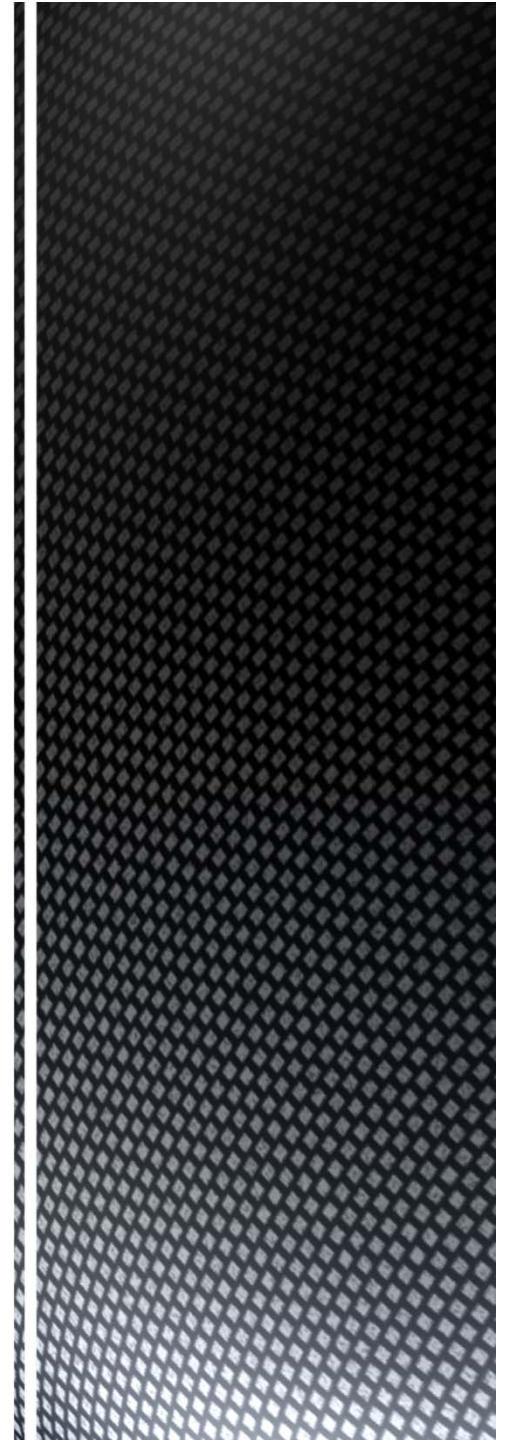


Emotional Intelligence



What is it?

- The “street smarts” in a person reflecting their ability to deal successfully with other people, their feelings, and their everyday social environment
- The ability to recognize the meanings of emotions and to reason and problem solve on the basis of them

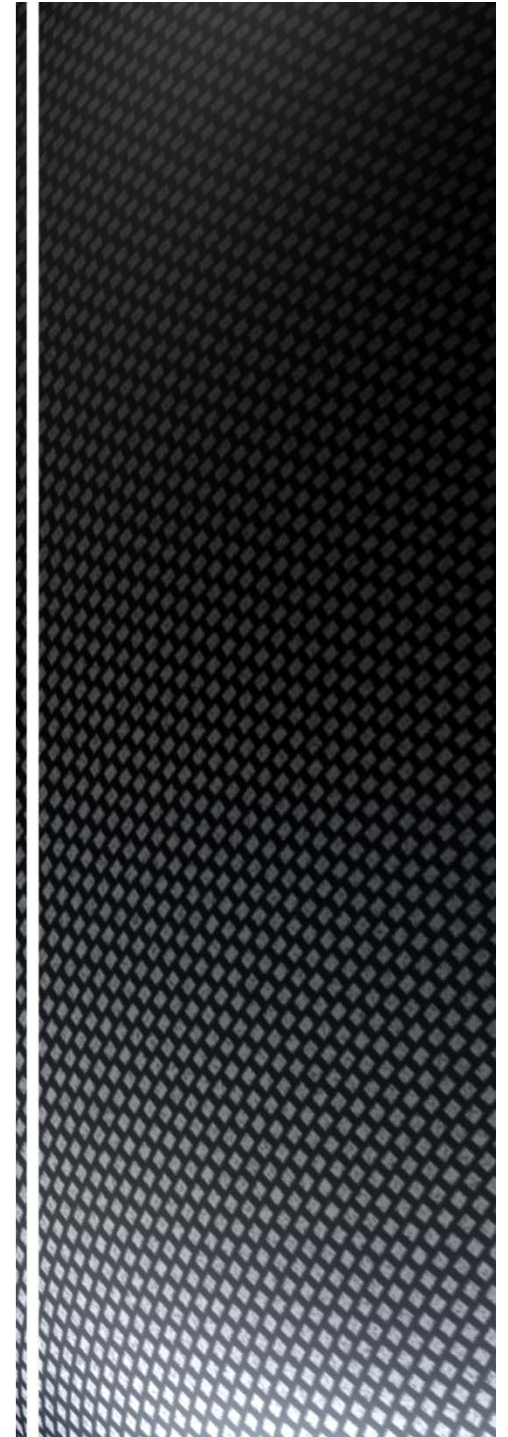


“Anyone can become
angry... that is easy.



... But to be angry with the
right person, to the right
degree, at the right time, for
the right purpose, and in the
right way... that is not easy.”

~Aristotle

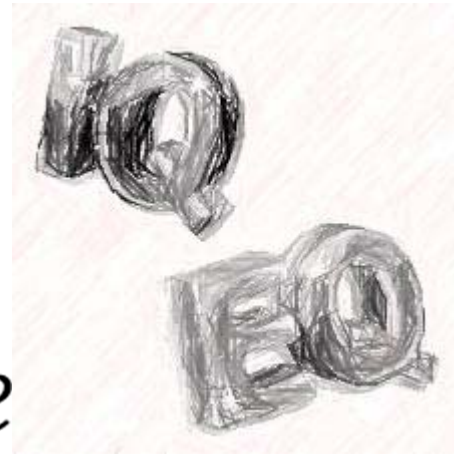


- The ability to make our emotions work for us by using them in ways that produce the results we want.
- The capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and our relationships.

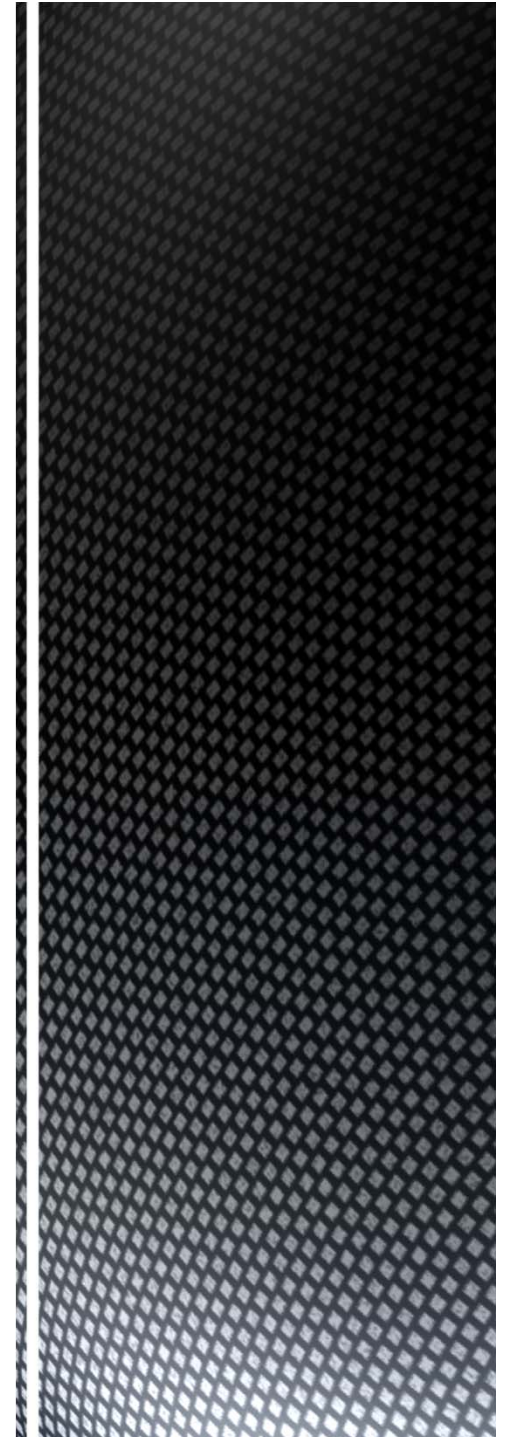
EQ vs. IQ



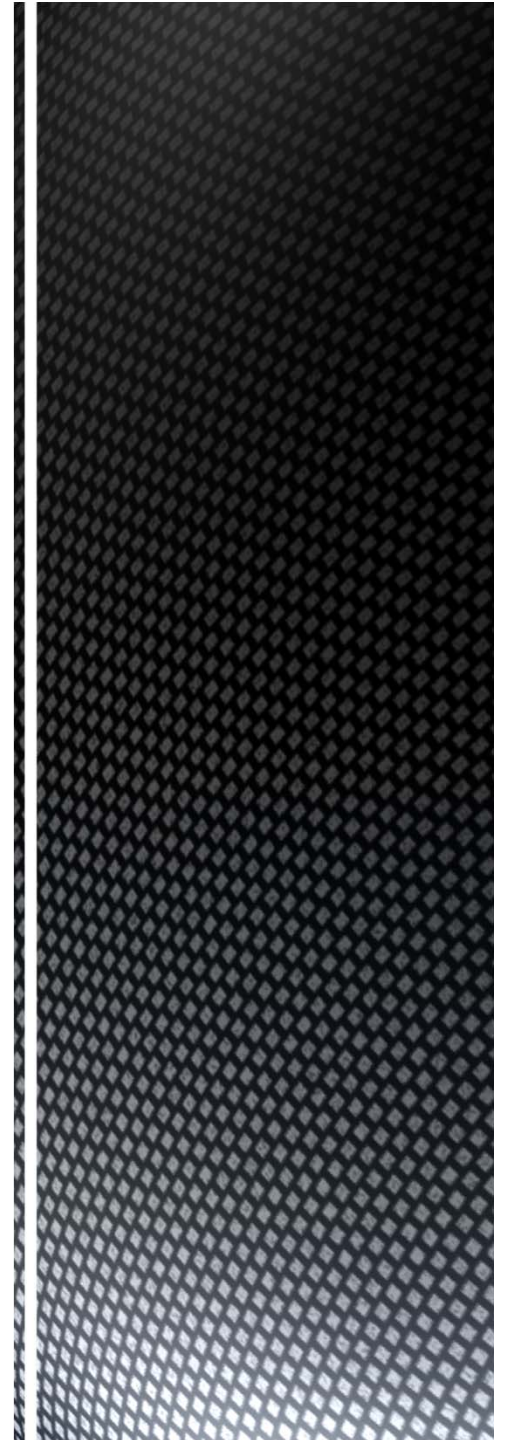
Emotional Intelligence



- Addresses the emotional, personal, social, and survival dimensions of intelligence
- Emotional, personal, and social intelligence is tactical (immediate)
- Cognitive intelligence (long-term)
- Some believe that EQ is more important than IQ

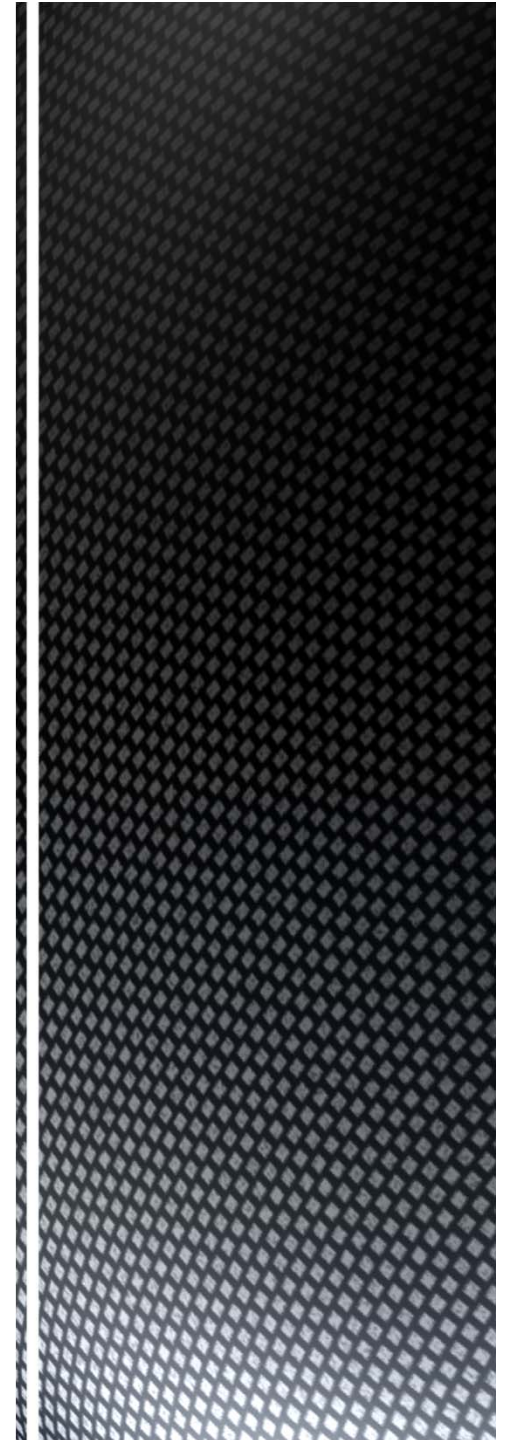
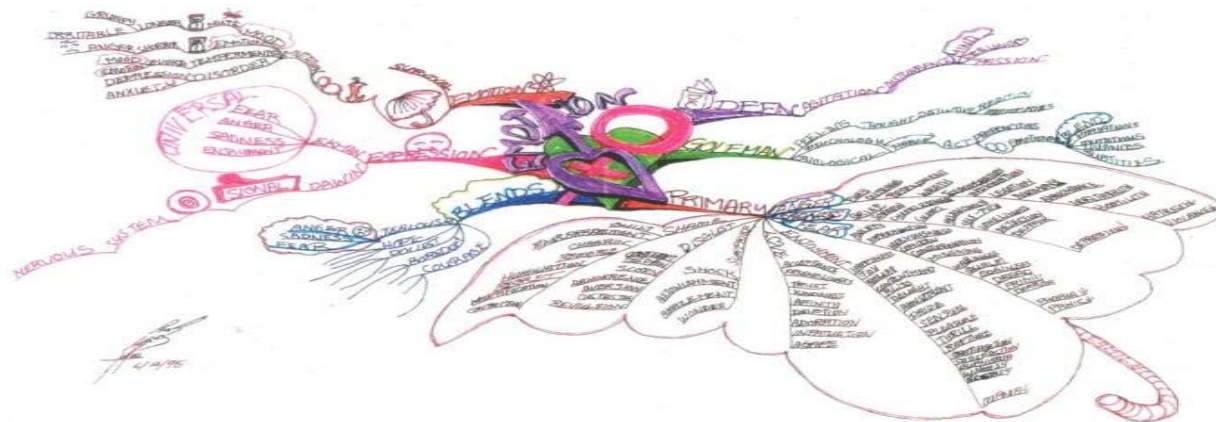


The story of Phineas Gage



Increase Travel Flow

- Information travels between the rational and emotional centers of the brain as much as cars do on a road
- When you practice emotional intelligence – traffic flows smoothly in both directions
- Your emotional intelligence is greatly affected by your ability to keep this road well traveled
- The more you think about what you are feeling – and do something productive with that feeling – the more developed the pathway becomes



Emotional Intelligences

Self Awareness – ability to perceive your own emotions

Self Management – use this awareness and stay flexible and positively direct your behavior

Social Awareness – ability to accurately pick up on emotions in others

Relationship Management – ability to use awareness of yours and others emotions to manage interactions successfully



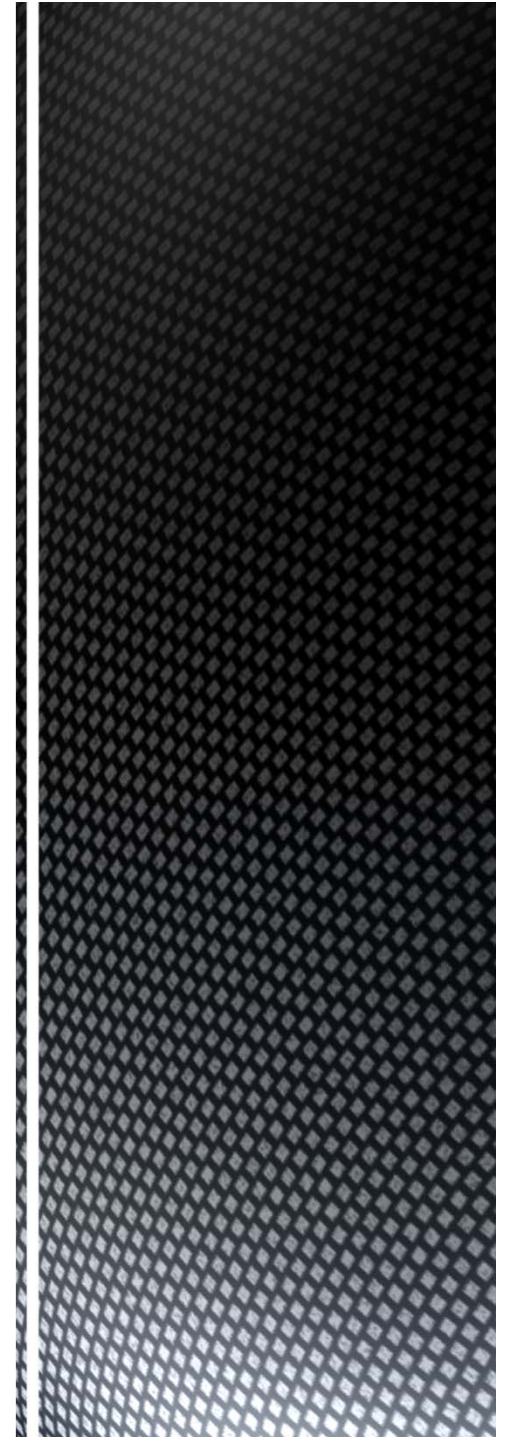
IQ vs. EQ

EQ

- Empathy
- Intuition
- Creativity
- Flexibility
- Resilience
- Coping
- Stress management
- Leadership
- Integrity
- Authenticity

IQ

- Learn
- Understand
- Deal with new situations
- Skilled use of reason
- Mental acuteness
- Logic and analytical skills



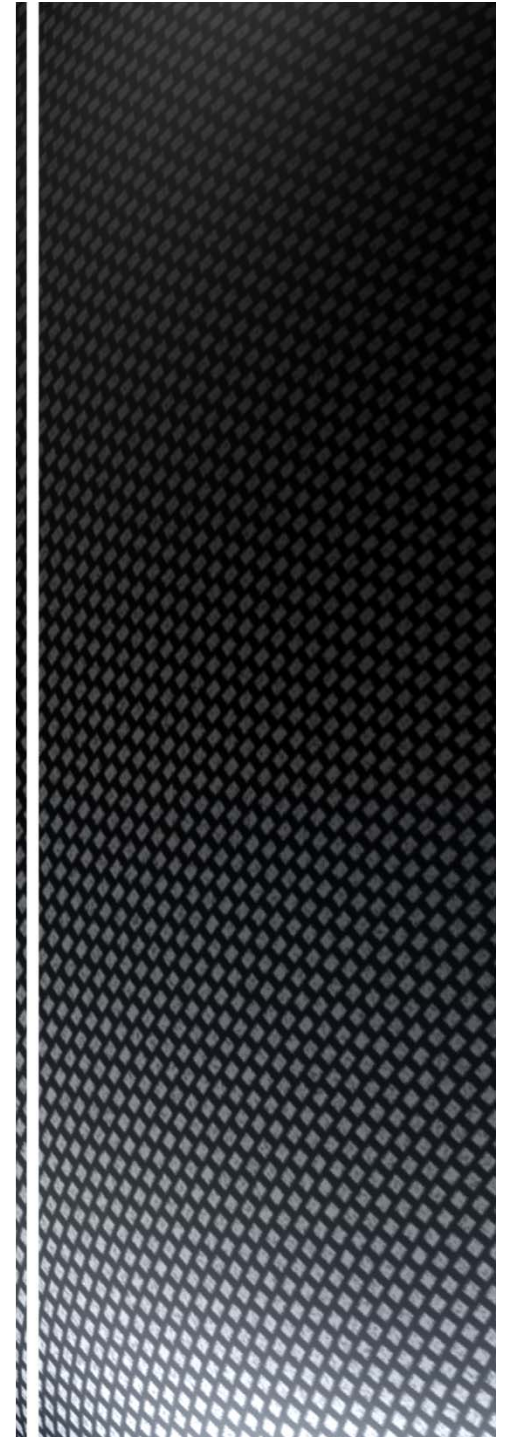
IQ vs. EQ

EQ

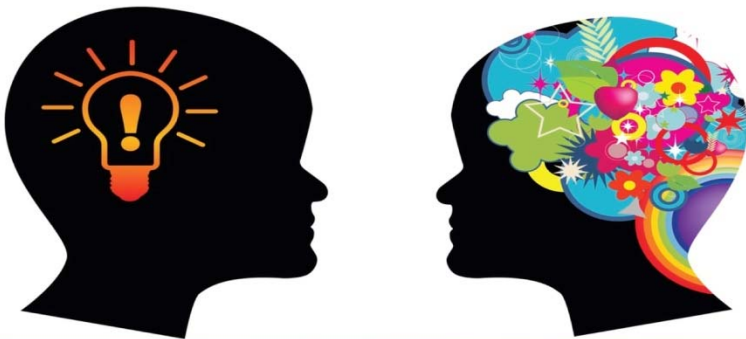
- Gets you through life
- Appeals to reason and emotions to convince someone
- Use emotion and cognitive abilities to function more effectively

IQ

- Gets you through school
- Trying to convince someone by facts alone
- Rely solely on your cognitive skills



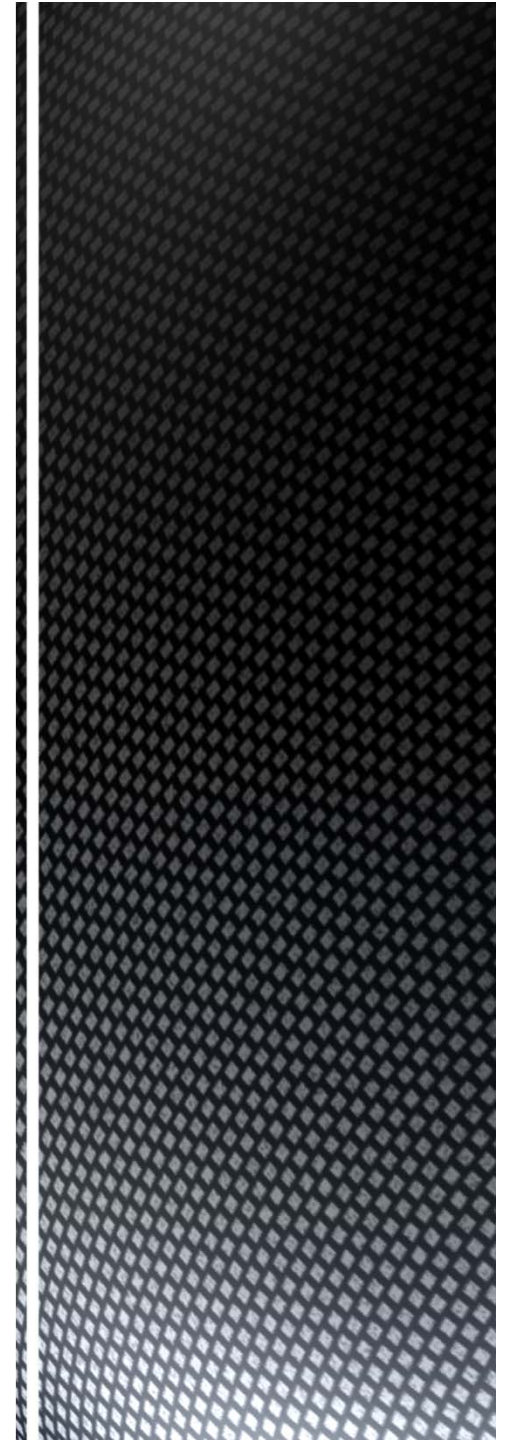
IQ vs. EQ



IQ vs. EQ

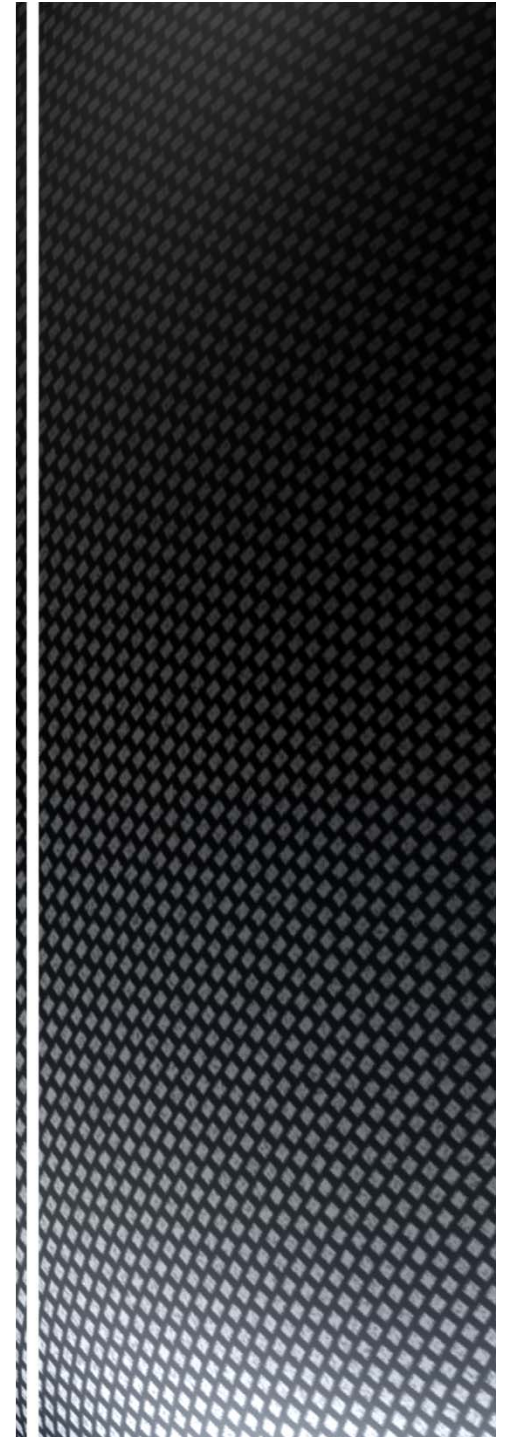
Image ©Inovizion Consulting 2012

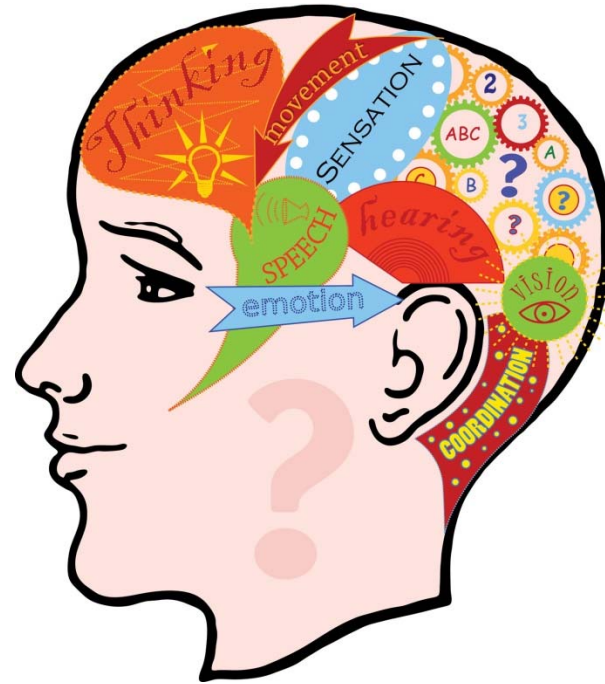
Activity – p. 125-126



Facts

- You cannot predict emotional intelligence based on IQ
- IQ is not flexible – fixed from birth
- You don't get smarter by learning new facts or information; Intelligence is your ability to learn
- Emotional intelligence is a flexible skill; You can develop a high EQ even if you weren't born with it





TEST your EQ

http://www.queendom.com/queendom_tests/transfer

