



Emotional Intelligence



Emotional Intelligence

- We all have different personalities, different wants and needs, and different ways of showing our emotions.
 - Navigating through this all takes skill and cleverness – especially if we hope to succeed in life. This is where emotional intelligence becomes important.
- In a nut shell it's understanding ourselves and others.



Emotional Intelligence

Emotional intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you.

- Think of an example and share with your partner.

It also involves your perception of others: when you understand how they feel, this allows you to manage relationships more effectively.

- Give an example where you or someone else has demonstrated this.



Emotional Intelligence

- People with high emotional intelligence are usually successful in most things they do.
- Why? Because they're the ones that others want on their team, they make others feel good, they go through life much more easily than people who are easily angered or upset.

What are the key aspects of EI? Number 1

- **Self-Awareness** – People with high emotional intelligence are usually very self-aware . They understand their emotions, and because of this, they don't let their feelings rule them. They're confident – because they trust their intuition and don't let their emotions get out of control.
- They're also willing to take an honest look at themselves. They know their strengths and weaknesses, and they work on these areas so they can perform better. Many people believe that this self-awareness is the most important part of emotional intelligence.
- How many of the above characteristics do you have?
- Who do you know with good self awareness?





Number 2

- **Self-Regulation** – This is the ability to control emotions and impulses. People who self-regulate typically don't allow themselves to become too angry or jealous, and they don't make impulsive, careless decisions. They think before they act. Characteristics of self-regulation are thoughtfulness, comfort with change, integrity , and the ability to say no.
- Can you share an example of who this reminds you of?
- How many of the above do you have?



Number 3

- **Motivation** – People with a high degree of emotional intelligence are usually **motivated**. They're willing to defer immediate results for long-term success. They're highly productive, **love a challenge**, and are very effective in whatever they do.
- Share an example with the person sitting next to you.

Number 4

- **Empathy** – This is perhaps the second-most important element of emotional intelligence. **Empathy** is the ability to identify with and understand the wants, needs, and viewpoints of those around you. **People with empathy are good at recognizing the feelings of others**, even when those feelings may not be obvious. As a result, empathetic people are usually excellent at **managing relationships** , **listening** , and relating to others. They avoid stereotyping and judging too quickly, and they live their lives in a very open, **honest** way.

- Who does this sound like to you?
- Do you have empathy too?



A group of diverse people in professional attire interacting and talking. The image shows a line of people from left to right: a woman with blonde hair, a man with dark skin, a man with light skin, a woman with dark hair, a man with grey hair and glasses, a woman with blonde hair, and a man with dark skin. They are all engaged in conversation, with some gesturing and smiling. The background is plain white.

Number 5

• **Social Skills** – It's usually **easy to talk to** and like people with good social skills, another sign of high emotional intelligence. **Those with strong social skills are typically team players.** Rather than focus on their own success first, **they help others develop and shine. They can manage disputes, are excellent communicators,** and are masters at building and maintaining relationships.

- Who do you know who has good social skills?
- Is this you too?

To sum up EI is.....

- Although "regular" intelligence is important to success in life, emotional intelligence is key to **relating well to others** and achieving your goals. Many people believe that it is at least as important as regular intelligence, and **many companies now use emotional intelligence testing to hire new staff.**
- Emotional intelligence is **an awareness of your actions and feelings – and how they affect those around you.**
- It also means that you **value others, listen to their wants and needs,** and are able to empathize or identify with them on many different levels.





Short advice from others

- Here are some helpful tips for you to take control and recognize Emotional Intelligence.
- <https://youtu.be/urug-OpmdPo>
 - 2mins 30