Enhancingon les Since Emotional Intelligence Through Myers-Briggs® Type PRESENTED BY
YOUR NAME HERE



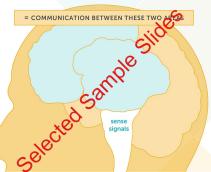
Objectives

- Understand the importance of emotion intelligence
- Explore how to understand and effectively manage emotions
- Identify and understant the intrapersonal and interpersonal elements of emotional intelligence
- Understand the impact of Myers-Briggs® type on perception and response to emotions
- Develop @ategies for enhancing emotional intelligence



The Source of **Emotional Intelligence**





Why is emotional intelligence important?

Research shows that emotional intelligence

- Has an impact on happiness and
- Influences the quality and effectiveness of social and work relationships



Emotional Intelligence and Performance CONTINUED



75% of careers are derailed for casons related to emotional competencies inding inability to handle interpersonal problems; unsatisfactory team leadership during times of difficulty or conflict; or inability to adapt to change a sicit trust.

The Center for Creative Leager

"Making the Connection: Leavership Skills and Emotional Intelligence"



The Elements of **Emotional Intelligence**



	What I observe	What I do
Intrapersonal	Self-awareness	Self-management
Interpersonal	Social awareness	Chelationship management

The Power of Emplored Intelligence: Florence MA: More Than Sound References to intrapers



Ground Rules: Additional Suggestions

- Notice your reactions, thoughts, and feelings
- Understand and listen to others' packetives
- Notice others' reactions and the their style differs from yours
- Respect boundaries of exfidentiality
- Encourage opennes and curiosity
- Share question you might have
- What else?



Self-Awareness continued



Make yourself comfortable and try to tune out distractions

Think of a recent occasion when some thing unexpected happened and it triggered your emotions.

Reflect on that situation as if youvere reliving it; focus on:

- Who was involved
- What was happening
- The emotion you were aware of at the time
- The emotion(s) you're feeling now as you remember



How People Approach the Outside World

People who prefer JUDGING	P People who prefer PERCEONG
Scheduled	Spontaneous
Organize their lives	exible
Systematic	Casual
Methodical	Open-ended

Source: Introduction to Myers-Briggs and MBTI are trademarks or registered trademarks of the Myers-Briggs and MBTI are trademarks or registered trademarks of the Myers & Briggs Foundation in the United States and other countries.

ACTIVITY Exploring the Impact of Type on Emotional Intelligence



With your partner, identify and talk about your the short description of your type applies to our emotional intelligence.

Talk through aspects that resonate with you/ apply to you, capturing key in boths on page 7 of your Development Worksheet.

Review both intrapersonal and interpersonal tips for your type.

Write down an all about two or three tips you might want to try out.

Applying Your Insights to a Practical Situation CONTINUED



What I observed

What I

Intrapersonal Self-awareness:

Which factors relevant to my type helped/might have helped me in the situation?
What tips will I try?

Selfmanagement

which factors helped/might beve helped me manage my emotions/responses?

What tips will I try?

Interpersonal

Social awareness
Which factors open/m

have helped me understand what was coing on with the other person?

management

Which factors helped/might have helped me use my awareness to manage the interaction?

What tips will I try?

Source: Goleman

p; The Power of Emotional Intelligence. Florence, MA: More Than Sound. References to intrapersonal and interpersonal added.