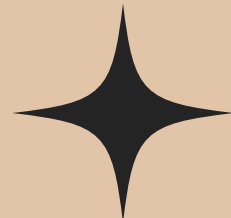




Emotional Intelligence ✨





SLIC Leadership Programs
Created by Ilianna Ramirez





Today's Focus

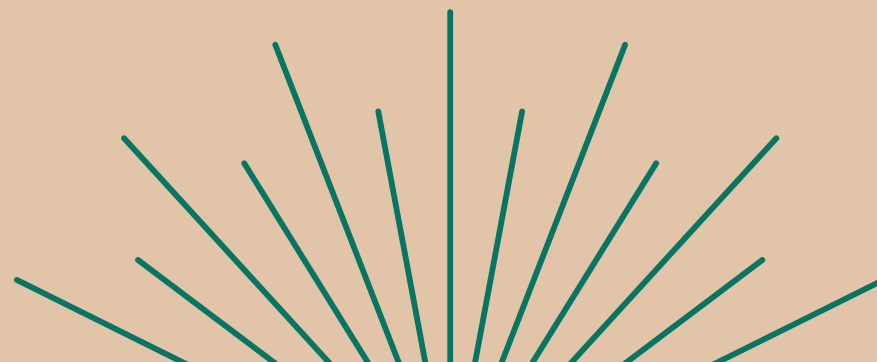


Goals:

- Review the 5 components that make up Emotional Intelligence
 - Identify strongest/weakest areas of Emotional Intelligence
 - Identify practical ways to grow in one area
- 
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Agenda:

- What is Emotional Intelligence?
 - Activity
 - Component Explanation
 - Debrief Scores
 - Reflection
- 
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What is Emotional Intelligence? ✨

Manage

Empathy

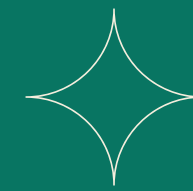
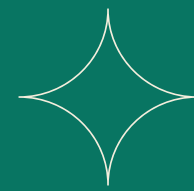
Aware

Emotions

Mindful

Considerate

Sensitive



Five Components of Emotional Intelligence

Self-awareness

Recognizing one's emotions, the depth of feelings, their effects and the capability to deal with them

Managing Emotions

Managing emotions and holding back unhelpful impulses

Motivation

The drive to accomplish some desired result, can be internal or external

Empathy

Understanding others outside of yourself

Social Skill

The power one has to manage emotions of self and others and produce influence

The image features a central graphic with a light beige background. A large, faint sunburst pattern in a muted sage green color is centered behind the text. The sunburst consists of a central circle with numerous lines radiating outwards. Overlaid on this is a horizontal black-outlined rectangle with rounded corners. Inside this rectangle, the words "Activity Time" are written in a bold, black, sans-serif font. On the left and right sides of the rectangle, there are black four-pointed starburst or spark-like decorative symbols.

Activity Time



Emotional Intelligence Assessment

1. Answer the following 15 statements on the handout given. When answering, try to think of past situations and what you have done!
2. Once you have answered them all, place the scores into the table and then calculate the final totals.





Emotional Intelligence Table ✨

| | Strength | Needs Attention | Development Priority |
|--------------------|----------|-----------------|----------------------|
| Self awareness | | X | |
| Managing emotions | | X | |
| Motivating oneself | | X | |
| Empathy | X | | |
| Social skill | X | | |


Self-Awareness



- Know which emotions they are feeling, can name and label them
 - Understand the chain from emotion to action (links between their feelings and what they think, do, and say)
 - Recognize how their feelings affect their performance, in both experiences at work and personal relationships
 - Have a guiding awareness of their values or goals and any gap between values and actual behavior
- 
- 



Individuals high in Self-Awareness:

Can see themselves as others see them, and have a good sense of their own abilities and limitations.




Individuals working on Self-Awareness:

Might see themselves only from their point of view and may doubt their abilities.




Managing Emotions



- The ability to manage your internal states and impulses so that you achieve desired outcomes
 - While self-awareness brings these internal states within your cognition, you have to manage them to achieve what you and others desire
 - The ability to stay focused and think clearly even when experiencing powerful emotions
 - Being able to manage your emotional state is essential for taking responsibility for your actions, and can save you from decisions you later regret
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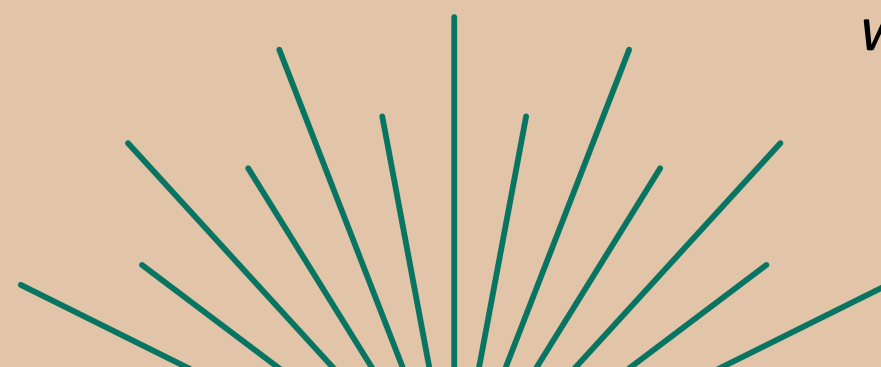
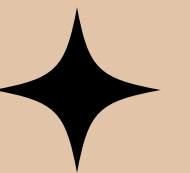
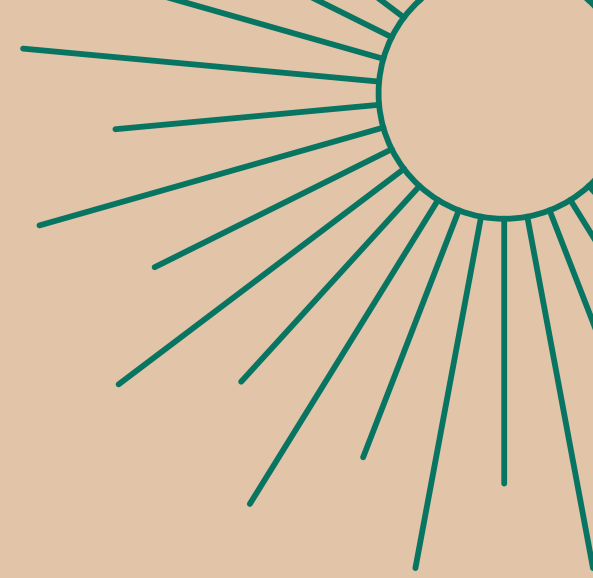

Individuals high in Self-Regulation:

Don't act on impulse, remain collected and positive at testing times, and remain focused under pressure.



Individuals working on Self-Regulation:

Might struggle with their impulses, feel flustered at testing times, and may have increased anxiety when experiencing distressing emotions.



Motivating Oneself




- The ability to use your deepest emotions to move and guide you towards your goals
- Enables you to take the initiative and persevere in the face of obstacles
- We can be motivated towards or away from an anticipated outcome
- Our motivation is determined by our attitude to the various external events that impact our lives.




Individuals high in Motivation:

Meet challenges, reach goals they've set, driven to improve performance, and cope well with change.

Individuals working on Motivation:



Struggle when faced with challenges, goals are prioritized differently, satisfied with performance as is, do not like change.



Empathy



- The ability to sense, understand, and respond to what others are feeling
- Empathy is about being aware of other people's feelings and being able to guess what others are thinking but not saying
- Have active listening skills that allow you to hear and understand the unstated or partially expressed thoughts of others
- The depth of understanding of others may include cross-cultural sensitivities, useful when working in diverse organizations

Individuals high in Empathy:


Understand other people and take an active interest in issues facing them, generally aware of others.

Individuals working on Empathy:

May experience frustration as they are unable to relate or put themselves in others shoes.

Social Skill




- ❑ The ability to manage, influence, and inspire emotions in others
 - ❑ Being able to handle emotions in relationships and being able to influence and inspire others are essential foundation skills for successful teamwork and leadership
 - ❑ Influencing skills affect us every day in every situation, whether consciously or subconsciously
 - ❑ Different types of styles, Assertive, Responsive, Aggressive, Passive
- 



Individuals high in Social Skill:

Can easily identify a goal/objective and work to recognize the emotions of all involved to attain the desired outcome.

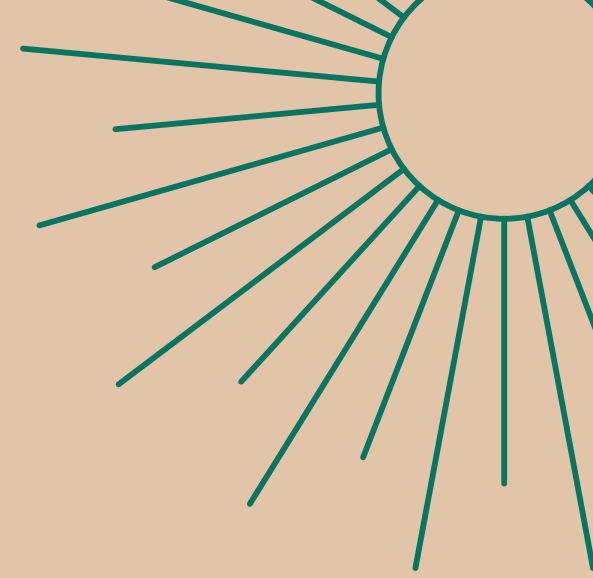


Individuals working on Social Skill:

May struggle with seeing the big picture to accomplish



Discussion



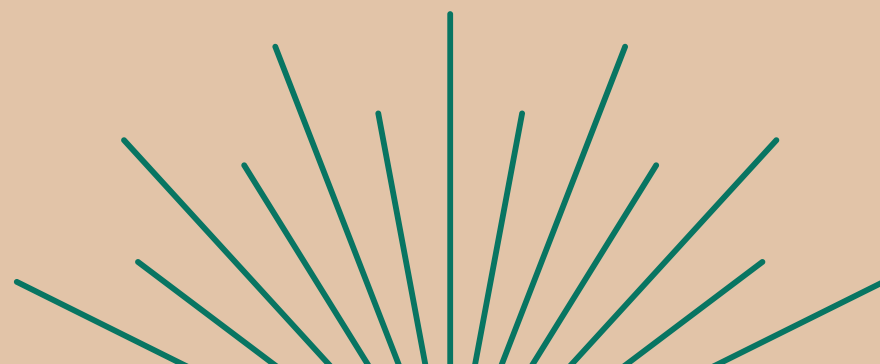
What are some overall thoughts?

Which area was your highest score?

Which area was your lowest?

Did any of these results surprise you?

Do you feel like the results accurately describe you currently?



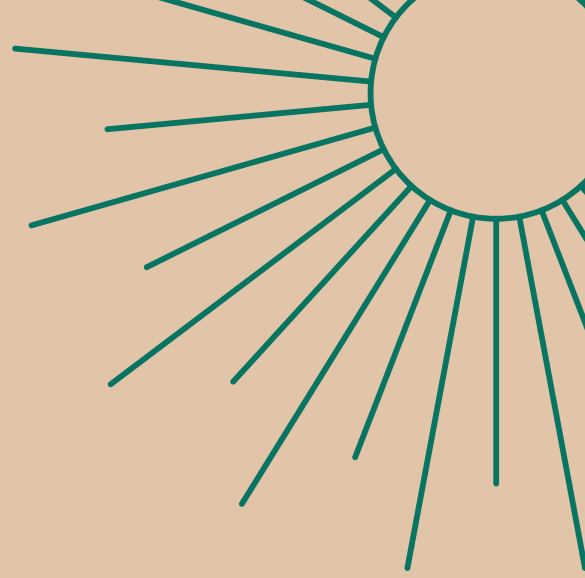
Reflection

| My strongest area is _____ because I... | I can improve on _____ area. | How can you use your strengths to improve your area(s) of need? |
|---|------------------------------|---|
| | | |

Final Thoughts



- **Your emotional intelligence grows with you as you grow**
- **Just because you scored like this today doesn't mean it can't change/vary**
- **This is a skill that takes time to develop, you got this!**



Thank You!

