

Copious Notes

Emotional Intelligence in the Workplace

Managing the You in You



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Emotional Intelligence

Emotional intelligence (EI) is the ability to understand, manage, and express one's own emotions, as well as recognize and respond effectively to the emotions of others.

It is becoming increasingly recognized as a **crucial skill in the workplace**, as it can positively impact teamwork, communication, and overall productivity.





Benefits of Emotional Intelligence in The Workplace

As Emerging Leaders, emotional intelligence is critical for employees and organizations to thrive in the post-pandemic era. It can help employees to adapt to change, build positive relationships, and effectively manage their emotions and those of others.

Adaptability



Customer Service



Creativity



Collaboration



Key Elements in Emotional Intelligence

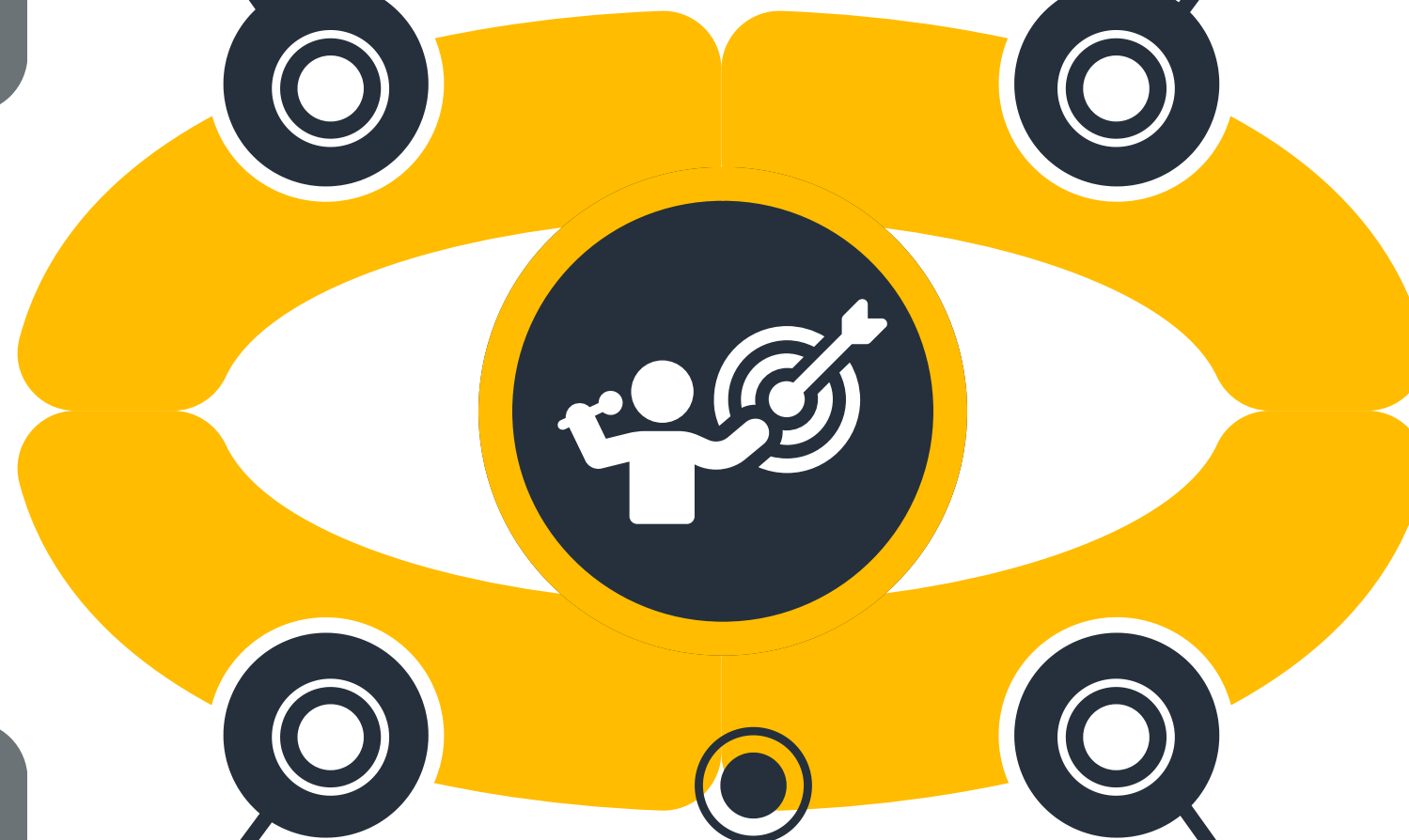
Self-awareness

Self-regulation

Motivation

Empathy

Social Skills



Emerging Leadership Toolkit



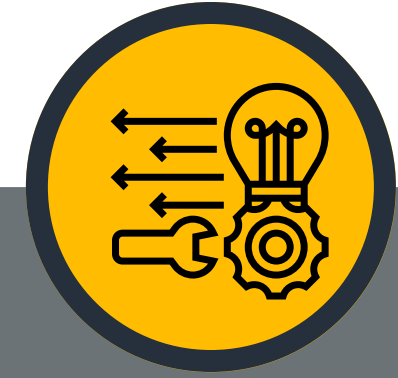
Expert Communication

Effective communication is about more than just exchanging information. It's about understanding the emotion and intentions behind the information. As well as being able to clearly convey a message.



Problem Solving Skills

Problem-solving skills are the ability to identify problems, brainstorm and analyze answers, and implement the best solutions.



Student of Change

The emerging leader is not afraid to change and of change. They will need to be flexible in their modalities but solid on biblical kingdom principles.

Study Your Industry



Be Creative



Adaptability

ASSESSMENT QUESTIONS

Self-awareness:

What are your emotional triggers and how do they impact your behavior?

How do you react to feedback, criticism or conflict?

How do you manage your own emotions in stressful situations?

Self-regulation:

How do you manage your impulses and emotions in situations that require self-control?

How do you cope with stress or frustration in your academic or personal life?

How do you prioritize your tasks and responsibilities to achieve your goals?

Motivation:

What drives you to succeed and achieve your goals?

How do you stay focused and committed to your academic or personal goals?

How do you maintain a positive outlook in the face of setbacks or failures?

ASSESSMENT QUESTIONS

Empathy:

How do you perceive and respond to the emotions and needs of others?

How do you build and maintain positive relationships with your peers, professors, and other members of your community?

How do you approach situations that require you to take into account the perspective of others?

Social skills:

How do you communicate effectively with others, both verbally and non-verbally?

How do you resolve conflicts and negotiate effectively in academic or personal settings?

How do you collaborate and work effectively in a team setting?

These assessment questions can help emerging college students to reflect on their emotional intelligence skills and identify areas for growth. By becoming more aware of their emotional strengths and weaknesses, they can take steps to develop their emotional intelligence and become more successful in their academic and personal lives.

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Thank You

For Your Attention



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