Aarchant The Ascent

Emotional Intelligence

- Positive Attitude & Self Motivation
- ☐ Culture of Pride, Passion & Appreciation

What is emotion?

- Emotion is any conscious experience characterized by intense mental activity and a certain degree of pleasure or displeasure.
- an affective state of consciousness in which joy, sorrow, fear, hate, or the like, is experienced, as distinguished from cognitive and volitional states of consciousness
- the affective aspect of consciousness, a state of feeling, a conscious mental reaction (as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioural changes in the body

What is E?

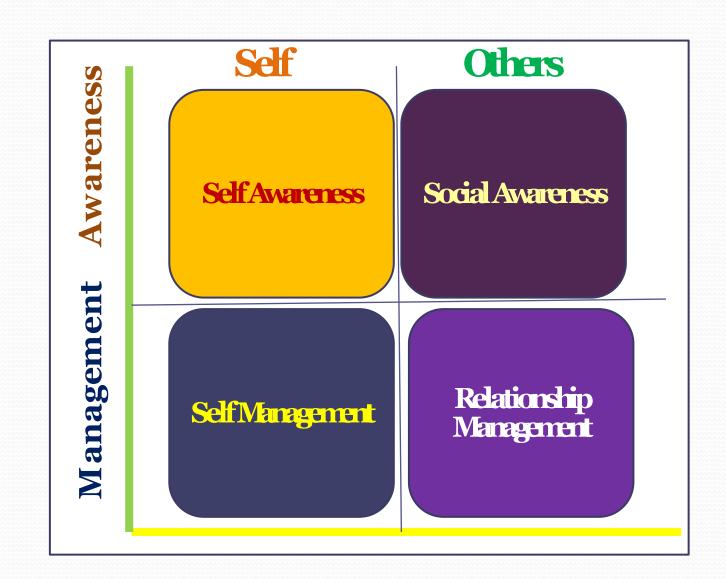
- Emotional Intelligence (EQor EI) is a term created by two researchers—Peter Salavoy and John Mayer—and popularized by Dan Goleman in his 1996 book of the same name.
- Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

Key Elements of El

- According to Daniel Goleman, an American psychologist who helped to popularize emotional intelligence, there are five key elements to it:
- Self-awareness.
- Self-regulation.
- Motivation.
- Empathy.
- Social skills.

E @Work

• The Importance of Emotional Intelligence at Work ... According to emotional intelligence, or EQ success is strongly influenced by personal qualities such as perseverance, self-control and skill in getting along with others.



El Skills

- Self-Awareness: understanding your own motivations and how your emotions affect you.
- Self-Regulation: ability to control howyour emotions affect you.
- Motivation: willingness to put the time into doing a job well.
- Empathy: understanding the emotional needs and motivations of people around you.
- Social Skills: ability to talk easily to a variety of people; ability to put other people at ease.

Awareness

Management

Self

Self Awareness

Emotional Self Awareness Accurate Self Assessment Self Confidence

Others

Social Awareness

Empathy
Organizational Awareness
Service Orientation

Self Management

Emotional self-Control
Transparency
Adaptability
Achievement Orientation
Initiative
Optimism

Relationship Management

Developing Others Inspirational Leadership Influence Conflict Management Teamwork & Collaboration

Self-Awareness

Emotional Self-Awareness knowing what one feels & why and effects of these feelings on self

Accurate Self-Assessment
having a clear sense of one's abilities and
limitations

Self Confidence
belief in one sown capability to
accomplish a task and selection of an
effective approach

Self-Management

Emotional Self-Control ability to handle disturbing emotions and impulses

Transparency openness about one's feelings, beliefs and actions

Adaptability ability to be flexible under changing situations

Achievement Orientation setting high personal standards for superior performance

Initiative identifychallenges and opportunities and take action

Optimism see opportunities rather than threats in obstacles

Social Awareness

Empathy awareness of others emotions, concerns, and needs

Organizational Awareness

abilitytounderstandinternal and external power relationships

Service Orientation desire to help or serve others

Relationship Management

Developing Others

understandpeople's developmental needs and help in building their abilities

Inspirational Leadership

arouseenthusiasmandasenseofresonanceinothers

Influence

ability to persuade or convince others

ConflictNanagement

ability to handle difficult individuals, groups situations

Teamwork&Collaboration

ability to work cooperatively and congenially with others

Improving Emotional Intelligence

Self **Others** Awareness **Self Awareness** Social Awareness Reflection/Introspection Spendingtime with people Journal Writing • Practicealertness and Mindfulness Practice. attentionduringinteractions ActiveListening Management SelfManagement Relationship Management Owningresponsibility Developing keystone Developing habits Trustworthiness Workonlimitingorsub- Demonstrating concern optimal behaviour andrespect

7 practical tips to improve El

- PracticeObservingHowYouFeel
- PayAttentiontoHowYouBehave
- Take Responsibility for Your Feelings and Behavior
- Practice Responding, Ratherthan Reacting
- Practice Empathizing with Yourself and Others
- Create A Positive Environment
- Remember Elisa Lifetime Process

ABCof El

- •Awareness
- Belongingness
- •Commitment