

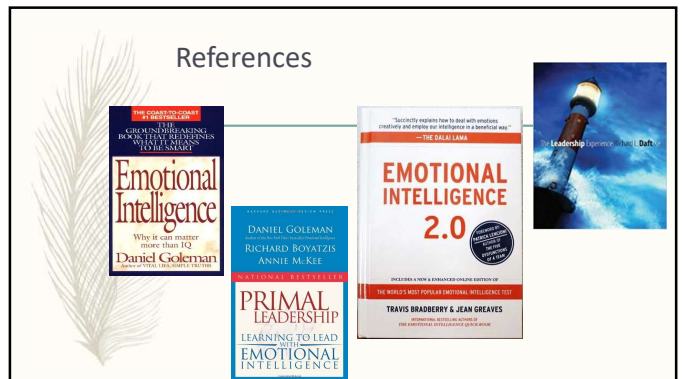
1



2



3




4

What do we have in common/how does emotional intelligence fit in?

- All office professionals in education
- All members of an association
- Church or civic or philanthropic associations
- Families
- Community

5

### Emotional intelligence



- What is emotional intelligence?
- Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships. (Bradberry)

6



### Responsibilities of effective members

- Critical thinking skills, independent, active
- Do not avoid taking risks or conflict
- Initiate change, serve the best interest of the organization
- Self-reflective – know own strengths and weaknesses
- Know strengths and weaknesses of organization
- Actively decide to contribute with enthusiasm
- Support leader working toward common purpose

7

### Activity discussion



8

### The Four Emotional Intelligence Skills

	What I See	What I Do
<b>Personal Competence</b>	Self Awareness	Self Management
<b>Social Competence</b>	Social Awareness	Relationship Management

9

### Self-awareness competencies (what I see)

- Emotional self-awareness
- Accurate self-assessment
- Self-Confidence

10

### Self-Management competencies (what I do)

- Emotional self-control
- Transparency
- Achievement
- Adaptability
- Optimism

11

### Social Awareness competencies (what I see)

- Empathy
- Organizational awareness
- Service orientation

12

### Relationship Management competencies (what I do)

- Development of others
- Inspirational leadership
- Influence
- Communication
- Conflict management
- Building bonds
- Teamwork and collaboration

13

### The Components of Emotional Intelligence

	What I See	What I do
Personal Competence	<b>Self Awareness</b> <ul style="list-style-type: none"> <li>• Emotional self-awareness</li> <li>• Accurate self-assessment</li> <li>• Self-Confidence</li> </ul>	<b>Self Management</b> <ul style="list-style-type: none"> <li>• Emotional self-control</li> <li>• Transparency</li> <li>• Achievement</li> <li>• Adaptability</li> <li>• Optimism</li> </ul>
Social Competence	<b>Social Awareness</b> <ul style="list-style-type: none"> <li>• Empathy</li> <li>• Organizational awareness</li> <li>• Service orientation</li> </ul>	<b>Relationship Management</b> <ul style="list-style-type: none"> <li>• Development of others</li> <li>• Inspirational leadership</li> <li>• Influence</li> <li>• Communication</li> <li>• Conflict management</li> <li>• Bond-building</li> <li>• Teamwork and collaboration</li> </ul>

14

### Self-Assessment Discussion

15

### Practical Applications

16


## Emotional Intelligence for Wise Meetings

- Fear
- The inner critic
- Masks from the past
- Creating safety through emotional intelligence



17

## Case Study: 7 Strategies High EQ Leaders Use




18

## Seven strategies high EQ leaders use

- Prioritize self-care
- Foster a positive environment
- Navigate tough conversations
- Exercise humility
- Be approachable
- Practice accountability
- Respond, don't react



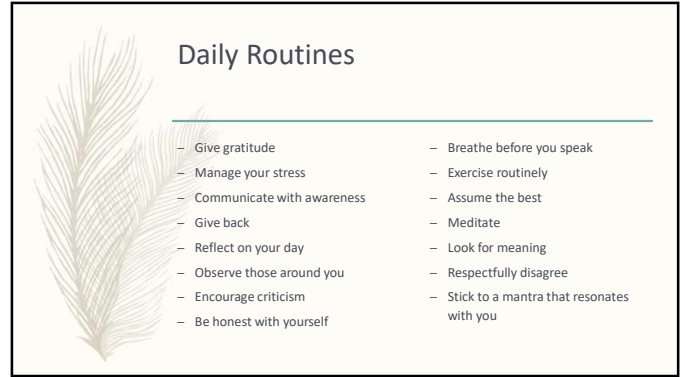
19



20



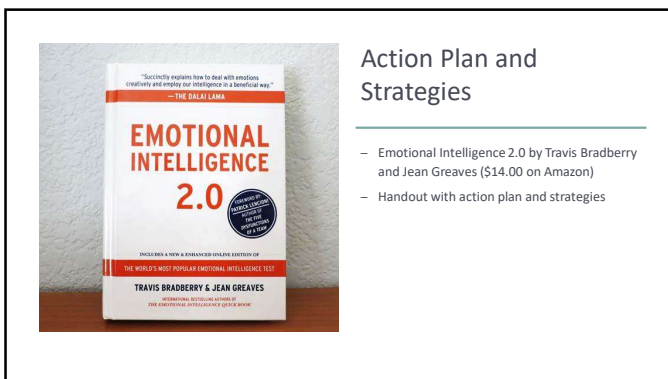
21



22

## Daily Routines

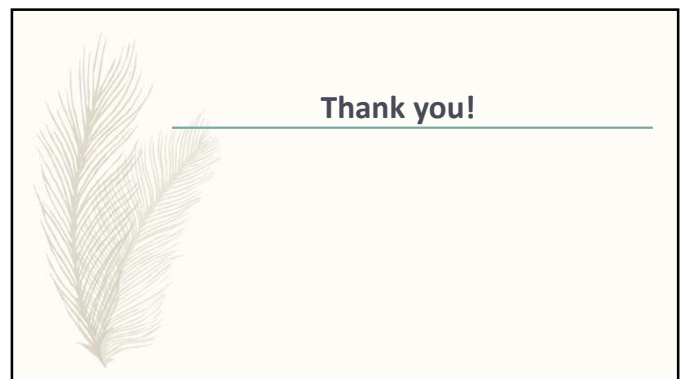
- Give gratitude
- Manage your stress
- Communicate with awareness
- Give back
- Reflect on your day
- Observe those around you
- Encourage criticism
- Be honest with yourself
- Breathe before you speak
- Exercise routinely
- Assume the best
- Meditate
- Look for meaning
- Respectfully disagree
- Stick to a mantra that resonates with you



23

## Action Plan and Strategies

- Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves (\$14.00 on Amazon)
- Handout with action plan and strategies



24

Thank you!