

**Facet<sup>5</sup>**  
**SuperSkills**  
of great conversations

**Let's take a closer look at  
SuperSkill #2 Hyper-Awareness**



# SuperSkill #2

## Hyper-Awareness

**Acute self-awareness** of your biases, beliefs and emotional triggers.

Meaning you know what is going on for you during a conversation and how to control your emotions.

# What is happening inside of you

When two people talk there are always three conversations taking place:

- 1 The one in your head
- 2 The one on the other person's head
- 3 The one between you.

# Rushing around

Brain scans of people who are always rushing around ‘getting things done’ show that they are in a constant state of high alert. The brain interprets this as a ‘threat’ and responds by **releasing stress hormones** like cortisol and adrenaline.

These impact on **our ability to think and act clearly** and also on how effectively we connect with others.

# Think of yourself as an iceberg



What shows above the water is only a small part of what is going on inside you. Are you able to tune into what is going on underneath the waterline?

# What triggers you?

- Take the time to understand what ‘events’ trigger you to **respond emotionally** during a conversation – for example, someone being rude, or disrespectful, or sexist, or someone who turns up late, or who constantly checks their phone, etc.
- Develop your ability to spot when you have been triggered and **consciously pause before you act or reply** – remember it takes only six seconds for your rational brain to re-engage.

# Staying curious

- **Tune into your physical state** – are you feeling hungry, tired, thirsty, hot, cold or stressed? Our physiological state significantly impacts our ability to concentrate and to regulate our emotions. We tend to overlook this, especially when we are busy.
- If you talk to someone and you find yourself being annoyed or irritated, ask yourself ‘why?’ – **keep learning about yourself.**
- Make sure you **stay aware of your own needs** during a conversation.

# To remember

One of the most important ways to get the right outcome from your conversations is to be aware and in control of your own needs and emotions. So practice tuning into yourself.

## **Want to know more?**

Book a no-obligation call with me via the link in the featured section on my profile or simply drop me a DM.



## TJESSICA STEGENKA

Great leaders aren't born, they're made.  
That's why leadership is a skill. Full stop.

Effective communication is critical for leaders. It transcends words, forging connections, aligning visions, and inspiring action. The ability to convey ideas with clarity and empathy is the linchpin that propels teams toward success.

Remember, today's pressures are enormous. You may not always get it right. You are a human being. Be gentle with yourself.