover and fine-tune your emotional landscape**
- 2. Choose your actions - manage your responses**
- 3. Increase cooperation - reduce conflict**
- 4. Develop an emotionally intelligent organisation**

## What is it for?

Lumina Emotion teaches us how to manage our personality effectively to suit changing contextual demands, whatever our traits may be.

Lumina Emotion was created by psychologists Dr Stewart Desson (PhD) and Julie Ensor (MSc) and is derived from Dr Desson's PhD research.

Lumina Emotion uses the Big5 model of personality to demonstrate that personality traits actually cover the majority of traditional emotional competencies. Lumina Emotion takes a holistic and balanced view, recognising that all traits can be helpful and effective in their own way.

Lumina Emotion reveals three emotional personas - Underlying, Everyday and Overextended - and shows how socially desirable traits can work against us, while underrated traits can become sources of emotional strength. It is fully compatible with Lumina Spark and they can be used separately or together.

# What are the benefits?

Industry leaders now see emotional intelligence as one of the top 10 competencies needed to succeed. Lumina Emotion focuses on our agility in understanding, adapting and managing our emotions day to day in order to guide effective thinking and meaningful behaviour.

1. Noticing and understanding your emotions
2. Adapting your behaviour and responding appropriately
3. Understanding the value of different emotional responses
4. Channelling your behaviour towards our goals and values

