



AN INTRODUCTION TO

EMOTIONAL INTELLIGENCE

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Emotional Intelligence

Emotional Intelligence is the practice of recognizing and understanding emotions in yourself and others, and using that awareness to bring out the best in yourself and those around you.

There are 4 quadrants of EQ:

Self-awareness

Self-management

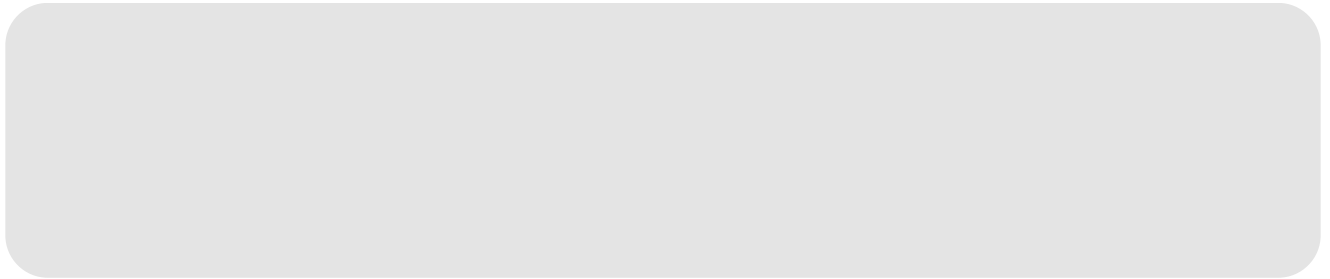
Social awareness

Social management

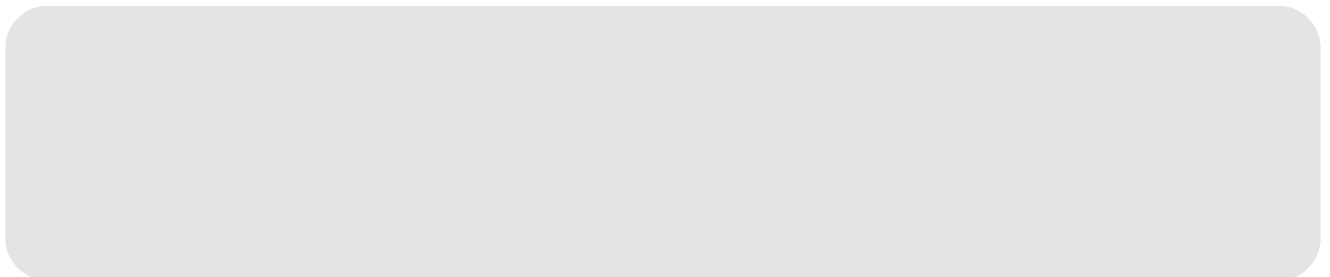
Self-Awareness

Self-Awareness is THE foundation of emotional intelligence.

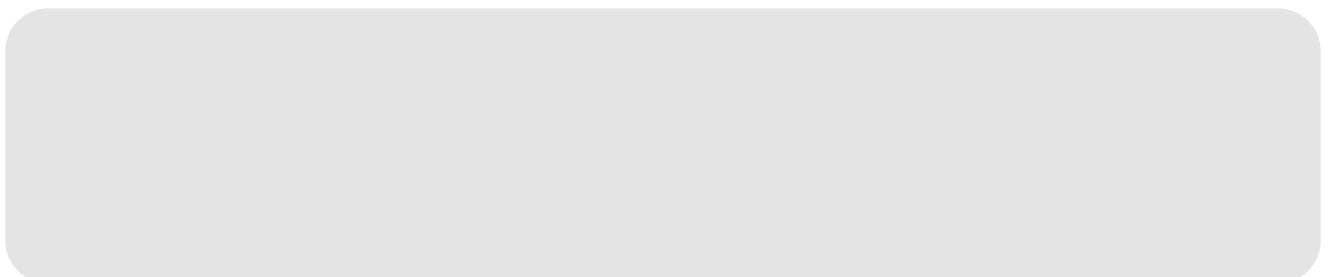
1. Identify 3 strengths in your people skills:



2. Identify 3 areas you'd like to improve for people skills:



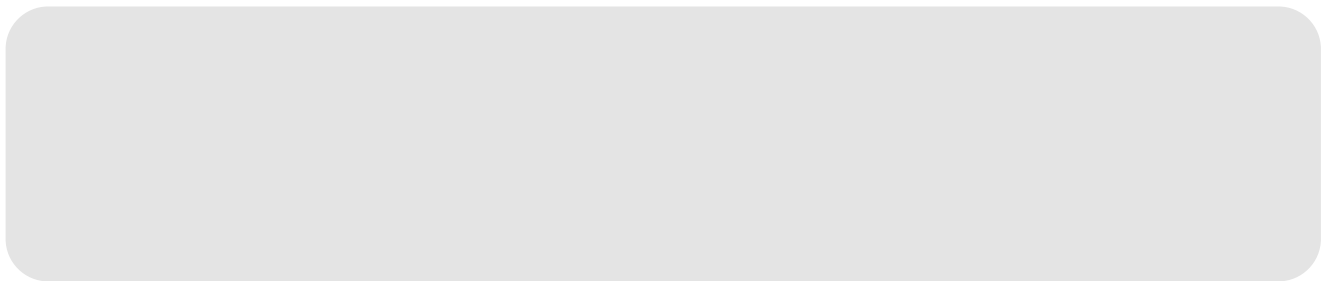
3. What are the top 3 emotions you feel regularly:



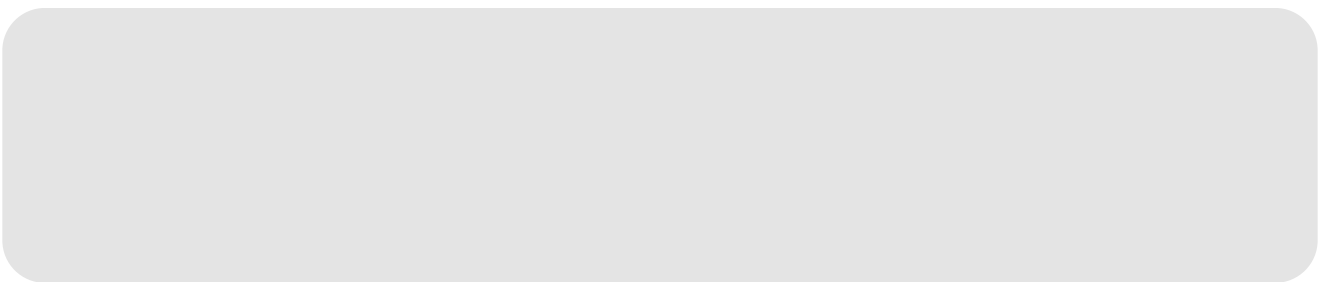
Self-Management

Self-management is our ability to use our awareness, and inner resources to appropriately manage our behavior and achieve personal objectives.

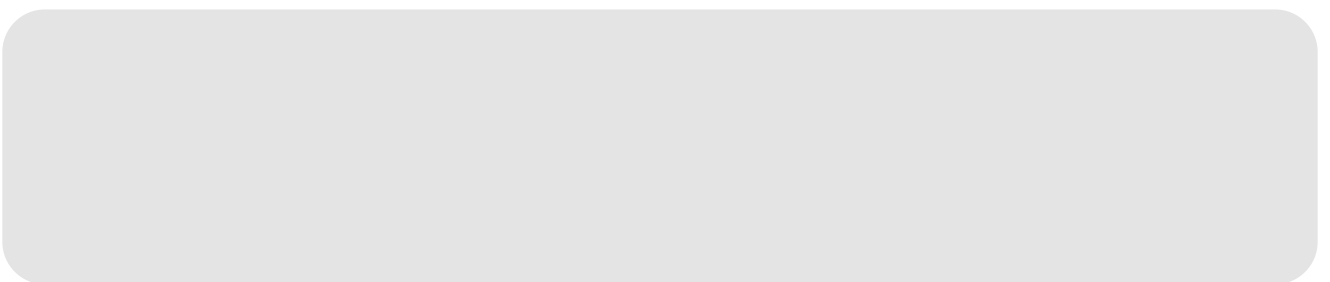
1. Identify the last 3 things you overreacted to and why:



2. Identify your current top 3 goals:



3. What are the top 3-5 things currently holding you back or slowing your progress and why?



Social Recognition & Management

Social Recognition & Management is being aware of other people's emotions and then using that awareness to manage those relationships, to facilitate the best possible outcomes for everyone. It requires nurturing understanding and compassion for others,

Understanding someone doesn't require agreeing or even liking them. It simply requires curiosity and an ability to listen without judgement.

Identify one person who is a challenge to get along with. Now think about why that is and brainstorm all of the possible reasons that could make a person think and act the way they do. Remember we are all products of our environments and childhood programs. The more ideas you can come up with, the easier this will be. Don't stop before at least five ideas.

