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”
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?

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
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