

EMOTIONAL INTELLIGENCE (EQ)

Our brains are physically divided into two halves by corpus callosum.

• LEFT

Sequential

logical

Objective

Analytical

Digital

Abstract

Rational

look at parts

systematic

symbolic.

• Right

Emotional

Concrete

Casual

look at wholes

Random

Non-Verbal

Intuitive

Sensory

Subjective

visual.

INTELLIGENCE

Global or aggregate capacity of an individual to act purposefully, to think rationally and to deal effectively with his environment.

SEVEN POINTS OF EQ

1. **VERBAL**: The ability to use words.

2. **VISUAL**: The ability to imagine things in mind

3. **PHYSICAL**: The ability to use body in various situation.



4. **MUSICAL**: The ability to use and understand Music.

5. **MATHEMATICAL**: The ability to apply logic to Systems and numbers.

6. **INTROSPECTIVE**: The ability to understand your own thoughts.

7. **INTER PERSONEL**: The ability to understand other people, and relate them well.

GENDER DIFFERENCE IN EQ.

- Most studies show that there are no significant differences.
- Some argue that each gender has distinct differences in brain structure that results in sub topics of intelligence and in problem solving.

EMOTION

- A subjective experience associated with temperament, disposition, mood and personality.
- A complex feeling state with psychic, somatic and behavioral components that are related to affect mood.

EMOTIONAL INTELLIGENCE

- Ability to accurately perceive emotions; to access and generate emotions so as to assist thought; to promote emotional and intellectual growth.

- It concerns the improvement of thinking via emotions and emotional knowledge.

EMOTIONALLY INTELLIGENT PEOPLE.

- Able to recognize and express their emotions.
- Who potential capacities and live happy lives.
- They are able to understand way others feels and able to build relationships.
- Optimistic, flexible, realistic.
- Cope with problems, stress without losing control.
- Maintain mutually satisfied and responsible interpersonal relationships without becoming dependent.

Interpersonal + Intrapersonal.

Understanding others and their feelings and understanding your goals, emotions, intentions.

DOMAIN OF EMOTIONAL INTELLIGENCE

1. Self Awareness:

Aware of his own and others feelings and emotions in order to have accurate info about world around him/her.
Ability to monitor feelings from moment to moment.

2. Controlling Emotions:

Must be able to monitor, discriminate and label their feelings accurately, can improve or modify by employing strategies, able to handle uncomfortable emotions.

3. Motivating Oneself: +ve motivation, enthusiasm, confidence for achievement. To motivate oneself for goals and optimistic 'can-do' attitude.

Date _____

4. Emotions of others / Empathy:

Realize others emotional weather systems, able to sense them accurately.

5. Handling Relationships or Social skills:

People who excel in these skills ~~are~~ do well at anything that relies in interacting smoothly with others. Communication, Confidence, Conflict Management, Collaboration, Leadership etc.