

HELPING PROFESSIONALS GET UNSTUCK

# LEADING WITH EMOTIONAL INTELLIGENCE


### Check In

How are you feeling (one-word feeling) about this workshop?

What would you like to get out of this roundtable discussion? In other words, what are your hopes for today?


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### Video: Please Pass the Butter - Emotional Intelligence



### Video Exercise: Please Pass the Butter

- What does the Please Pass the Butter video have to do with emotional intelligence?
- How can learning to express your emotions constructively impact the results you achieve in the workplace?
- How can being aware of how other people may be feeling impact the results you achieve in the workplace?

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### Agenda


- What is Emotional Intelligence?
- EQ-i 2.0 model
- 15 EI Competencies
- Discussion

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# What is Emotional Intelligence (EI)?

**Emotional Intelligence**

- I think emotional intelligence is...

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**Emotional Intelligence**

- Emotional intelligence is quite simply, the ability to:
  - Understand, express, and manage your own emotions
  - Develop and maintain good social relationships
  - Think clearly and solve problems under pressure

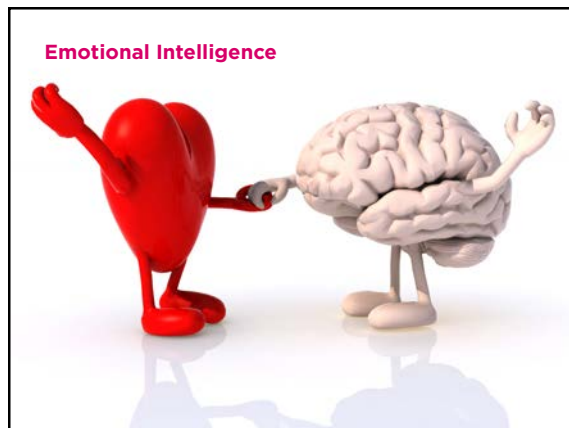
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**Emotional Intelligence**




The ability to use the information provided by emotions to act appropriately in the face of daily challenges

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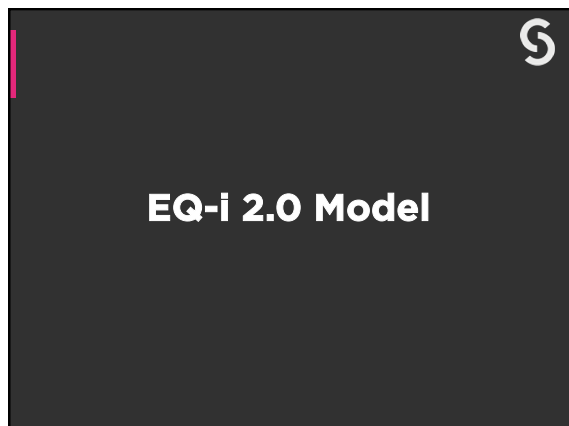


**Greatest EI Development Opportunity**

- I think my greatest EI development opportunity is...

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### Emotional Intelligence Model

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### Self Perception

Self-perception is about how we see or perceive ourselves.

Ask yourself:

- How confident and independent are you?
- How do you set goals? Do you achieve them?
- How in tune are you with your emotions?

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### Self Expression

Self-expression is about how we show and express ourselves to others.

Ask yourself:

- Do you express how you are feeling in an effective and appropriate manner?
- Do you stand up for yourself? If not, why?
- Do we care too much about what others think?

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### Interpersonal

Interpersonal is about how we interact with others.

Ask yourself:

- Do you have a difficult time making connections? If so, why? If not, why not?
- How strong are your relationships?
- Do you look for relationships that are based on trust and compassion?

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### Decision Making

Decision-making is about how we use the information our emotions provide to make decisions.

Ask yourself:

- When making decisions, do you understand the impact your emotions?
- Do you let your emotions cloud your judgment?
- Can you easily stay objective in situations when emotions are high?
- Are you able to control your impulses during these times?

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### Stress Management

Stress management is about how well we cope with change, the unfamiliar, and our daily challenges.

Ask yourself:

- How well do you function with the emotions associated with change and unpredictable circumstances?
- Are you emotionally resilient in trying times?
- Are you able to remain hopeful about the future?

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