



Have you ever reacted in the moment - and almost immediately wished you could take it back?

We're often told to leave our emotions at the door, stay professional, and make rational decisions. But emotions don't disappear when the workday begins.

They shape what we notice, how we interpret other people, the choices we make, and the way others experience us - often before we even realize what's happening.

Ignoring emotions doesn't make them less powerful. It simply leaves them running the show without our awareness.

More Than a Feeling helps leaders understand what their emotions are telling them and use that information to respond intentionally, communicate more clearly, and lead with greater impact.

Emotions Are Information

Knowing the definition of emotional intelligence is useless if you don't know what to do when emotions show up.

More Than a Feeling moves beyond theory. Through honest conversation, practical tools, and interactive activities, participants learn to notice emotions, understand what they may be signaling, and choose responses that serve the situation instead of intensifying it.

Emotional intelligence isn't about ignoring feelings or letting them take control. It's about using the information they provide to communicate clearly, make better decisions, and lead real people more effectively.

During This Session, Participants Will

- Identify emotions more accurately and recognize what those emotions may be telling them.
- Notice how emotions influence their thoughts, behaviors, decisions, and relationships.
- Respond to other people's emotions with curiosity and empathy rather than assumptions or avoidance.
- Use practical emotional-intelligence tools to choose intentional responses, communicate clearly, and lead more effectively..

Who Is This For?

More Than a Feeling is designed for leaders, teams, and organizations that want to use emotional intelligence in practical, everyday ways - especially when pressure is high, relationships matter, and reactions can shape what happens next. It works well for leadership-development programs, employee-development events, conferences, retreats, and team training.

Available Formats

Interactive Workshop: 60 to 90 minutes

Extended Workshop: Half-day or full-day format

Real Leaders. Real Life.: Can also be included as a focused emotional-intelligence module within the larger *Real Leaders. Real Life.* leadership program.

Delivery: The workshop can be presented virtually, but it works best in person, where participants can interact, reflect, and practice the tools together.

About Ed Shanley



Ed Shanley is a speaker, facilitator, and tech leader who helps organizations navigate the human side of leadership. With decades of experience leading teams and working inside complex organizations, Ed understands what happens when leadership theories collide with real people and messy situations.

His work explores communication, emotional intelligence, self-awareness, and the assumptions that shape how we see one another. Candid, relatable, and grounded in real life, Ed combines hard-earned insight with humor and practical tools. He creates interactive experiences that help leaders better understand themselves, connect with the people counting on them, and respond more effectively when leadership becomes real.

Bring More Than a Feeling to Your Organization

Let's connect about your audience, the communication challenges they're facing, and how this workshop can be adapted to meet their needs.

Call 614-388-8731 or email Info@EdShanley.com for booking information.