

Susan David

Emotional Agility Resource Guide

A TOOLKIT TO HELP US MEET THE MOMENT
WITH THE BEST OF OURSELVES.

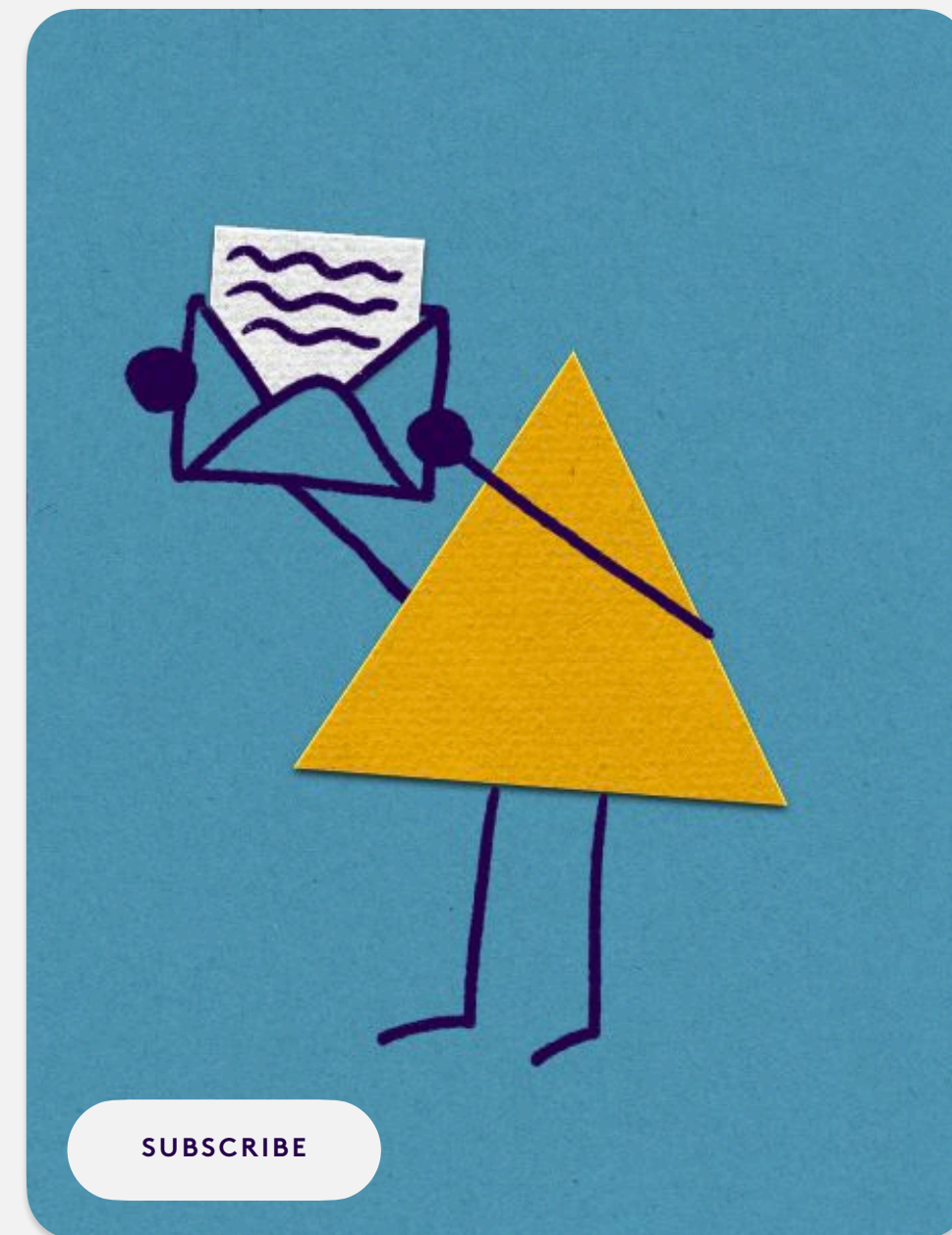


Explore Emotional Agility



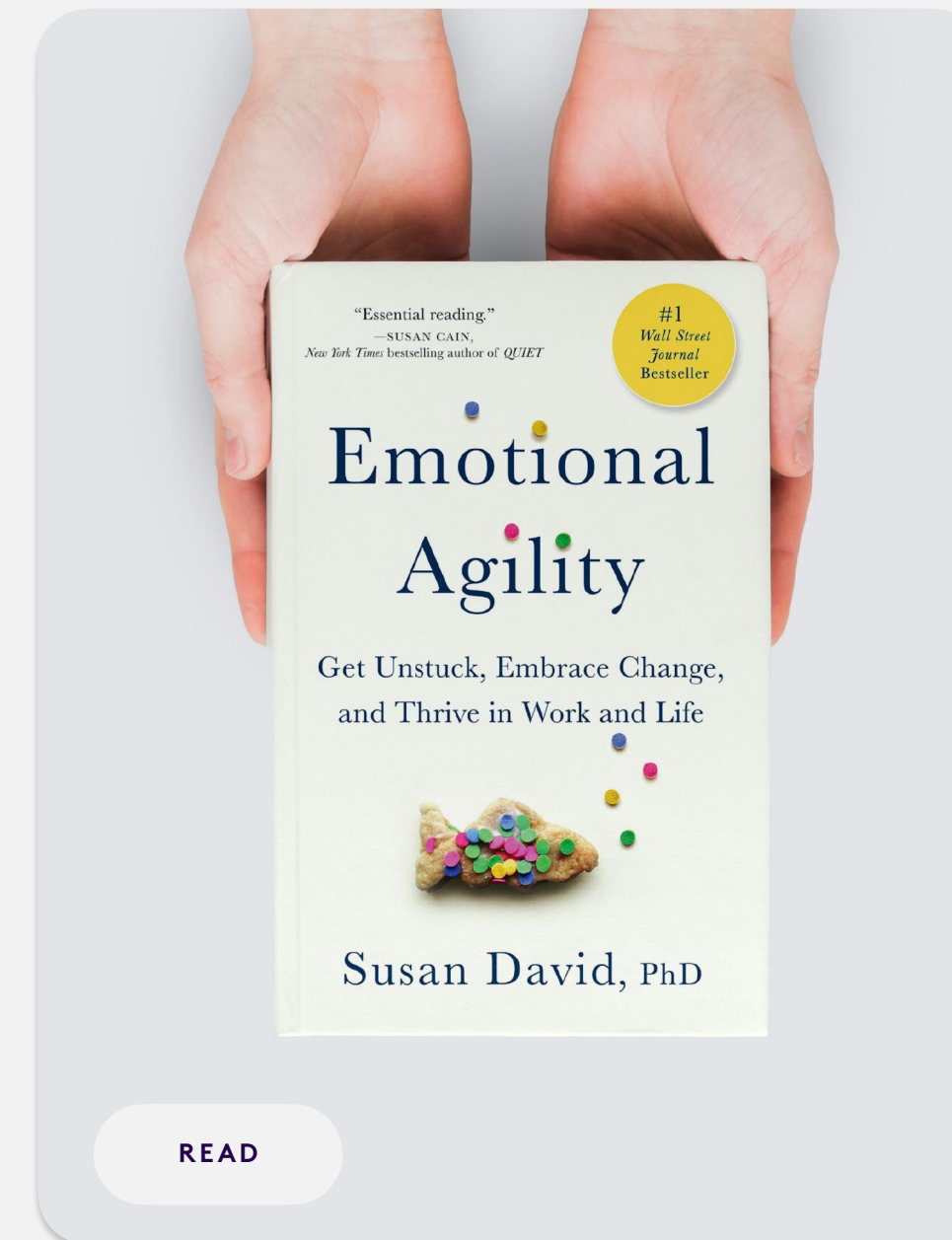
TED Talk: The Gift and Power of Emotional Courage

Viewed by more than 10 million people, this deeply moving, insightful, and potentially life-changing talk explores the foundational elements of the emotional agility framework. Susan shares how to lead, live, and parent with curiosity, courage, and compassion.



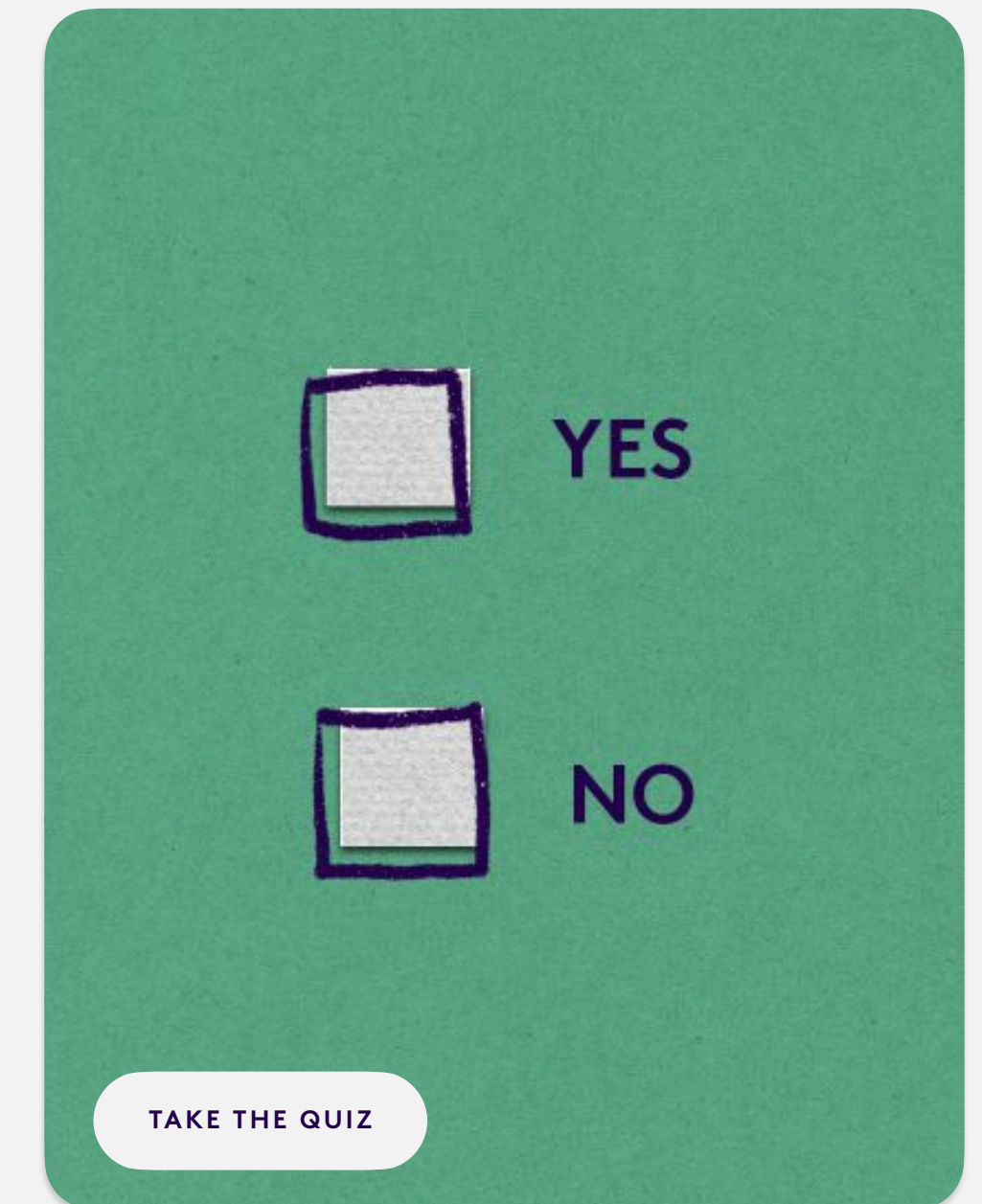
The Emotional Agility Newsletter

Every other week, Susan sends the latest issue of her newsletter to 150,000 people around the world. Each edition contains actionable, insightful advice to help you thrive in work and life.



Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life

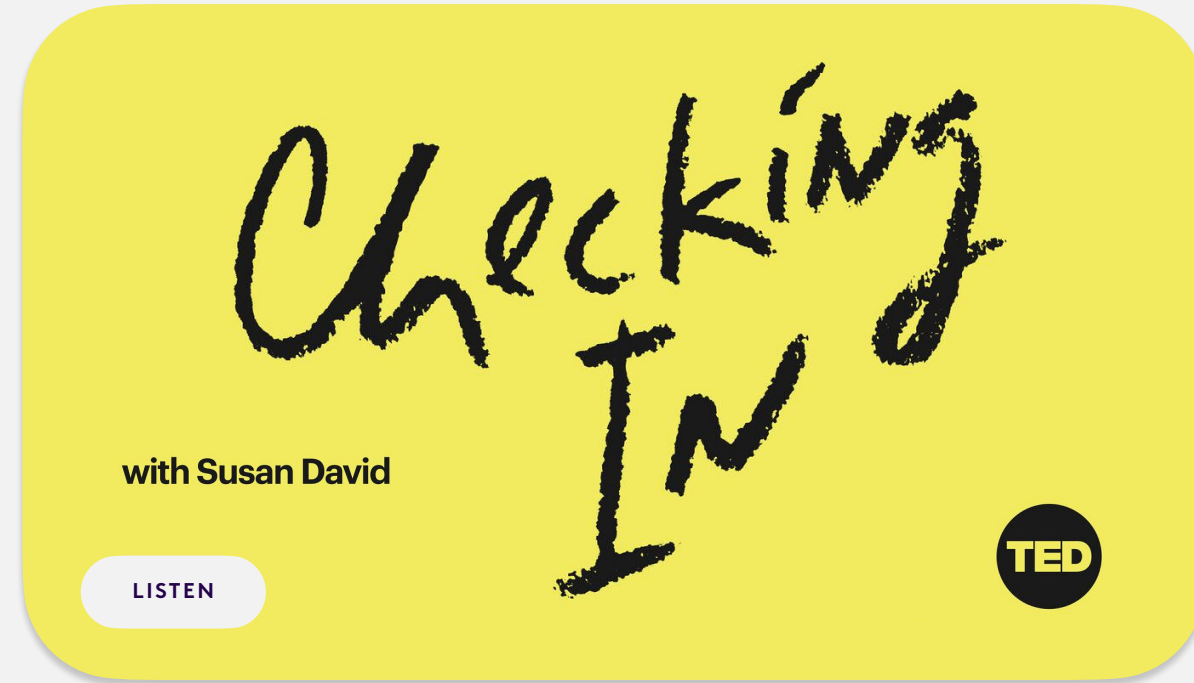
Written with authority, wit, and empathy, Susan's #1 Wall Street Journal bestseller serves as a roadmap for real behavioral change.



The Emotional Agility Quiz

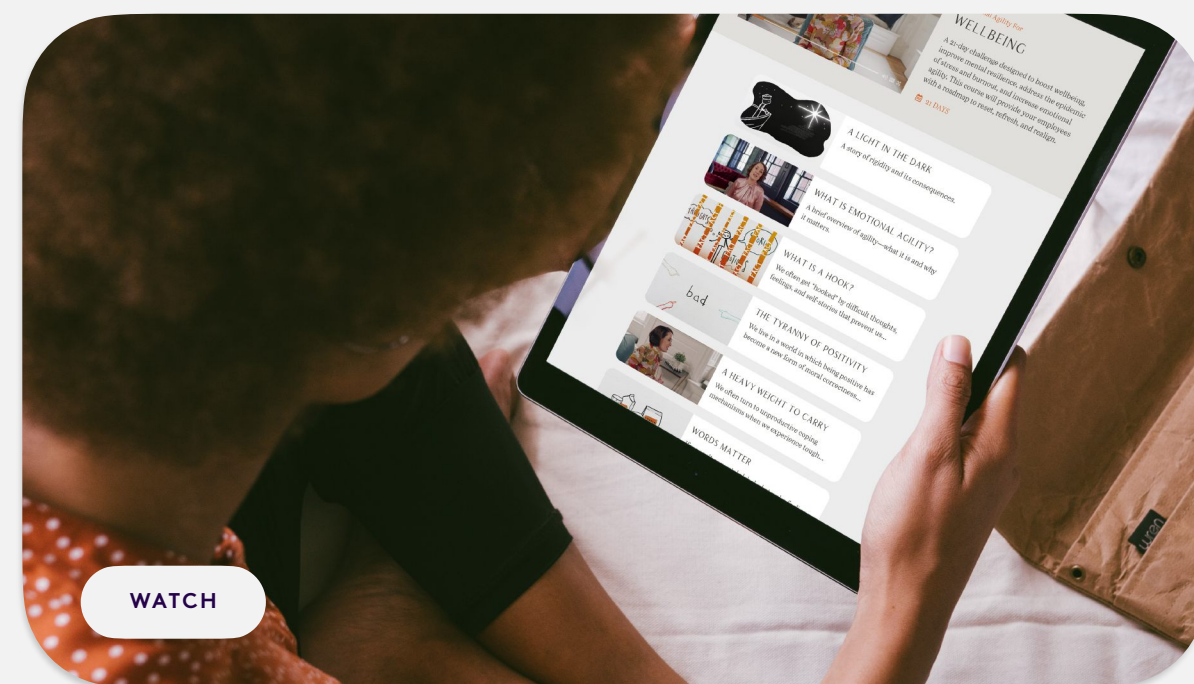
Receive free personalized feedback on how to be more effective with your thoughts and emotions so you can meet life's most challenging moments with the most powerful tool of all: your full self.

Dive Deeper



Checking In with Susan David

Created in collaboration with TED and listed as "Essential Listening" by Apple Podcasts, Susan offers emotional agility strategies with a relatable, conversational approach to difficult topics.



Emotional Agility Learning Journeys: Sample Microskill Video

In this video from the online Emotional Agility Learning Journeys, Susan explores the importance of labeling emotions accurately. Learning Journeys are currently available for enterprises only and can be tailored to explore topics such as transformation, human-centered leadership, wellbeing, and more.



TED Connects: How to Be Your Best Self in Times of Crisis

Susan joins TED's Chris Anderson and Whitney Pennington Rodgers to discuss how to use emotional agility in times of instability and change. Other interviewees in this series include Bill Gates, Elizabeth Gilbert, and Ray Dalio.



3 Ways to Better Understand Your Emotions

There is a high cost to avoiding our feelings. In this Harvard Business Review article, Susan shares how three approaches—broadening your vocabulary, noting the intensity of an emotion, and writing it out—can help you better understand how you feel.

MORE RESOURCES

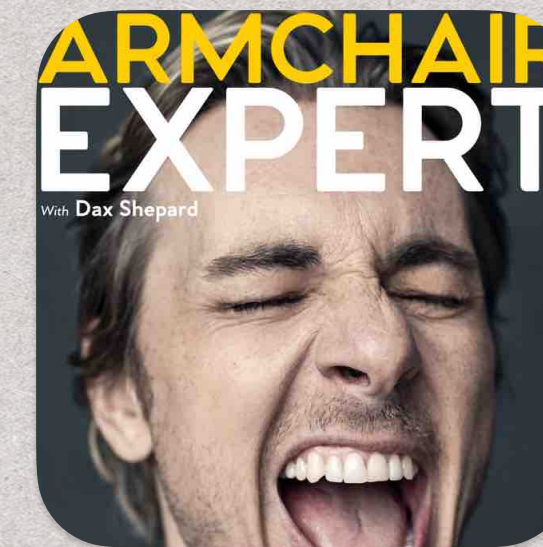


Dare to Lead with Brené Brown: The Dangers of Toxic Positivity, Parts 1 & 2

A two-part conversation with the renowned research professor and best-selling author Brené Brown in which she and Susan have a "full-on emotion researcher geek-out on how emotional granularity and agility benefit us as individuals and leaders."

[LISTEN \(PART 1\)](#)

[LISTEN \(PART 2\)](#)



Armchair Expert with Dax Shepard and Monica Padman

Dax Shepard, Monica Padman, and Susan David discuss emotional agility, what it takes for us to be healthy humans, and the dangerous narrative that success equals happiness.

[LISTEN](#)



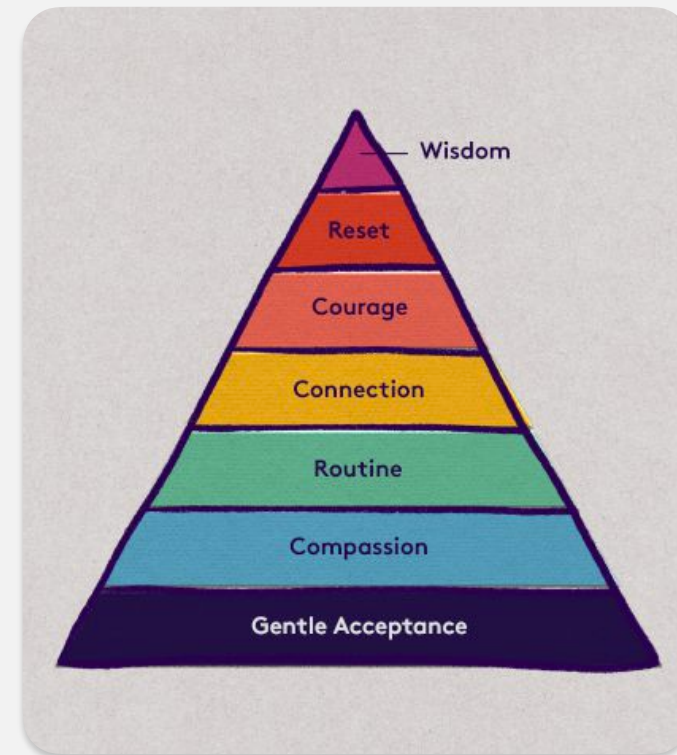
The Happiness Lab with Dr. Laurie Santos

Susan David and Dr. Laurie Santos examine why many of us choose to ignore or suppress difficult feelings instead of engaging with our emotions in a way that helps us understand them and moving forward.

[LISTEN](#)

Resources for Continued Learning

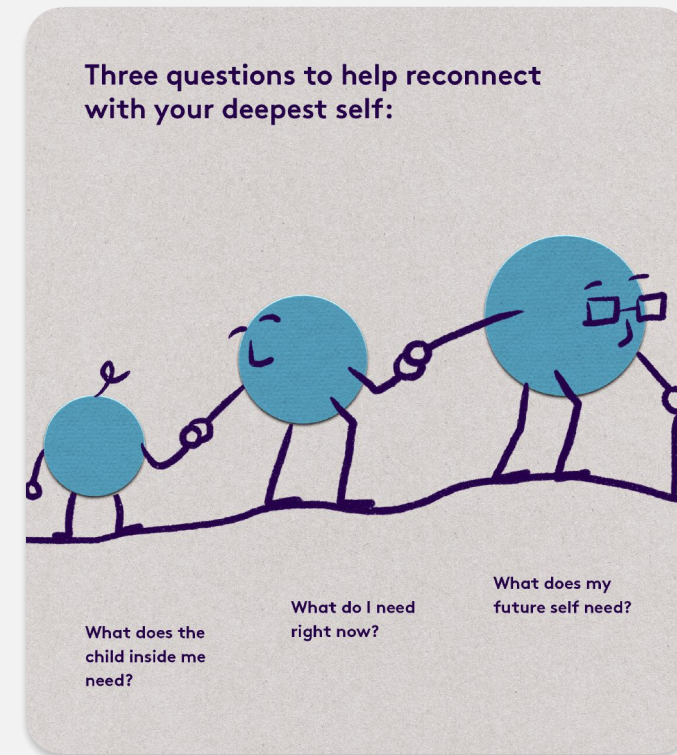
Emotional Pyramid of Needs



The Emotional Pyramid of Needs illustrates the critical steps we can take toward a more satisfying and values-connected life, both at work and at home.

DOWNLOAD

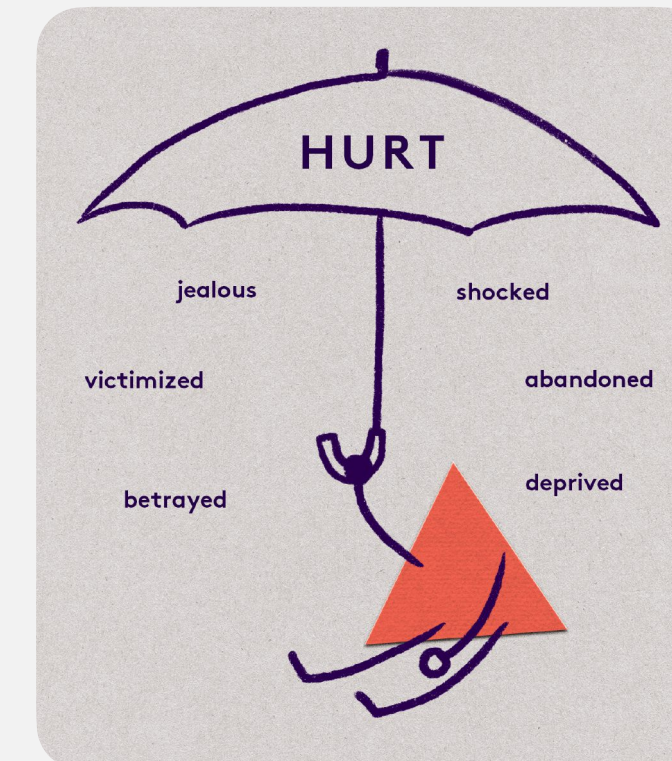
Continuity of Self



These three questions are based on the continuity of the self, a key psychological motivator of behavior. This concept asks us to consider the following: have I honored all aspects of myself in this moment?

DOWNLOAD

Emotional Agility Umbrellas

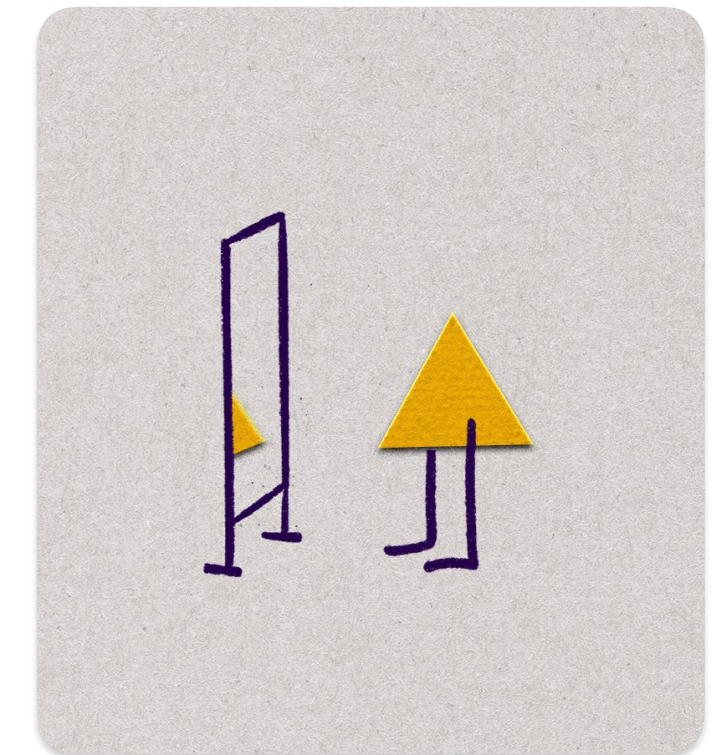


This exercise helps you label your emotions in a more granular way, a skill that can transform a murky experience like "stress" into a finite emotion with boundaries and a name.

DOWNLOAD

☰ Susan David 🔍

Three Questions to Ask Yourself as a Leader



These three prompts cultivate leadership as a way of being in the world that empowers others to thrive.

DOWNLOAD

Emotional agility.

Because our thoughts, emotions, and behavior drive everything; every aspect of how we love, live, parent, and lead.

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[@SusanDavid_PhD](#)

