

EMOTIONAL INTELLIGENCE WORKSHOP



RESOURCES

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EMOTIONAL INTELLIGENCE

This week's course focused on how to become AWARE of our emotions, how to REGULATE them and how they impact RELATIONSHIPS. Write down one take away for each area below.

	Recognition	Regulation
Personal Competence	Self-Awareness <ul style="list-style-type: none">• Self-confidence• Awareness of your emotional state• Recognizing how your behavior impacts others• Paying attention to how others influence your emotional state	Self-Management <ul style="list-style-type: none">• Keeping disruptive emotions and impulses in check• Acting in congruence with your values• Handling change flexibly• Pursuing goals and opportunities despite obstacles and setbacks
Social Competence	Social Awareness <ul style="list-style-type: none">• Picking up on the mood in the room• Caring what others are going through• Hearing what the other person is "really" saying	Relationship Management <ul style="list-style-type: none">• Getting along well with others• Handling conflict effectively• Clearly expressing ideas/information• Using sensitivity to another person's feeling (empathy) to manage interactions successfully

01

Self Awareness

02

Self Management (Self Regulation)

03

Social Awareness (Co-Regulation)

04

Relationship Management

EMOTIONAL AWARENESS TRACKER

Track your daily emotions. Set a timer on your phone/watch to do an hourly check-in with yourself over the course of 24-48 hours. Use the feelings wheel on the next page to NAME the exact emotion.

Time	Describe the emotion(s) you are feeling (use the emotions wheel). Share any details of events that may have impacted your emotion(s).
5:00am	
6:00am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	



Emotional Awareness

Take some time to reflect on the above exercise to help you uncover patterns, trends or uncover moments of missed opportunities.

1. What did you notice about your emotions over the course of the day?

Did you notice any one particular emotion stick around? If so, why do you think that was? How many different emotions did you experience throughout the day? What did that feel like by the end of the day?

2. Did you notice you have any particular triggers for certain emotions?

Were there certain people, times of the day, or places that triggered more emotions than others? How did you respond when triggered (proactive/reactive)?

3. How do your ebbing emotions impact your ability to be emotionally intelligent throughout the day?

Take a look at your journal and reflect on how your EI may fluctuate depending on what part of your day it is. How did others' emotions impact your EI skills? How did you handled this? How did you co-regulate with others (what was challenging about this or really successful?)



ADDITIONAL RESOURCES

Check out the below resources from my curated set of research archives to help expand your practice of emotional intelligence and enhance your ability to show up for yourself and others.

1. [Test your Emotional Intelligence with our Free EQ Quiz](#) The Institute for Health and Human Potential
2. [Quiz Yourself: Do You Lead with Emotional Intelligence?](#) by Ann McKee
3. [How Can I Improve Emotional Intelligence \(EQ\)?](#)
Psych Central
4. [Emotional Intelligence and Leadership Effectiveness: Bringing Out the Best](#) Center for Creative Leadership

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