

EMOTIONAL INTELLIGENCE

E1_EMOTIONAL INTELLIGENCE

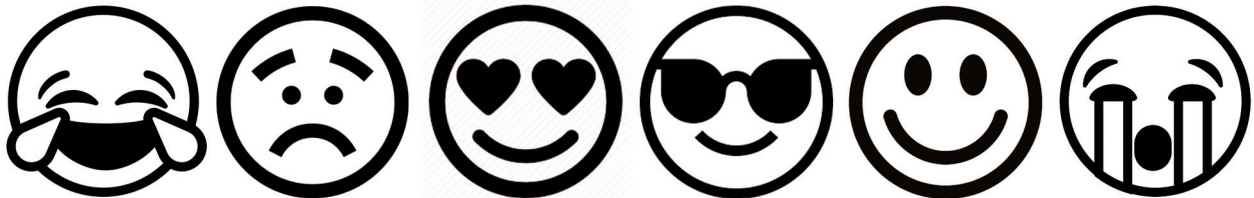
NEED
PERSONAL EXPECTATIONS
POSITIVE
POSITIVE
CONVERT
CONTROL
PRIVATELY
SUPPORT
POWERFUL
AC ONE
INVOLVES
DISSEMINATE
COUNTER CONFORMITY
AUTHORITY
INITIAL INFORMATIONAL
STUDENTS
ACCEPTANCE
MEMBERS
ALIGNED
INFLUENCE
USING
LEADS
ANTI-CONFORMITY
LIKED
REPORT
WHEREAS
CONFORM
CONGRUENCE
SOCIAL
ABSENT
INCLUDES
PRIVATE
NORMATIVE
KNOWN
INDIVIDUAL
SCHOOL
STANDARDS
COMPLIANCE
POWER
BEHAVIOR
EXAMPLE
HUMANS
OFTEN
GROUP
DEMONSTRATE
ACTIONS
POSITION
USE
EITHER
THINKING
CONSIDERATION
REASONS
MAJORITY
HOLDING
INDEPENDENCE
ALTERNATIVE
REFERRED
PEOPLE
ORIGINAL
APPEARS
POSSESS
ACCEPTED
EXPERIENCE
PUBLICALLY
DIVISION
USUALLY
CITIZENS
APPEARING
IMPOSE
TYPE
ATTRACTIVENESS



EMOTIONAL INTELLIGENCE:

Emotions are part of our everyday lives. Whether we feel annoyed if someone line-jumps us at the tuck shop during break, or whether we feel happy when we have mastered a challenge - we cannot escape our emotions.

Not many people go through a day without sharing some sort of emoji to express an emotion or idea:



EMOTIONAL INTELLIGENCE (EI) IS DEFINED AS:

'A set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges and use emotional information in an effective and meaningful way.'

WHY IS EI IMPORTANT?

EI affects our physical health, mental well-being, relationships with others, success, conflict resolution and leadership ability.

WHAT IS THE DIFFERENCE BETWEEN IQ (INTELLIGENCE QUOTA) AND EI?

EI, unlike IQ, can be learned and as we mature our EQ also evolves and changes.

**TO DEVELOP YOUR EI
YOU NEED TO PRACTICE USING IT!**

YOU CAN CHANGE YOUR LIFE IF YOU CAN CONTROL YOUR EMOTIONS.

To develop EI we have to start from the INSIDE by becoming AWARE of our emotions and developing the tools that help us to channel and CONTROL these emotions. From this point, our EI becomes manifested in the way that we make decisions, act and interact with others. In other words – our EI works from the inside OUT and we begin to EXPRESS ourselves in the most meaningful and authentic way.

A C E

AWARENESS

CONTROL

EXPRESS

Think about the short animation that you just saw and how it relates to our emotions. Consider how your emotions can affect your mood.

WHAT ARE EMOTIONS, FEELINGS AND MOODS?

Emotions = chemical energy in motion

Feelings = give meaning to the emotion through thinking and sensing

The difference between emotions and feelings: It's Only a Matter of Time

Moods = are the internal measure of how we are and are not tied to a specific incident.

ACTION!

CHANGE YOUR MOOD THROUGH AN EXERCISE USING YOUR IMAGINATION:

- Just for a minute try to think about how you are feeling.
- Now close your eyes and take yourself back to the last holiday you really enjoyed.
- Visualise yourself being there. Use your senses. What do you see, hear, feel, smell and taste.
- Open your eyes and consider how you feel now.

Even a simple imaginary exercise can change your mood, if only for a few minutes.

REMEMBER THAT YOU CAN CHANGE YOUR OWN MOOD.

HOW DO WE REALLY KNOW WHAT IS GOING ON INSIDE?



TRUE SELF

MASKS

SOCIAL SELF

TRUE SELF - SOCIAL SELF

You have a TRUE SELF and a SOCIAL SELF. My real emotions, motives and drive are deep within myself and these represent my true self.

Our true self is hidden by the masks we use to hide from the people we know. Those around us only know us as our social self - which includes the behaviour we display that has been influenced and defined by societal rules and our upbringing.

Your social self is the result of this conditioning and it leads to intrapersonal conflict.

DISCUSSION!

Share an example where you felt something but you were told to not feel it or you were encouraged to deny it?



TRUE SELF

MASKS

SOCIAL SELF

LEADS TO



INTRAPERSONAL CONFLICT

You were taught to suppress your emotions and deny your feelings.

DISCUSSION!

Be honest with yourself and identify what emotions you feel uncomfortable with and tend to deny?

MEETING OTHERS

When you meet other people you meet their social self. The social self is the one you become friends with. This can be far removed from the real self. Remember we don't do this because we want to trick people. The question is rather about not really knowing who you are or how to cope socially.



TRUE SELF

MASKS

SOCIAL SELF

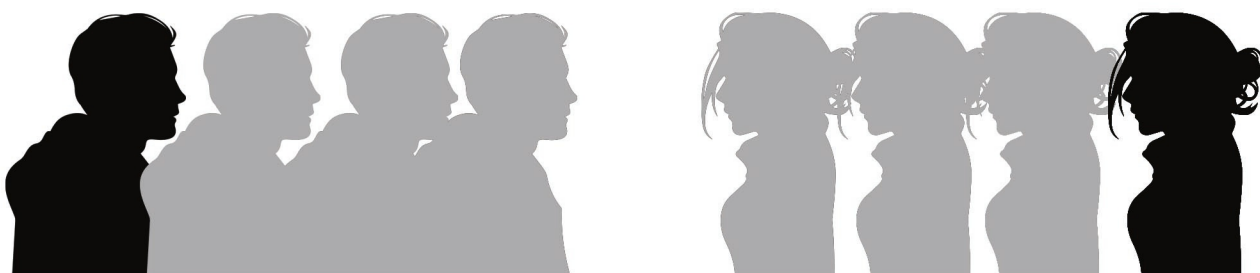
SOCIAL SELF

MASKS

TRUE SELF

DISCUSSION!

Can you think of someone who was completely different once you got to know them?



TRUE SELF

MASKS FALL

TRUE SELF

LEADS TO



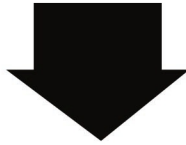
INTERPERSONAL CONFLICT

When the real selves don't have much in common this can lead to interpersonal conflict.

TO BE AUTHENTIC

means that your true self and your social self are as closely aligned to each other as possible.

When you come to see and learn to deal with the intrapersonal conflict inside yourself



THEN PERSONAL GROWTH TAKES PLACE



The more personal growth that takes place, the more you can be honest with other people



and the more growth and depth there can be in interpersonal relationships.



**YOU BECOME A HAPPY
AND FULFILLED PERSON**

HOMEWORK:

Journal your emotions, feelings and mood for the next week

BASIC EMOTIONS:



FEAR



ANGER



SURPRISE



ANTICIPATION



JOY



SADNESS



TRUST



DISGUST

	EMOTIONS	FEELINGS	MOOD: WHAT PLAYED A ROLE? E: ENVIRONMENT P: PHYSICAL M: MENTAL	TO WHAT EXTENT IS YOUR REAL OR FALSE SELF IN THIS SITUATION?
EXAMPLE	Fear	Stressed (Real) Irritated with others (False)	M: Down E: Write a test P: Little sleep, wrong food M: don't feel like studying, procrastinate	Stressed because I did not study enough (Real) Irritation is false because I deny my real feelings.
DAY 1				
DAY 2				

DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				