

# Emotional Intelligence(EI)

- **Session- 2 ppt**



# **Emotional Intelligence**

# **FINDINGS OF RESEARCH ON EMOTIONAL INTELLIGENCE**

- **People with high EI are happier, healthier, and more successful in their relationships.**
- **High EI people exhibit all of the following:**
  - **A balance between emotion and reason**
  - **An awareness of their own feelings**
  - **Empathy and compassion for others**
  - **Signs of high self-esteem**
- **We are not all created emotionally equal--we have widely different natural temperaments.**
- **The way we act out, express, and utilize our emotions, however, can be changed significantly.**
- **Unlike IQ, EI can be significantly raised.**

- **The healthy emotional development of children is vital to both their ability to learn when young, and to their success and happiness as adults.**
- **The emotional development of children has been largely neglected as a part of social policy. As a result, children have often suffered from the effect of both emotionally unskilled individual parenting, and rigid cultural and religious tradition.**
- **Children's emotional intelligence is on the decline worldwide.**
- **Our bodies carry around unexpressed and unresolved feelings to the detriment of our physical health.**
- **Emotions are contagious. Intense people are most likely to spread their emotions to others.**

# CONTENTS

- **DESIGN OF THE BRAIN**
- **EVOLUTION AND SOURCE OF OUR EMOTIONS**
- **FACETS OF EMOTIONAL INTELLIGENCE AND HOW WE CAN CHANGE**

# **DESIGN OF THE BRAIN**

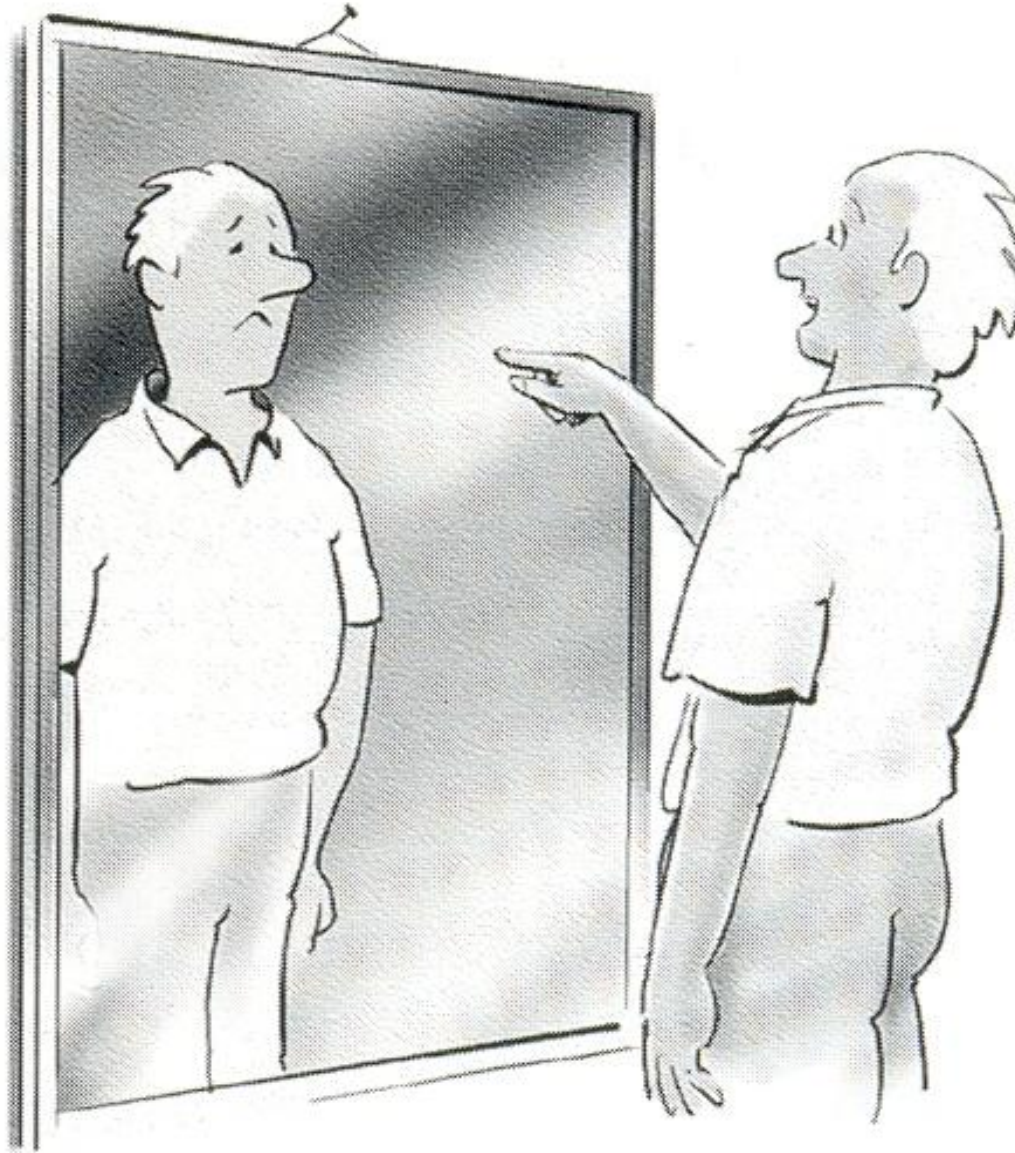
# **EVOLUTION AND SOURCE OF** **OUR EMOTIONS**

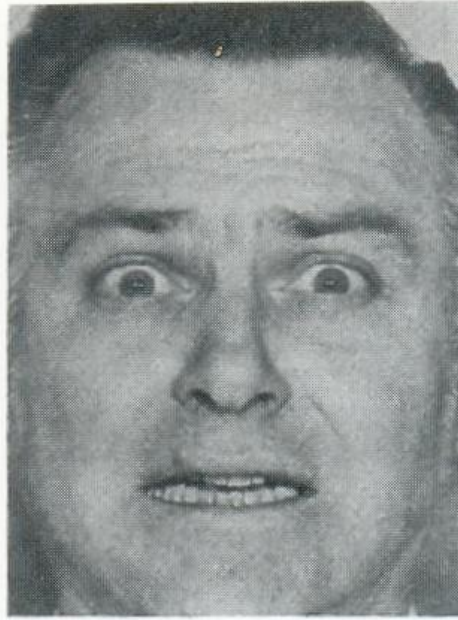
# FACETS OF EMOTIONAL INTELLIGENCE

- **INTRA-PERSONAL INTELLIGENCE**
  - Knowing one's emotions
  - Managing one's emotions
  - Managing one's motivation
- **INTER-PERSONAL INTELLIGENCE**
  - Empathy
  - Managing relationships



# Emotional Awareness





# **Our Basic Emotions**

**1. Anger**

**2. Fear**

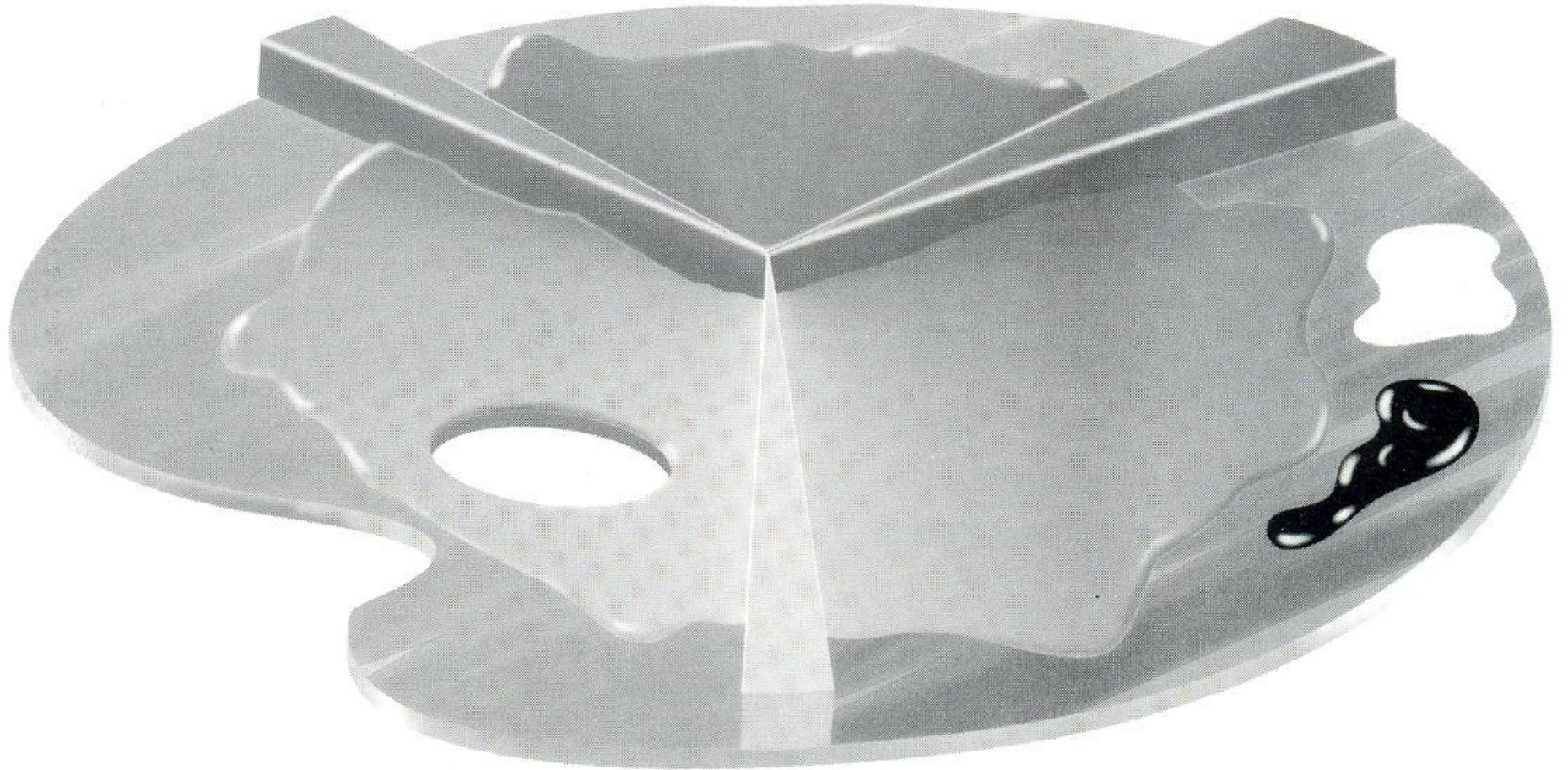
**3. Disgust**

**4. Surprise**

**5. Happiness**

**6. Sorrow**

# Mixed colors



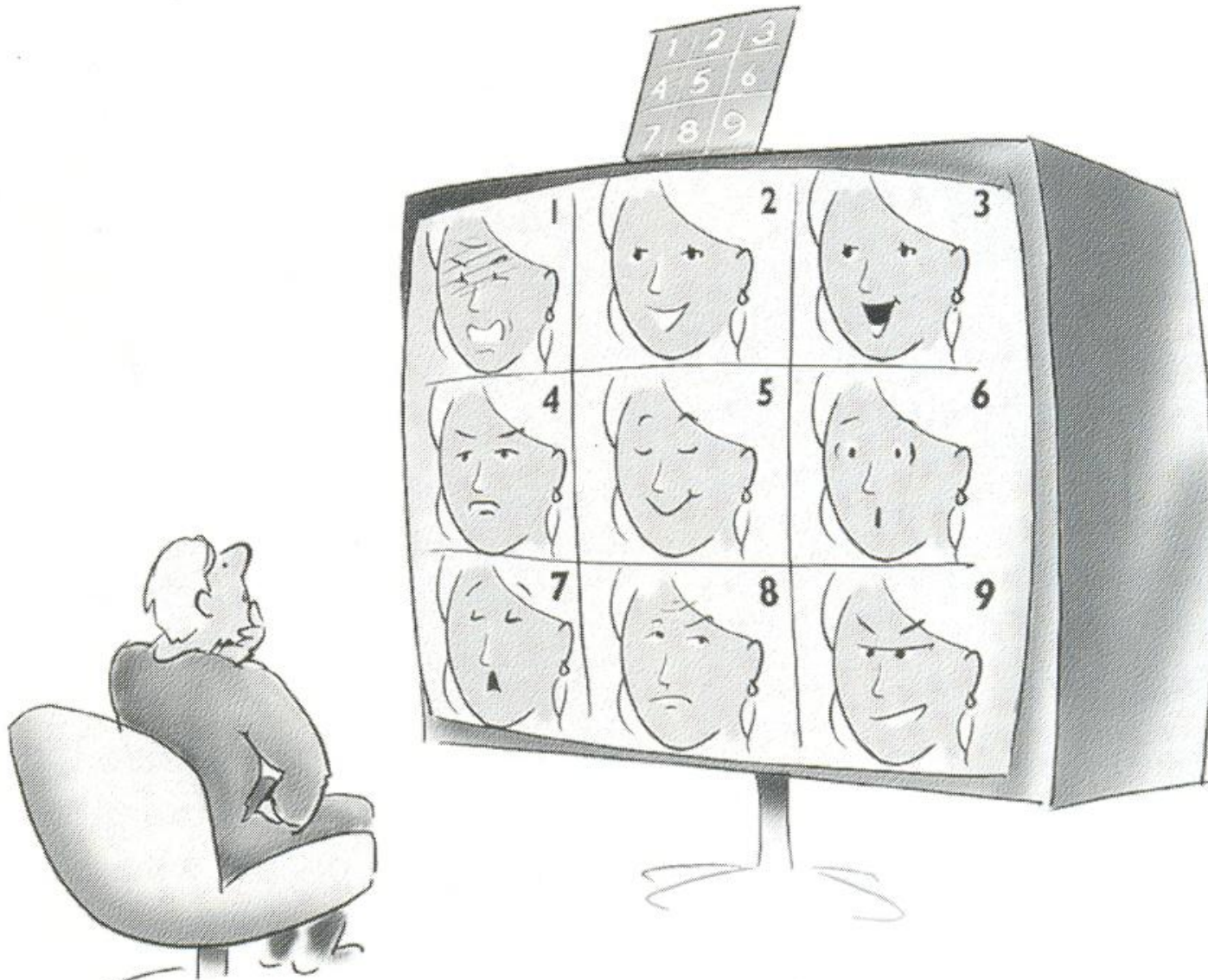
# Mixed emotions



# MANAGING ONES EMOTIONS

# MANAGING ONE'S MOTIVATION

# Empathy - Recognizing & Managing Emotions in Others





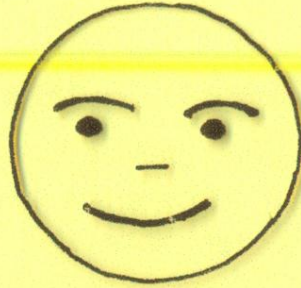
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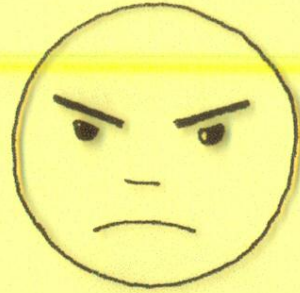
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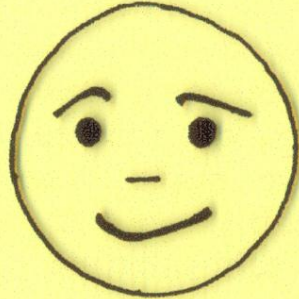
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# MANAGING RELATIONSHIPS