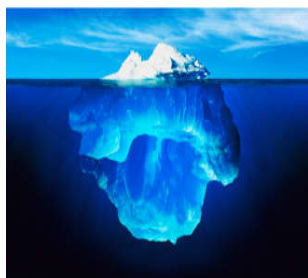


What's EQ Got to Do With It?

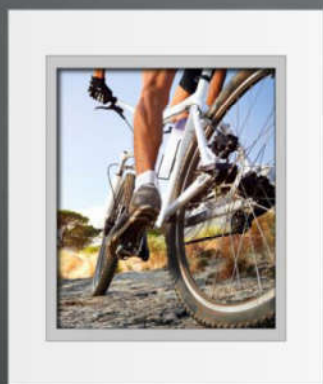


Emotional Intelligence (EQ):
the ability to perceive, control,
evaluate, and manage emotions

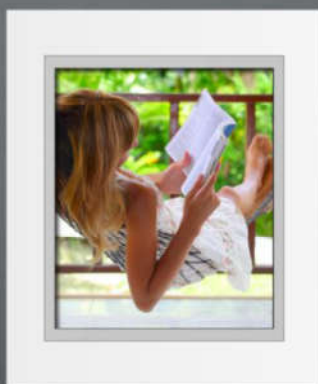


- Emotional Self Awareness
- Emotional Self Regulation
- Self Motivation
- Empathy
- Relationship Skills

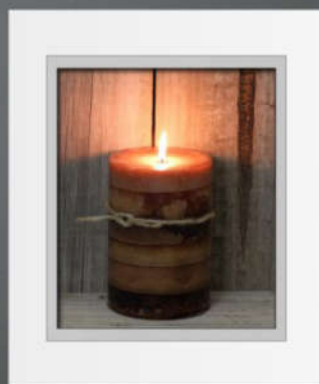
5 Factors of EQ



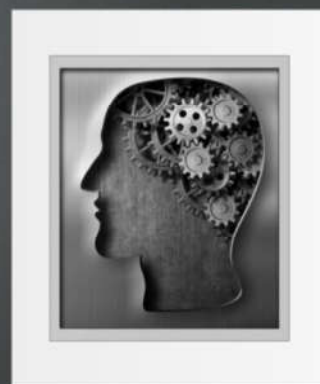
Exercise



Relax



Manage



Your Mind

*Be careful how you are talking to
yourself because you are listening.*



Motivation

★ *External vs. Internal*

★ *Reactive vs. Proactive*

Shark vs. Rocky

What are some things you are externally motivated to accomplish?

What are some things you are internally motivated to accomplish?

GET YOUR ROCKY ON!

MOTIVATION

Empathy



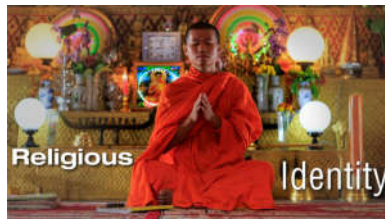
- *Able to recognize emotions in others*
- *Shows concern and caring for others*
- *Shows thoughtful and kind behavior towards others*
- *Able to take on the social perspective of others*



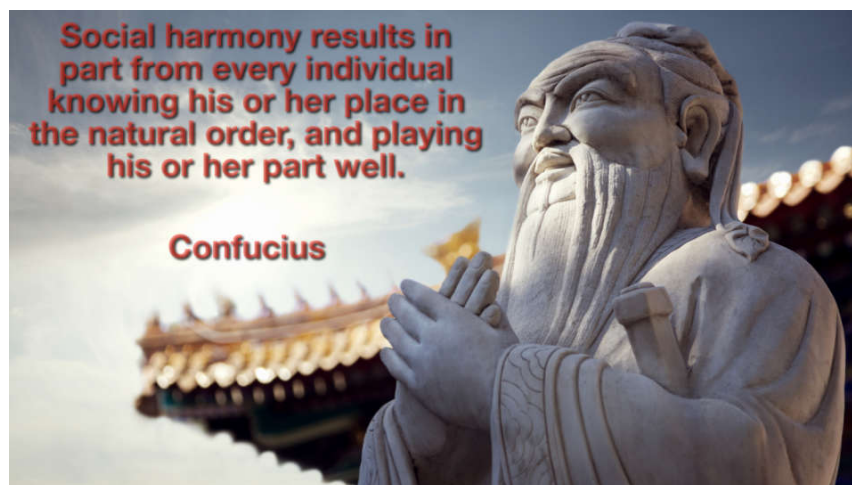
**Developing empathy for
YOURSELF
is key!**

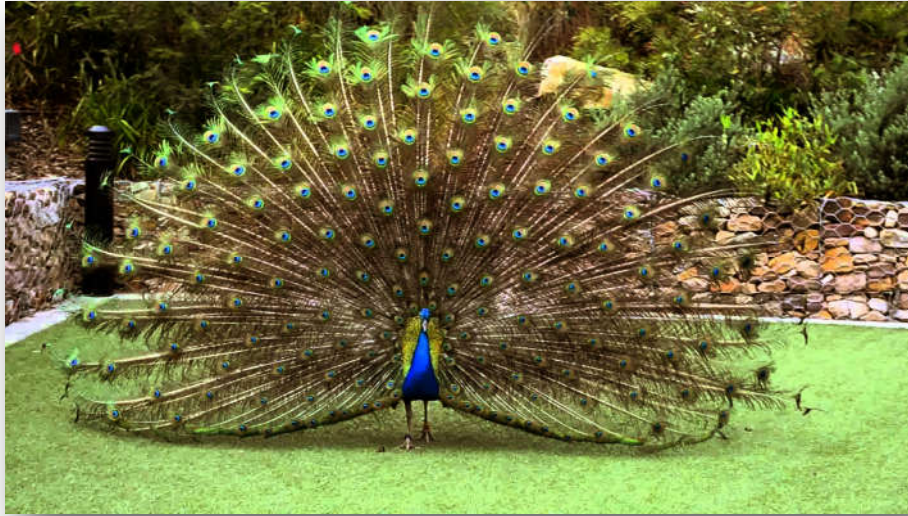
Relationship Skills

We do not need to share the same...



WE ARE ALL CONNECTED



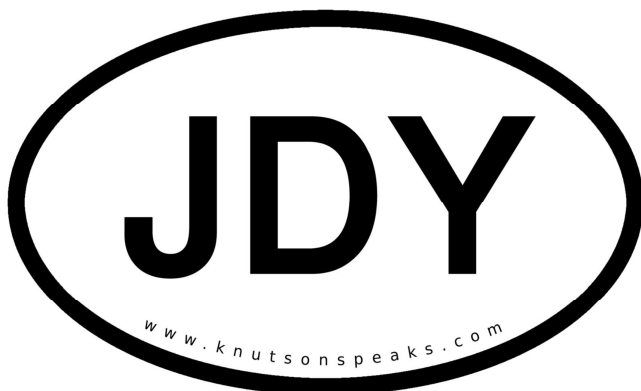


EQ is about:

- Knowing Yourself ♦ Noticing Others
- Making Thoughtful Choices ♦ Acknowledging Your Emotions
- Knowing What You Are Motivated For
- Understanding We Are in Relationship with Everyone

We are prone to judge success by the index of our salaries or the size of our automobiles rather than the quality of our service and relationship to mankind.

Martin Luther King, Jr.



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