

## Emotional Intelligence: manage yourself and the room

### The brain:

Feel before think

### Pillars:

- Self- awareness
- Self-management
- Social Awareness
- Relationship management

### Self-awareness-

- Ripple effect
- Triggers
- Values
- Handle Stress

### Self- Management-

- Sleep
- Recharge
- Breathe
- Smile

### Social Awareness-

- Body language
- Back pocket questions
- Listen
- Mood of the room

### Relationship Management-

- Trust
- Don't avoid
- Acknowledge other's feelings
- Explain