

Essentials of Emotional Intelligence



Self awareness is the ability to take an honest
look at your life

Without any attachment to it being right or
wrong, good or bad.

-Debbie Ford

Reflective Questions



- 1.** How valuable an experience do you plan for this to be?
- 2.** How much risk are you willing to take?
- 3.** How participative do you plan to be?
How will I add my voice to this learning community?

Flow of the Session



- ❧ Welcome/Introduction
- ❧ Understanding Emotional Intelligence
 - Definition
 - The EQi 2.0 model
- ❧ Assessing Your Emotional Intelligence
- ❧ Strategies to Enhance/Develop Your Emotional Intelligence
- ❧ Creating a personal development plan

Understanding Vertical Development

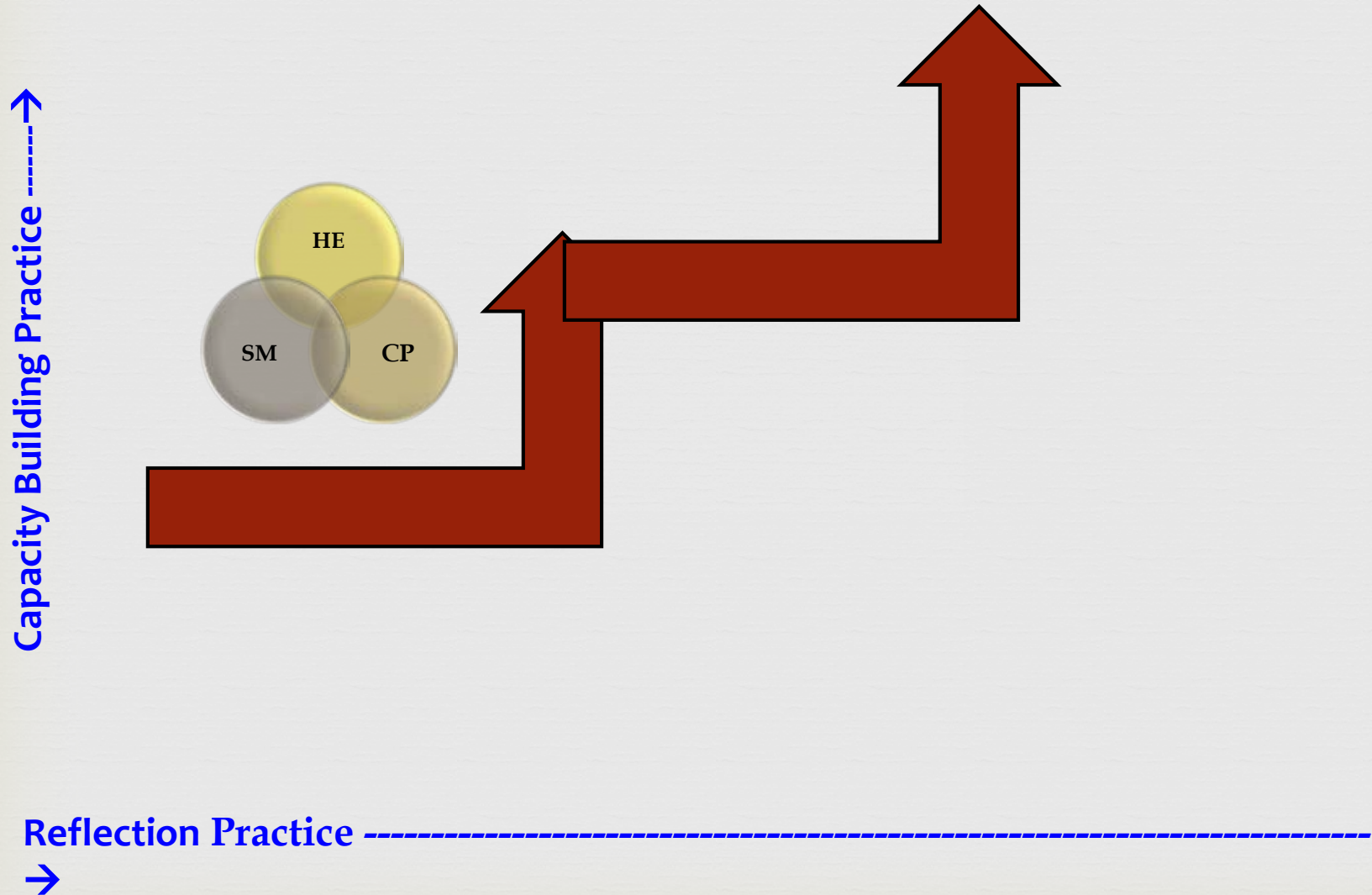


**Heat
Experiences**

**Sense-
making**

**Colliding
Perspectives**

Vertical development: building “higher orders of thinking”



Check-In

On a scale of 1 to 10, with 10 being the highest level and 1 being the lowest level, give an honest personal rating of your energy, openness and focus.

Energy

Openness

Focus

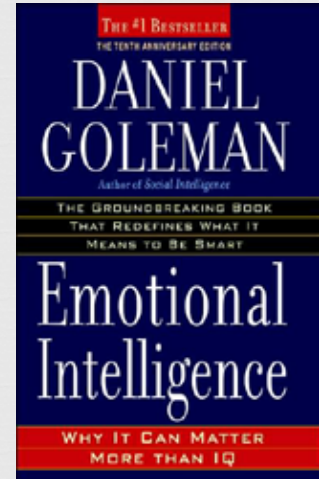


Exceptional Person

- Think of an exceptional person that you personally know
- Write down some qualities or characteristics that make them exceptional

What is Emotional Intelligence?

Popularized by a 1995 New York Times bestselling book by Daniel Goleman, *Emotional Intelligence: Why it Can Matter More Than IQ* by Daniel Goleman, 1995



Definitions – Bar-On

“emotional-social intelligence is a cross-section of interrelated emotional and social competencies, skills and facilitators that determine how effectively we understand and express ourselves, understand others and relate with them, and cope with daily demands.”

– Reuven Bar-On

Common Themes

❖ Three domains

- You
- Others
- Environment

❖ Emotions

- Read or sense
- Express, regulate, manage and respond
- Utilize, apply, motivate, energize

Emotional Intelligence

EQ is NOT:

- ❖ Aptitude
- ❖ Achievement
- ❖ Vocational interest
- ❖ Personality

EQ is:

- ❖ Made up of short-term, tactical, dynamic skills that can be reliably measured
- ❖ Improved by training, coaching, experience

Emotional Quotient Inventory (EQ-i)

- ❖ First measure of emotional intelligence
- ❖ Most widely researched and validated
- ❖ More than a million people world-wide
- ❖ Multi-cultural in its design



Factors of Emotional Intelligence

☞ Self-Perception

- ☞ Self-Regard
- ☞ Self-Actualization
- ☞ Emotional Self-Awareness

☞ Self-Expression

- ☞ Emotional Expression
- ☞ Assertiveness
- ☞ Independence

☞ Interpersonal

- ☞ Empathy
- ☞ Social Responsibility
- ☞ Interpersonal Relationships

☞ Decision Making

- ☞ Problem Solving
- ☞ Reality Testing
- ☞ Impulse Control

☞ Stress Management

- ☞ Flexibility
- ☞ Stress Tolerance
- ☞ Optimism

Breakout Rooms



- ☞ Which factors of the EQ-i do you think are **most applicable to our current situation**? (e.g. dealing with a world-wide pandemic, practicing isolation strategies, practicing social distancing, etc.)
- ☞ Choose one EQ-i factor that you would like to personally enhance – discuss your reasons and actions you will take (refer to handout)

1-minute Essay



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3