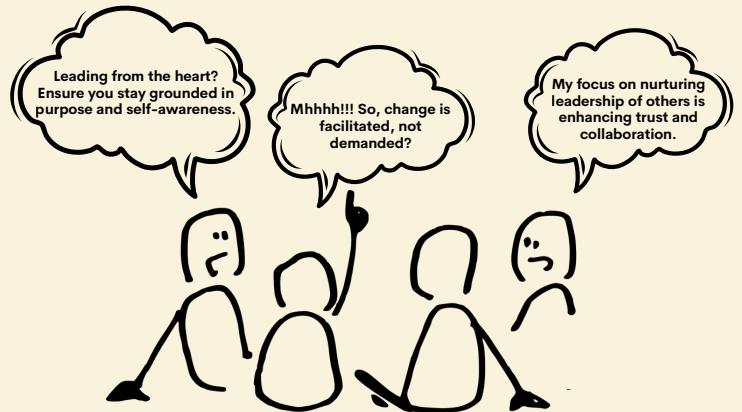




Weekly Updates & Insights

Building skills and resilience to lead real transformation in organisations, movements, and society.



Leaders Create Space for Growth

On 11th October 2025, *Uongozi Street*—a youth-led organization in Arusha, invited EASUN to support a session on Leading with Emotional Intelligence. The theme itself brought participants straight to the heart of competency questions for transformational leadership-- empathy, self-awareness, and leading in ways that draw people closer. EASUN drew on *practice* at the heart of its own work—advocacy through enhancement of human potential via transformative learning. Real transformation happens when leaders sense and respect feelings driving others in their own change processes. A transformational leader will pause, listen, and respond or provide support with authenticity.

Emotionally Intelligent Leaders "Travel Light": Self-awareness transforms the influence of leaders from simply being task-focused and begins to communicate through positive attributes of knowledge, wisdom, patience, compassion, and generosity. This shift shows up in the authentic presence and empathy--behaviour qualities that build the trust and shared commitment needed for real collaboration to take root.



I never knew that how I feel has an impact on how I lead. I am now discovering that most times I have tended to react rather than respond with positive presence.

--Mose Mihayo--participant

Through the session today I have learnt the need to increase my openness to all kinds of feedback as means to self-development, because emotional intelligence is achieved through a conscious learning journey.

--Happy Niganire

Coming Your Way Soon ...

- 1 **Project Greenhouse Training - Leadership For Young Social Justice Innovators**
 - Where: Kampala, Uganda
 - When: Mod 1: 15-19 December 2025
- 2 **FOLD Cycle J1—Kenya & Tanzania**
 - Where: Moshi, Tanzania
 - When: Mod 1: 23-27 February 2026; Mod 2: 4-8 May 2026; Mod 3: 13-17 July 2026

Holding Space Without Baggage

Developing emotional intelligence starts with listening actively, seeking feedback, and reflecting on your actions. This enables a leader to navigate complex situations with empathy—influencing others more powerfully than mere formal authority ever could. Leading with emotional intelligence transforms not only individuals or teams, but also the culture around them. This builds resilience, inspires engagement, and generates the trust that is necessary to sustain a developmental relationship.

Over 1000 leaders trained since 1997 from Ethiopia, Kenya, Malawi, Mozambique, Tanzania, Uganda, Rwanda, South

Africa, South Sudan, Zambia, Zimbabwe, Netherlands, Canada, and Germany. "FOLD is not a course meant to make a leader a shining lone star, but one who will facilitate those they lead to fulfill their own growth potential."

--Namayani Mollel, EASUN Executive Director

Attend FOLD and take your leadership to the next level. FOLD helps you mobilize your team around what your organization stands for, creating stronger commitment, collaboration, and impact from the inside.



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