Dana Svoboda

Makers EQ Curricullum

5 Domains of Emotional Intelligence:

SELF-AWARENESS - SA

- Self-awareness is the cornerstone of EI as it's the ability to recognise and understand/assess your own thoughts and emotions.
- Beyond recognising your thoughts emotions. It's being aware of the effect of your actions, moods, and emotions on other people.
- A key part of succeeding at Makers is self-reflection, to promote learning and also work well with others.
- Self-awareness is needed to maintain a healthy, holistic balance while on the course and beyond.

SELF-REGULATION - SR

- Self-regulation or emotion regulation is the ability to respond to the ongoing demands of experience in a way that is appropriate.
- The process of managing one's internal states, impulses, and resources, deliberately and proactively rather than reactively.
- Those who are skilled in self-regulation tend to be flexible and adapt well to change.
- They are also good at managing conflict and diffusing tense or difficult situations - each of these qualities are essential to succeed as a software developer during and after Makers.

MOTIVATION - M

- People who are emotionally intelligent are intrinsically motivated more so than by external rewards like money, recognition, and acclaim.

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- Optimism and a growth mindset are key indicators of self-motivated people.
- Makers tend to be competent in this area as the decision to change their career usually requires deep self-reflection with the intention to pursue work that feels more meaningful to them.
- Although, maintaining motivation and resilience is a necessary skill to cultivate as they move through the challenges of the bootcamp.

EMPATHY - E

- Empathy is the ability to understand how others are feeling and with emotional intelligence, using that understanding to guide your thoughts and actions in a proactive way.
- https://makersstudents.slack.com/files/U03HL2SS9/FHM3VD70B/Software_Development_and_Empathy

SOCIAL SKILLS - SS

- Some important social skills include active listening, verbal communication skills, and nonverbal communication skills.
- At Makers, devs are working with other people most of the time, whether it's pairing or working in teams, therefore effective communication is paramount.
- As well as for future teams and clients once working as a developer.
- Of course, being a skillful communicator is essential for success with future teams and clients once working as a developer.

WORKSHOPS

Wk 1: How to meditate & ongoing meditation practice - SA, SR, M

13:30 - 14:00 pm Monday - Friday
- Foundations of mindfulness meditation
- Self-awareness competencies
- Self Regulation + tools
- Cultivating a strong practice

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10:00 - 11:30 - Wednesday

- Understanding feedback
- Self-awareness, resilience profile
- How to give and receive feedback skilfully
- Practical application

Wk 3: Empathy Workshop - E, SS, M

10:00 - 11:30 - Wednesday

- Understanding empathy and its importance as a developer
- How to build empathy
- Practical application
- Group reflective

Wk 6: Communication Workshop - SA, E, SS

13:45 - 14:45 - Wednesday

- Importance of effective communication in teams
- Understanding different communication styles and personalities
- How to get the best of yourself and others
- Sharing your 'user manual'

Other sessions:

- One to one sessions with Dana: SA, SR, E, SS, M (Bookings as per request via this form or Slack DM)
- Yoga: SA, SR, M (Tuesdays and Thursdays 17:00 see #yoga)

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