



UNIT 1

Life Skills & Emotional Intelligence



How to Define ?

- *Abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.*

List of life skills

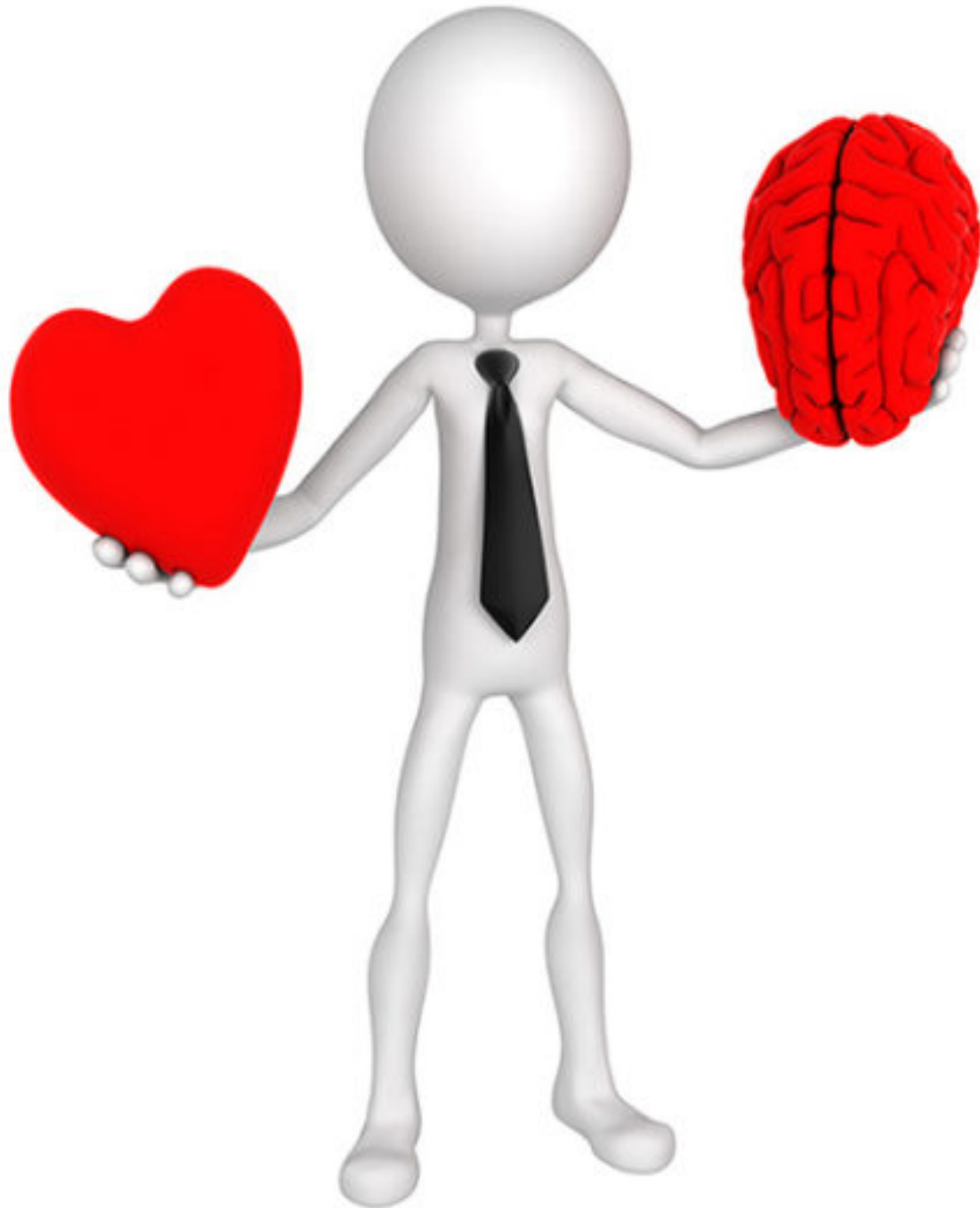
Some of the important life skills identified by WHO are –

- Decision making
- Problem solving
- Creative thinking
- Critical thinking
- Effective communication
- Self awareness
- Assertiveness
- Empathy
- Equanimity
- Interpersonal relationships
- Stress Management
- Resilience

■ *Self-awareness and empathy*, are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you.

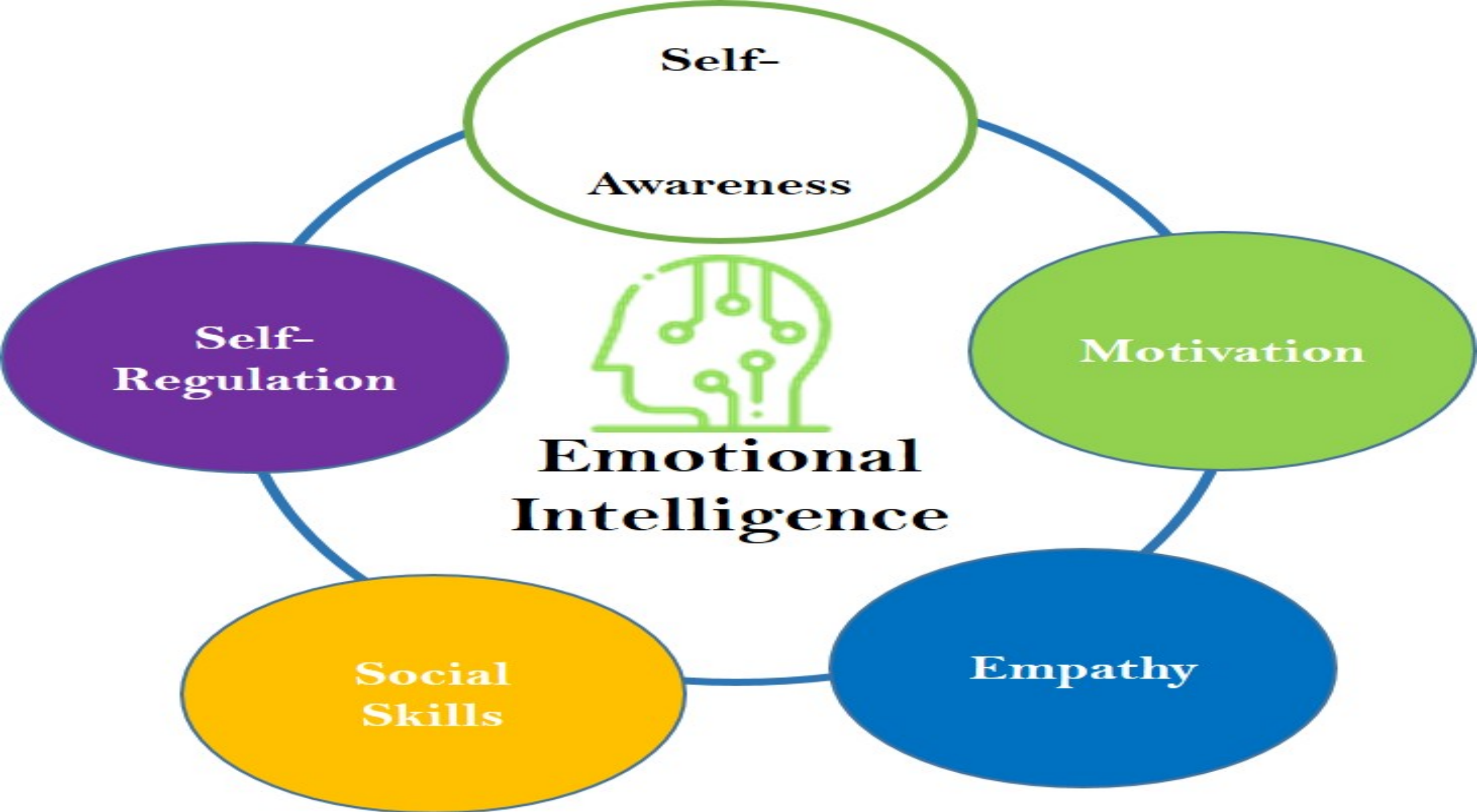
■ *Assertiveness and equanimity*, or self-control describes the skills needed to stand up for yourself and other people, and remain calm even in the difficult situations.

■ *Resilience* describes the ability to recover from setbacks, and treat them as opportunities to learn, or simply experiences.



Emotional Intelligence ?

- *Ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.*
- *Helps you to build stronger relationships, succeed at work, achieve your career and personal goals.*
- *It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.*



Four Areas Of Emotional Intelligence

Self Awareness	Self Management	Social Awareness	Relationship Management
<p>*Know your story & how it affects you</p> <p>*Make peace with your past</p> <p>*Know your beliefs, your emotions & your behavior patterns</p> <p>*Know your relationship patterns</p>	<p>*Learn skills for breathing & relaxation</p> <p>*Complete your basic emotional healing work</p> <p>*Learn skills for soothing & motivating yourself</p> <p>*Maintain healthy eating & exercise</p>	<p>*Understand nonverbal social signals</p> <p>*Develop a positive view of others</p> <p>*Understand basic human emotional needs</p> <p>*Understand "games" & personal integrity</p>	<p>*Develop skills for reflective listening & empathy</p> <p>*Learn skills for healthy assertiveness</p> <p>*Learn conflict resolution skills</p> <p>*Develop skills for support & affirmation of others</p>

Domains / Areas ?

1. *Self awareness*
 2. *Self management*
 3. *Social awareness*
 4. *Relationship management*
- *Each can help a leader face any crisis with lower levels of stress, less emotional reactivity and fewer unintended consequences.*

WHEN YOU TALK, YOU ARE
ONLY REPEATING WHAT
YOU ALREADY KNOW.
BUT IF YOU LISTEN,
YOU MAY LEARN
SOMETHING NEW.

DALAI LAMA

CE collective ...
EVOLUTION



REBORN
REALIST

“

Once you
STOP
learning, you
start DYING

”

- ALBERT EINSTEIN

