

UNDERSTANDING EMOTIONAL INTELLIGENCE



Presented by:

Dr. Wanda Hudson, ED.D.
District Dean CIS/BUS

Dr. Sharon Lewis, CIS Fulltime Professor



Wayne County Community College District - WCCCD



INTRODUCTION

WHAT IS EMOTIONAL INTELLIGENCE?

Resource: Goleman, D. (1998). Working with emotional intelligence. Bantam Books.

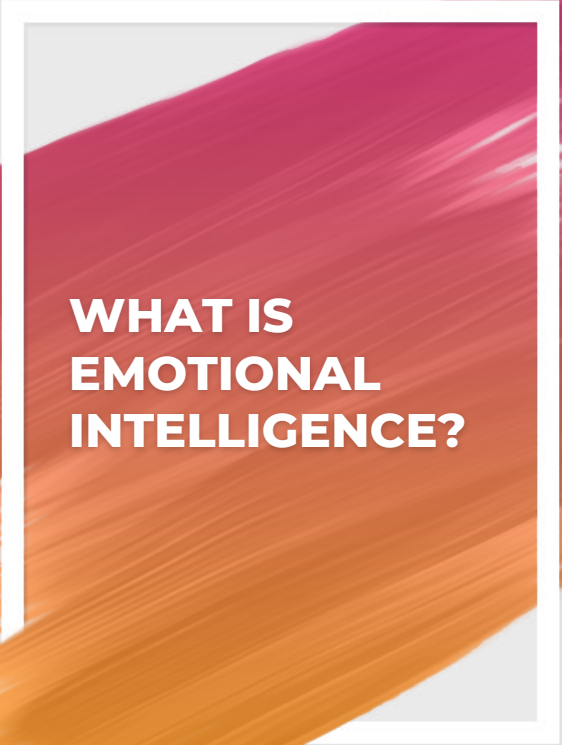


ICE BREAKER



EMOTIONAL INTELLIGENCE

2-Minute Video



WHAT IS EMOTIONAL INTELLIGENCE?

★ Emotional Intelligence (EI) is the ability to recognize, understand, and manage our own emotions, as well as the ability to recognize, understand, and influence the emotions of others.

It is composed of five components:

- 1. Self-awareness
- 2. Self-regulation
- 3. Motivation
- 4. Empathy
- 5. Social Skills

Emotions play a crucial role in the development and expression of each component.



THE EMOTIONAL COMPETENCE FRAMEWORK

The first 3 competencies deals with
Personal Competence

Self-Awareness

Knowing one's physical feelings, preferences, resources, and intuitions

- ❑ Emotional awareness: Recognizing one's emotions and their effects
- ❑ Accurate self assessment: Knowing one's strengths and limits
- ❑ Self-confidence: A strong sense of one's self worth and capabilities



Self- Regulation – Managing Emotions

- Self-regulation is the ability to control or redirect disruptive emotions and impulses.



MOTIVATION





THE EMOTIONAL COMPETENCE FRAMEWORK

The final 2 deals with
Social Competence

EMPATHY

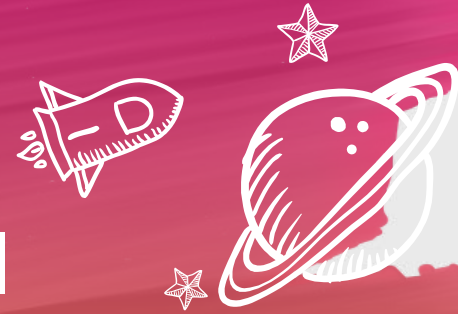
- Understanding others
- Developing others
- Political awareness
- Service Orientation
- Leveraging diversity



SOCIAL SKILLS

The ability to get positive responses from others

Key Takeaways & Final Reflection





CREDITS

Goleman, D. (1998). Working with emotional intelligence. Bantam Books.



THANK YOU!

Any questions?
whudson1@wcccd.edu