

Emotional Agility: How Emotions Offer Perspective within the Dance of Communication

Laura Bonazinga Bouyea, M.S., CCC-SLP

BEST: June 24, 2026

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The 'Social' Tango

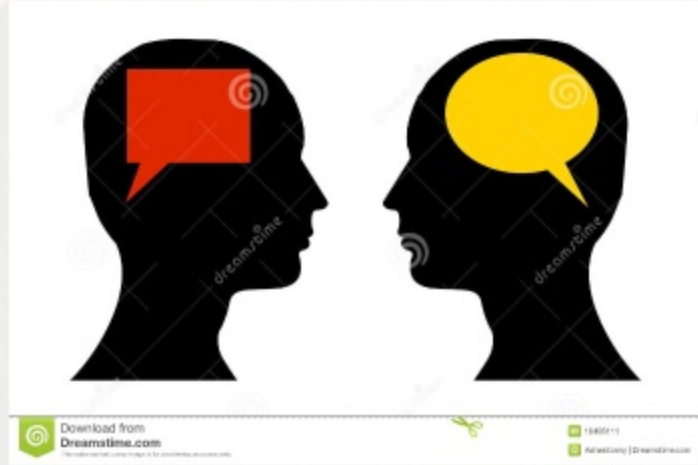
- **Reciprocal (back and forth)**
- **Exchanging words, ideas, beliefs**
- **Exchanging social signals**
- **Communicating with different purposes**
- **Authentic self**



Think & Apply

- Penguins
- Conditions
- Thoughts & Feelings

How effectively could you communicate?



Intention (Purpose)

What message do you want to convey?

What message is your partner trying to convey?

What part of your self or social identity do you want to show in this interaction?

- transactional
- persuasive
- co-creating



Purpose  **Social Relatedness**

- **connect**
- **disconnect**
- **personal or social goal**
- **persuade/negotiate**
- **deepen relationship**
- **show who you are**
- **get to know someone as they are**



Social Relatedness

Level of Connectedness & Exchange

- **Formal or informal**
- **Casual or deep**
- **Length**
- **Intensity**
- **Frequency**
- **Quality**



You prefer...

Mode of Communication

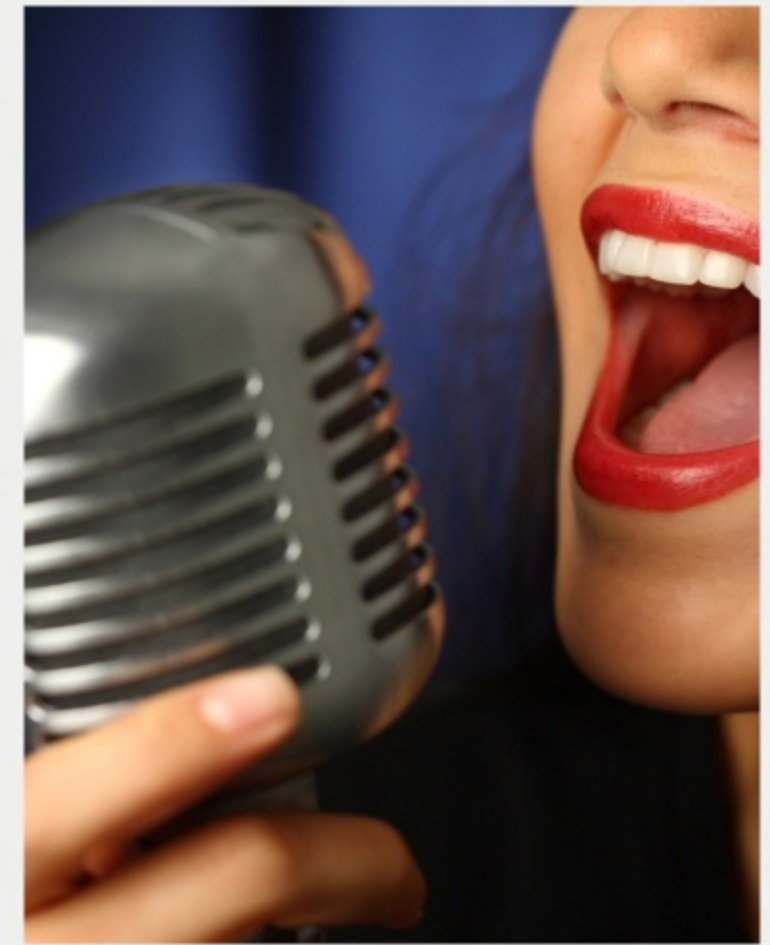
Non-verbal

Paraverbal

Verbal

Haptics (touch?)

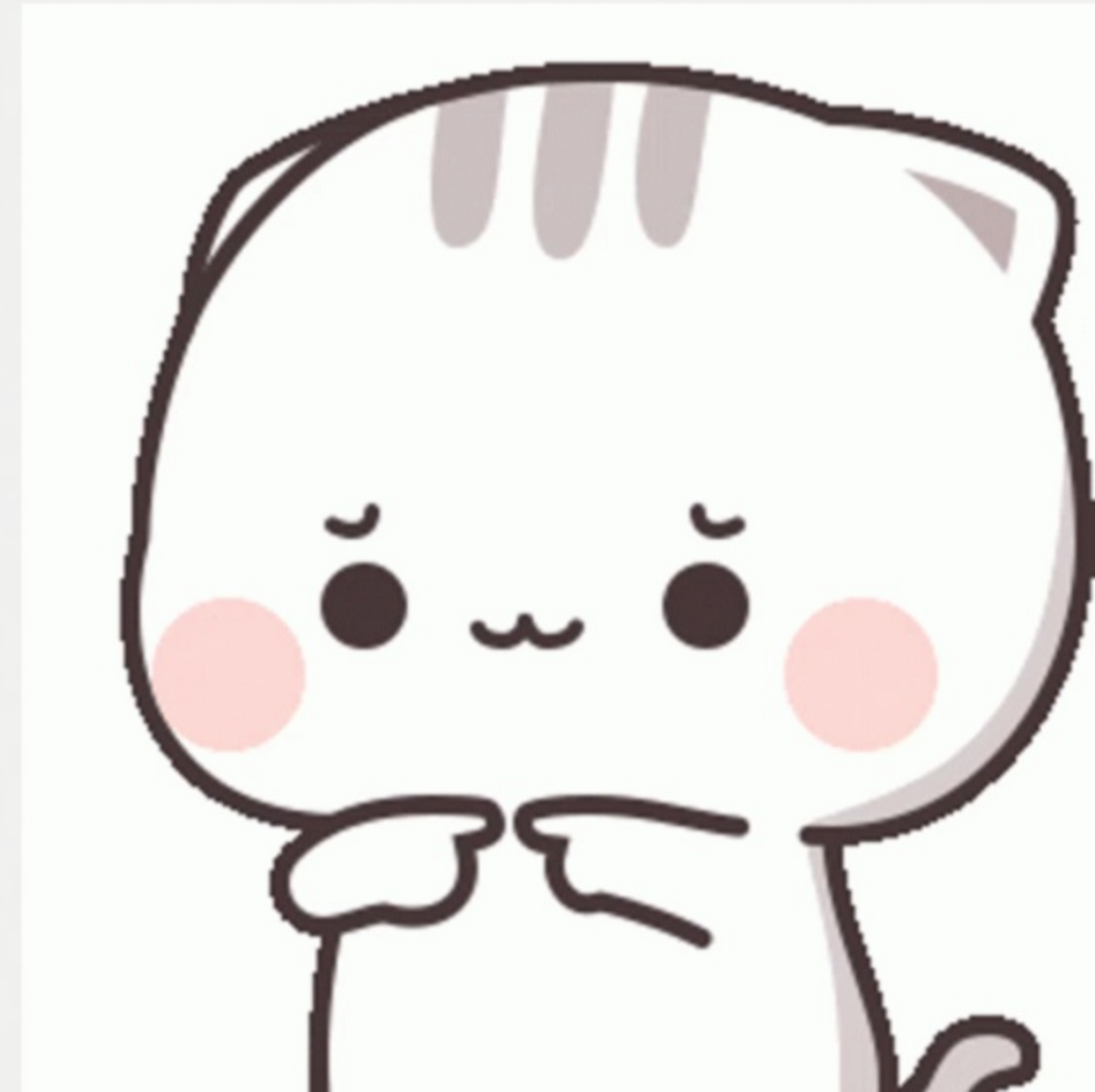
Augmentative & Alternative

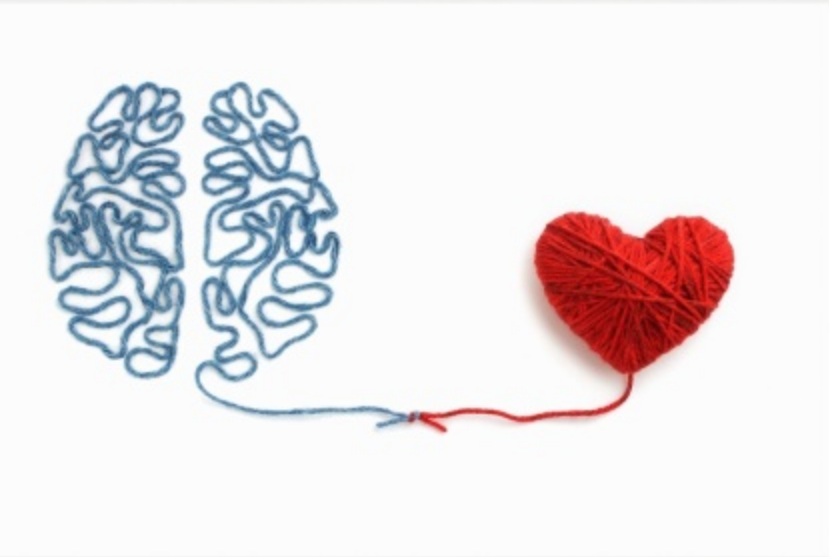




Tendencies:
ways we naturally communicate
without influence

- **mode of communication**
- **style**
- **social connection**
- **display**
- **regulation**





Emotional Agility & Regulation

Experiencing emotions as they pass & change AND communicating effectively

- **Internal experience influences external experience (efficacy)**
- **"Facts stay facts"**
- **Emotions are informative but not fact**
- ***Bottling, Brooding, Getting Hooked* reduce regulation & communication**



Applying Emotional Agility

- **Showing Up**
- **Stepping Out**
- **Walking Your Why**
- **Moving On**

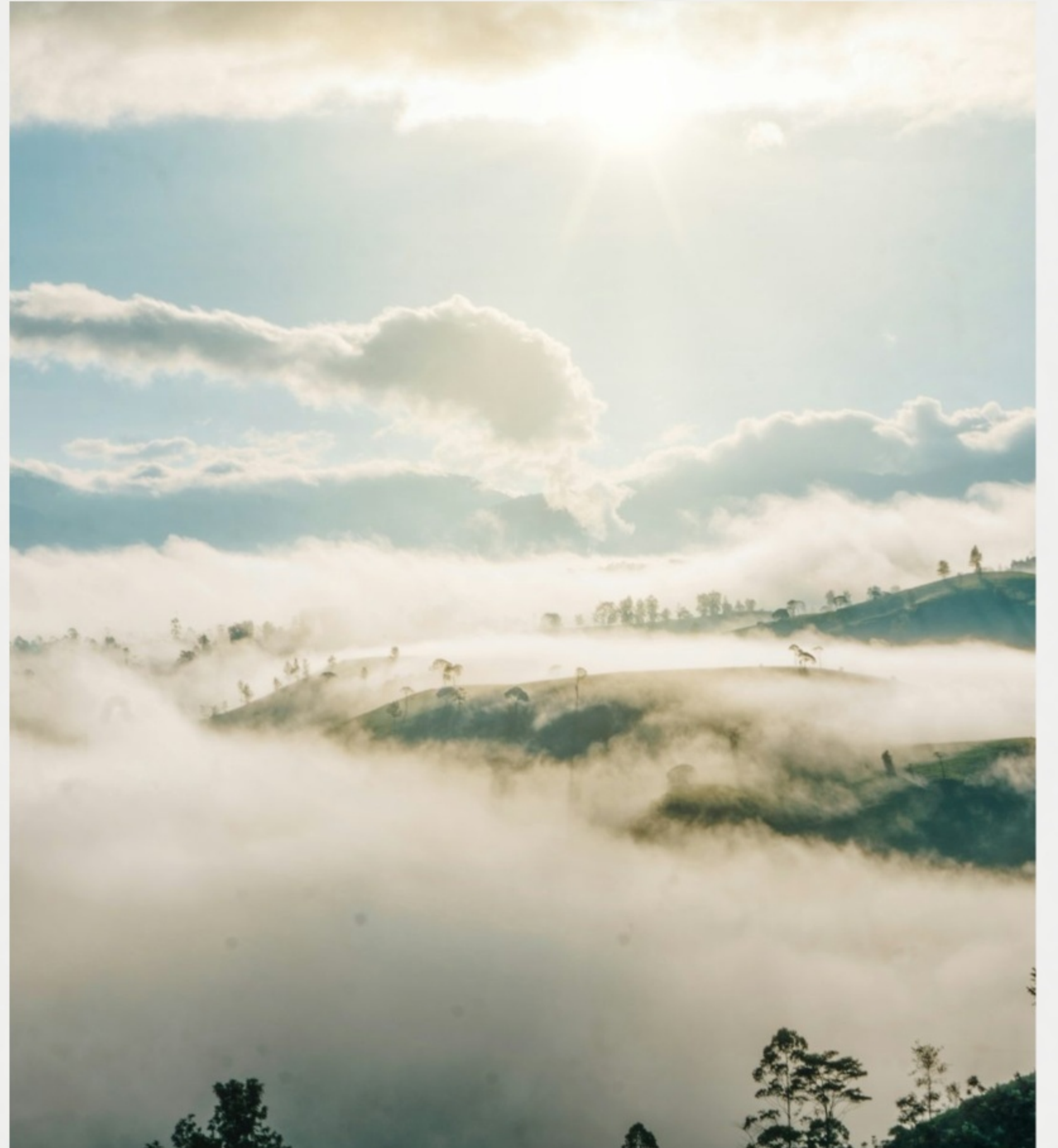


Showing Up

- **leaning in**
- **self-compassion**
- **acceptance without brooding**

Stepping Out

- **gaining perspective**
- **widening the lense**
- **curiosity**
- **bothness "AND"**



Walking your why

- **value instead of emotion driven**
 - **what do you value?**
- **preferred outcome**
- **behaving & communicating in line with your values**





Moving on

- **tiny tweaks that achieve what you value**
- **insight gained from perspective**

Applying Emotional Agility



Experience and honor (labeling) emotions



Notice & Communicate (in)effectively as emotions pass



What we do & how we communicate influences:

**Connection, Exchange, Learning,
Problem Solving**

Showing Up

- Label Body Clues
- Connect to speed/level of activation
- You feel & friend feels
- Encourage 'bouncing back'

Stepping Out

- Curiosity without Judgement
 - What did you want to happen?
- Glass Jar
- Bothness

Walking Your Why

- What did your emotions tell you?
- What do you really want (value) in this interaction or friendship?
- What is the most important part for you?

Moving on

- One tiny tweak (action) to move forward towards what you both wanted
- Prime, Model, Empower



- You feel___ /I feel___
- **Duck Rabbit Moment**



- **Saying/Doing X will/won't work**
 - **Green = Good to Go**
 - **Yellow = Slow Down/Options**
 - **Red = Pause & Reset/Redo**
- **Offer choices**



- **WHAT/HOW**
 - **When you say/do X it changes(weakens/strengthens) connection**



Emotions in Perspective: Empowering Effective Exchange

- **Stepping out & Moving on.....**
- **Preferences & Tendencies**
 - **sensory, communication, play, social connection, learning style**
 - **boundaries & requests**
- **Identifying emotional responses & demands**
 - **sensory, social relatedness, & communication demands**
- **Consider access needs (Scaffolds)**
 - **accessing environment**
 - **modified communication**
 - **bridging cross-neurotype communication**

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You prefer...

Mode of Communication



Tendencies

ways we naturally communicate without a filter

- mode of communication
- style
- social connection
- display
- regulation



The 'Social' Tango

- Reconnect (back and forth)
- Exchanging words, ideas, beliefs
- Exchanging social signals
- Communicating with different purposes
- Authentic self



- Think & Apply
- Penguins
 - Conditions
 - Thoughts & Feelings

How effectively could you communicate?

Intention (Purpose)

What message do you want to convey?
What message do you prefer to give to receive?
What part of you self or social identity do you want to share in this interaction?

- Intentional
- purposeful
- co-creating



How effectively could you communicate?

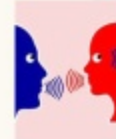
Emotional Agility & Regulation

Experiencing emotions as they arise & change AND communicating effectively

- Internal experience influences external experience (efficacy)
- "Wants stay fixed"
- Emotions are informative but not fact
- Thinking, Ruminating, Caring, Howling reduce regulation & communication

Applying Emotional Agility

- Showing Up
- Stepping Out
- Walking Your Why
- Moving On



Showing Up

showing up

showing up

showing up

showing up

Showing Up

Showing Up

Showing Up

Walking your why

what do you want to achieve?

what do you want to achieve?

what do you want to achieve?

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Applying Emotional Agility

- Experiencing and Honor (labeling) emotions
- Notice & Communicate (effectively) an emotional state
- What we do & how we communicate influences

Connection, Exchange, Learning, Problem Solving

Emotions in Perspective: Empowering Effective Exchange

- Stepping out & Moving on....
- Preferences & Tendencies
- sensory, communication, play, social connection, learning style
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