

MENTAL HEALTH AWARENESS MONTH:

# EMOTIONAL INTELLIGENCE



# DISCUSSION OVERVIEW

## POINTS TO COVER

EQ vs IQ

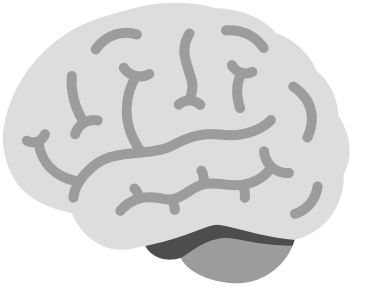
Self-Awareness and Management

Social Awareness and Management

Support Networks

Conflict Resolution

Moving Forward



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# WHAT IS EQ?

## EMOTIONAL INTELLIGENCE

Your level or ability to understand others, their motivations, and how to work well and collaborate together. The competencies used to build relationships.





## EQ SELF ASSESSMENT

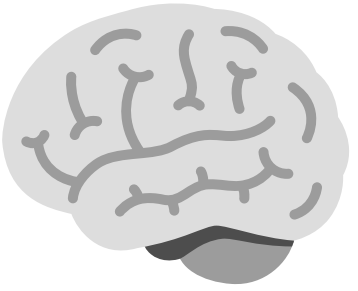
Take the self assessment. Once finished, leave your results open and use the raise hand function.

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# IQ VS EQ

## HOW THEY COMPARE



### IQ

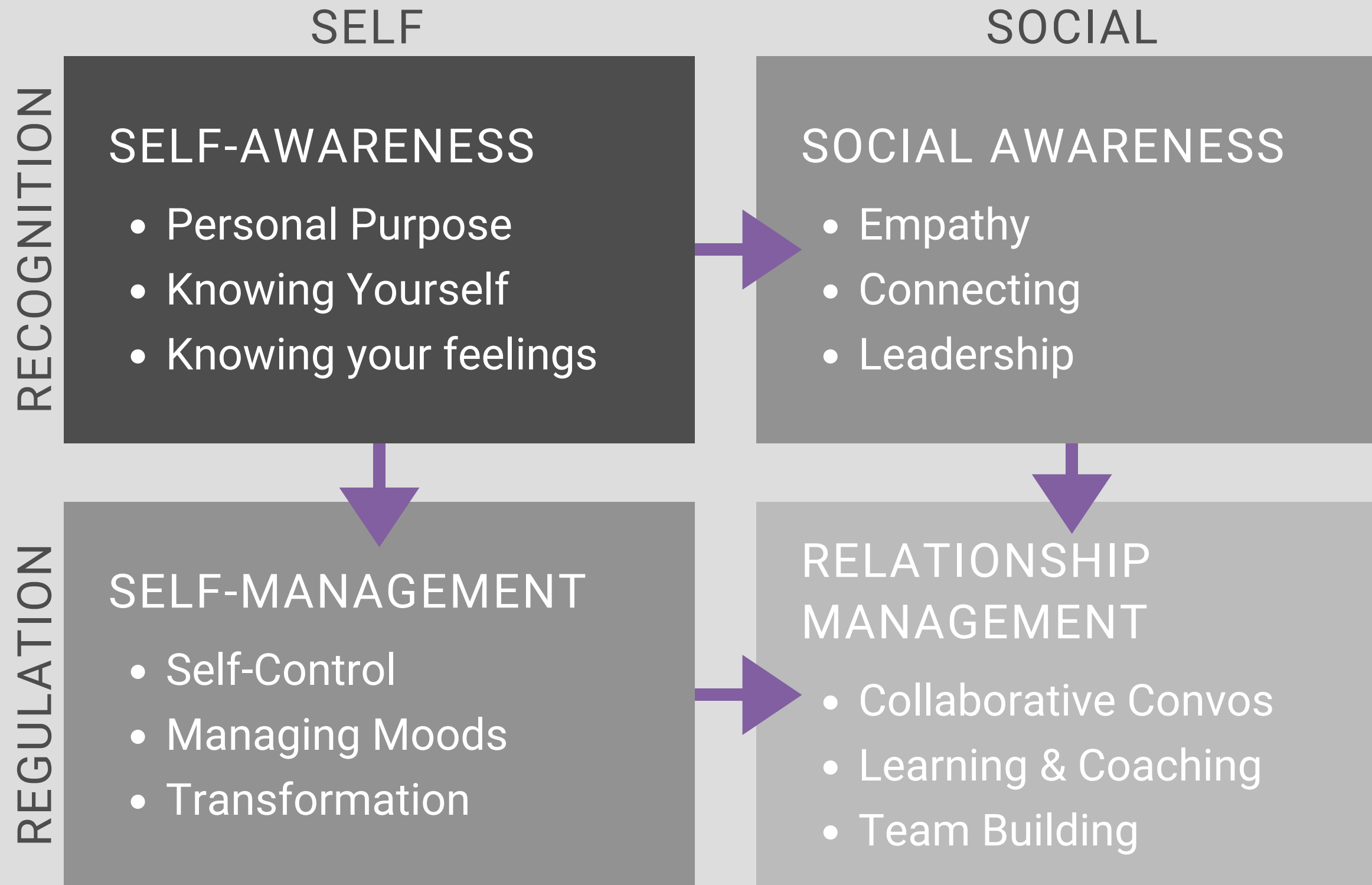
- Cognitive and academic
- Established at/shortly after birth
- Can predict success
- Exists in working memory

### EQ

- Managing emotions
- Can grow/improve skill over time
- Social communication
- Promotes positive relationships



# THE 4 EQ DIMENSIONS



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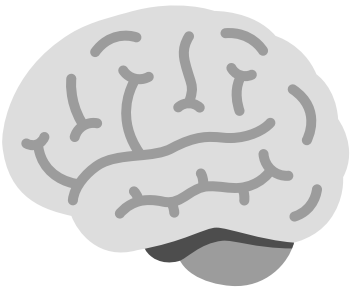
## SUPPORT NETWORKS

Once you can recognize your self and social awareness, then you can seek out support networks to help you regulate them.



# CONFLICT RESOLUTION

## RECOGNIZE AND MANAGE REACTIONS



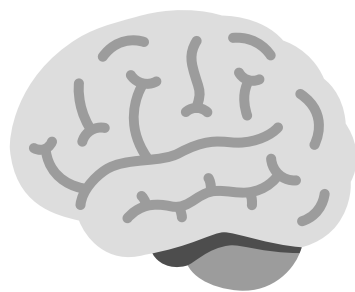
### UNPRODUCTIVE

- Inability to recognize issues impacting others
- Rejection of what is important to others
- Negative (angry, defensive, or jealous) reactive responses
- Aggression or withdrawal from conversation

### SUCCESSFUL

- Being aware of emotions and remaining composed
- Be aware of the others' emotions
- Communicate needs clearly
- Respectful responses including tone and body language
- Ensure your priority is to meet others' needs as well as your own





# MOVING FORWARD

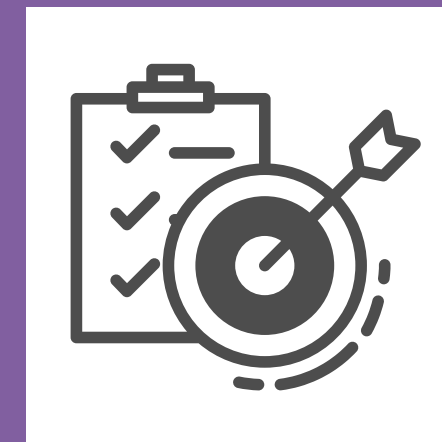
## STEPS FOR SELF-IMPROVEMENT



Identify and address  
obstacles



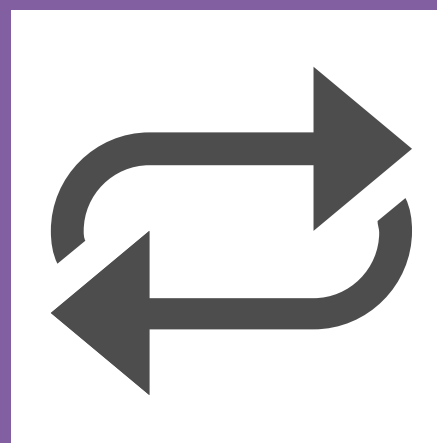
Process intent before  
speaking



Set specific,  
measurable goals



Seek out helpful  
resources or coaches



Practice your new  
behaviors



Review, reassess, and  
refine goals