

Emotional Intelligence 2.0

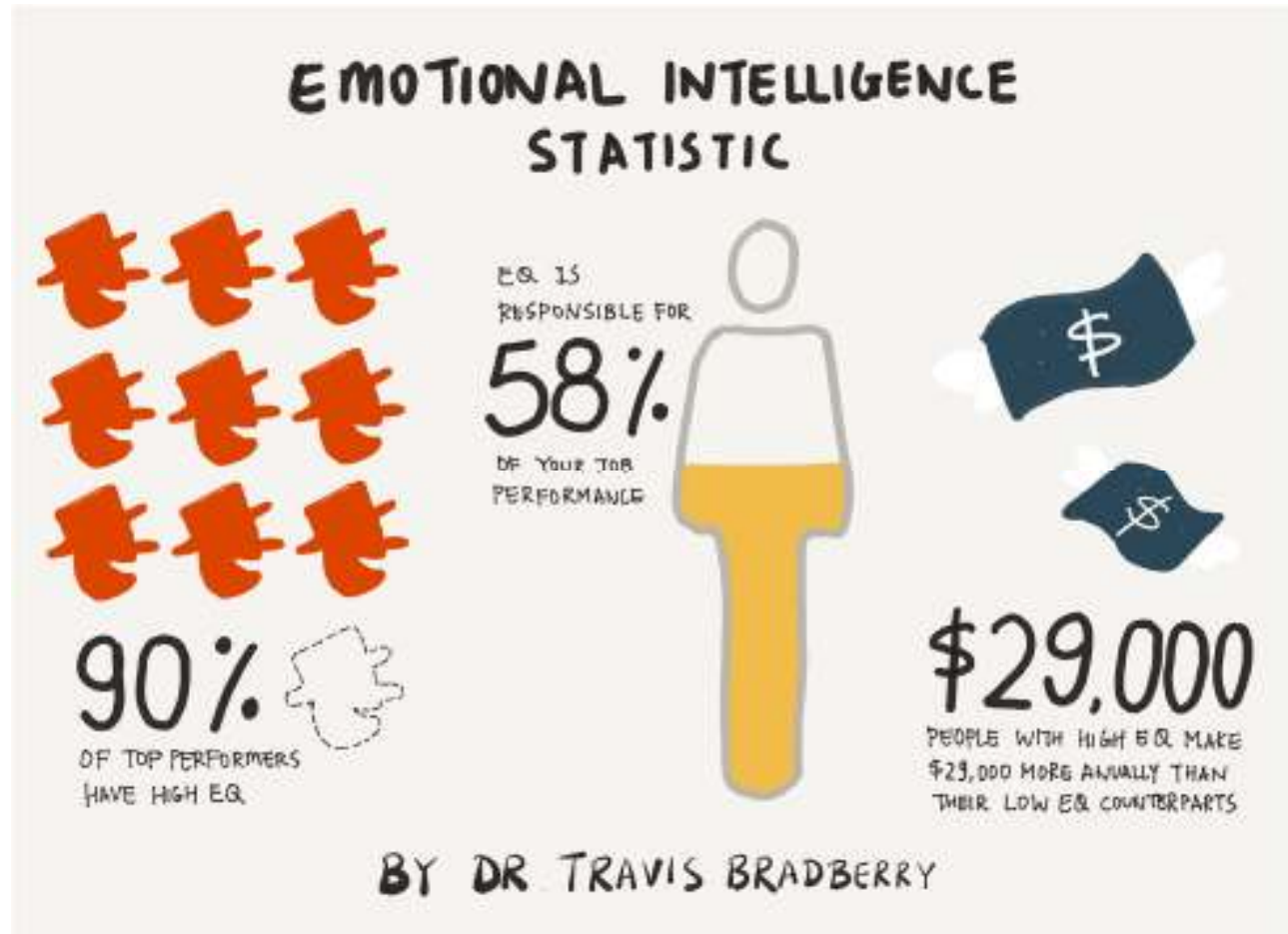
Book Club
Presenter Stella Alvo

Travis Bradberry
and
Jean Greavesa



Empowering Women
in Leadership
LCI

Why is EQ Important to me as a leader?



Chapter 1

The Journey

Your Journey

How to start increasing your EQ?



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How does the environment impact our Brains?

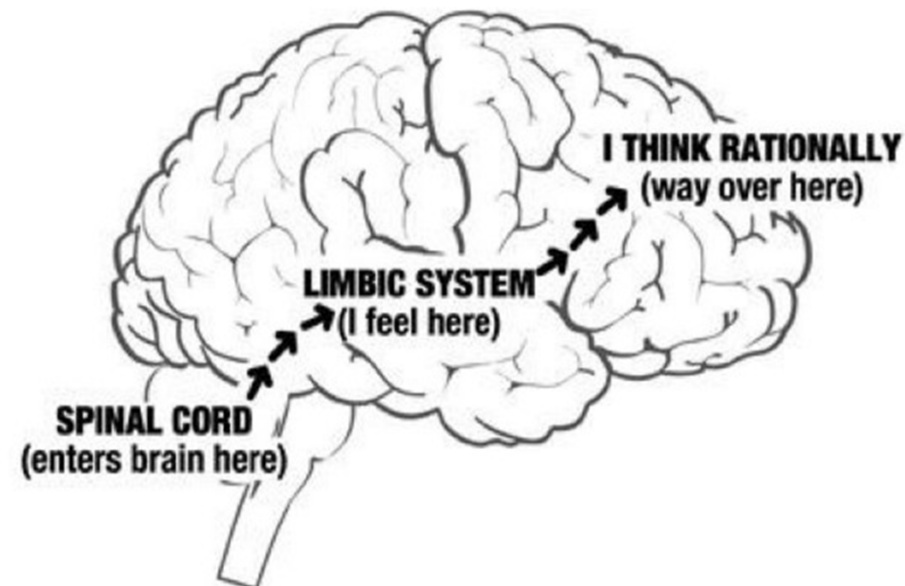
- A passcode in the book allows you to take a digital test
- Go online and take a pretest and latter a post-test
- Providing a good self perspective
- Read the book and take a post-test

How would your brain react?



Fight or Flight?

How the brain works?



When reason and the brain collide



Importance of Emotional Intelligence

Emotional intelligence requires effective communication between the rational and emotional center of our brains

Chapter 2

The Big Picture

- Triggers and Emotional Hijackings
- Sizing up the whole person
- The Impact of EQ

“a form of social intelligence that involves the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them, and to use this information to guide one’s thinking and action.”

Chapter 3

EQ Understanding Four Important Skills

- Self-Awareness
- Self- Management
- Social Awareness
- Relationship Management

Improve Your EQ



<p>1. Self Awareness Emotional Self-Awareness, the ability to know yourself and understand your feelings.</p>	<p>Accurate Self-Assessment, understanding your strengths and weaknesses and their effects.</p>	<p>Self-Confidence, having faith in yourself and being willing to put yourself forward.</p>	
<p>2. Self-Management Emotional Self-Control, an important part of emotional maturity, controlling your feelings and/or expressing them in the appropriate settings is a key skill.</p>	<p>Achievement, i.e. being goal-oriented and being able to work toward your goals. Transparency, being honest and open, interacting with integrity and being trustworthy.</p>	<p>Initiative, being self-motivated, and having the ability to keep working despite setbacks.</p>	<p>Adaptability, showing resilience and the ability to change course when necessary. Optimism, having a positive outlook, hoping for the best and preparing for success.</p>
<p>3. Social Awareness Empathy, one of the pillars of the ability to form connections with others, understanding and acknowledging others' emotions. Organizational</p>	<p>Service Orientation, being helpful, contributing to the group effort, and displaying good listening skills.</p>	<p>Awareness, the ability to explain yourself well and be aware of how you are being understood, as well as sensing the level of comprehension of your audience.</p>	
<p>4. Relationship Management Inspirational Leadership, like being a good mentor, role model, and authority figure. Change Catalyst, recognizing and supporting the need for change, and making it happen.</p>	<p>Influence, articulating points in persuasive, clear ways that effectively motivate others.</p>	<p>Conflict Management, having the skills to improve relationships, negotiate, and lead. The ability to settle disputes, differences of opinion, and misunderstandings.</p>	<p>Developing others, helping others build their skills and knowledge. Teamwork and Collaboration, working with others in an effective manner.</p>

Q&A Breakout