

EMOTIONAL INTELLIGENCE



TIME FOR A QUIZ!



WHAT IS E. I. ?

Emotional Intelligence EQ

Can be learned and unlearned



IQ + EQ = SUCCESS

Success is not the key to happiness.
Happiness is the key to success. If you love what you are doing, you will be successful.

EMOTIONAL INTELLIGENCE

What is *Emotional Intelligence* ?

- *Emotional Intelligence* is the **ability** to **identify our own emotions and those of others, to self-motivate ourselves** and **know how to monitor our emotions and those of the people around us.**



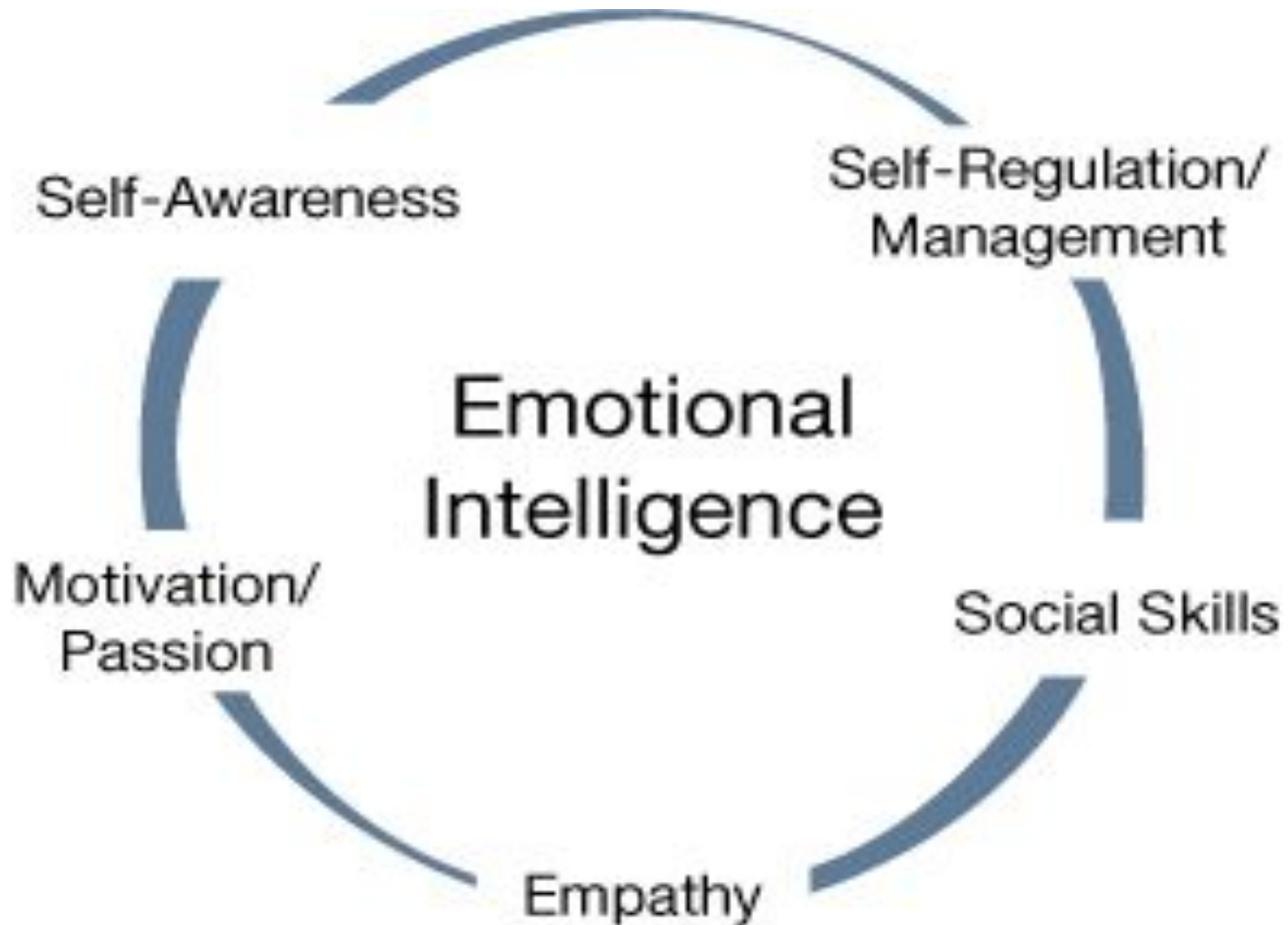
IS EI MORE IMPORTANT THAN IQ?

- SURVEY OF 500 BUSINESS LEADERS...
- STRESS REDUCTION PERSONALLY/ORG.
- E I TESTING IS BECOMING COMMON IN NEW EMPLOYEE SCREENING-

SAMPLE EI TEST



ELEMENTS OF EI



ELEMENTS OF E I

- SELF AWARENESS-WHAT YOU'RE FEELING.
- SELF REGULATION-STAY IN CONTROL
- MOTIVATION-OPTIMISM
- EMPATHY-TO UNDERSTAND OTHERS
- SOCIAL SKILLS-COMMUNICATION

FOR LEADERS!

**AN EMPLOYEE WHO FEELS APPRECIATED
WILL ALWAYS DO MORE THAN EXPECTED.**

HOW TO IMPROVE YOUR EI

- EI CAN BE LEARNED AND DEVELOPED.
- OBSERVE HOW YOU REACT TO PEOPLE.
- TAKE RESPONSIBILITY-LEARN HOW TO APOLOGIZE
- PRACTICE MOVING THE LIGHT OFF OF YOU
- THINK OF OTHERS BEFORE YOU ACT
- BE AWARE AND BE EMPATHETIC.

QUIZ RESULTS



WHERE ARE YOU?

Low Emotional Intelligence

High Emotional Intelligence

Aggressive
Demanding
Egotistical
Bossy
Confrontational



Assertive
Ambitious
Driving
Strong-Willed
Decisive

Easily Distracted
Glib
Selfish
Poor Listener
Impulsive



Warm
Enthusiastic
Sociable
Charming
Persuasive

Resistant to Change
Passive
Un-Responsive
Slow
Stubborn



Patient
Stable
Predictable
Consistent
Good Listener

Critical
Picky
Fussy
Hard to Please
Perfectionistic



Detailed
Careful
Meticulous
Systematic
Neat

FINAL THOUGHTS

- WE NEED EI...TO CONNECT TO OTHERS.
- OUR FACE...
- EI IS CRUCIAL TO STRESS MANAGEMENT
- THE SCIENCE OF ATTRACTION
- GOOD EI IS NOT FOR EVERYONE!

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