Introduction to Emotional Intelligence

Introduction & Overview



Jason Edleman

www.jasonedleman.com | @43drums

Emotional Intelligence (EQ)

The ability to perceive emotions, to access and generate emotions so as to assist thought. To understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth.

- Mayer & Salovey,

Emotional Intelligence (EQ)

The study and practice of being able to identify and manage not only your emotions but also recognize and manage emotions within both personal and professional relationships.

- Jason Edleman

Emotional Intelligence (EQ)

The ability to perceive emotions, to access and generate emotions so as to assist thought. To understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth.







Increases understanding of yourself & others

Increases understanding of yourself & others

Simplifies decision making

Increases understanding of yourself & others

Simplifies decision making

Increases ability to think under pressure

Increases understanding of yourself & others

Simplifies decision making

Increases ability to think under pressure

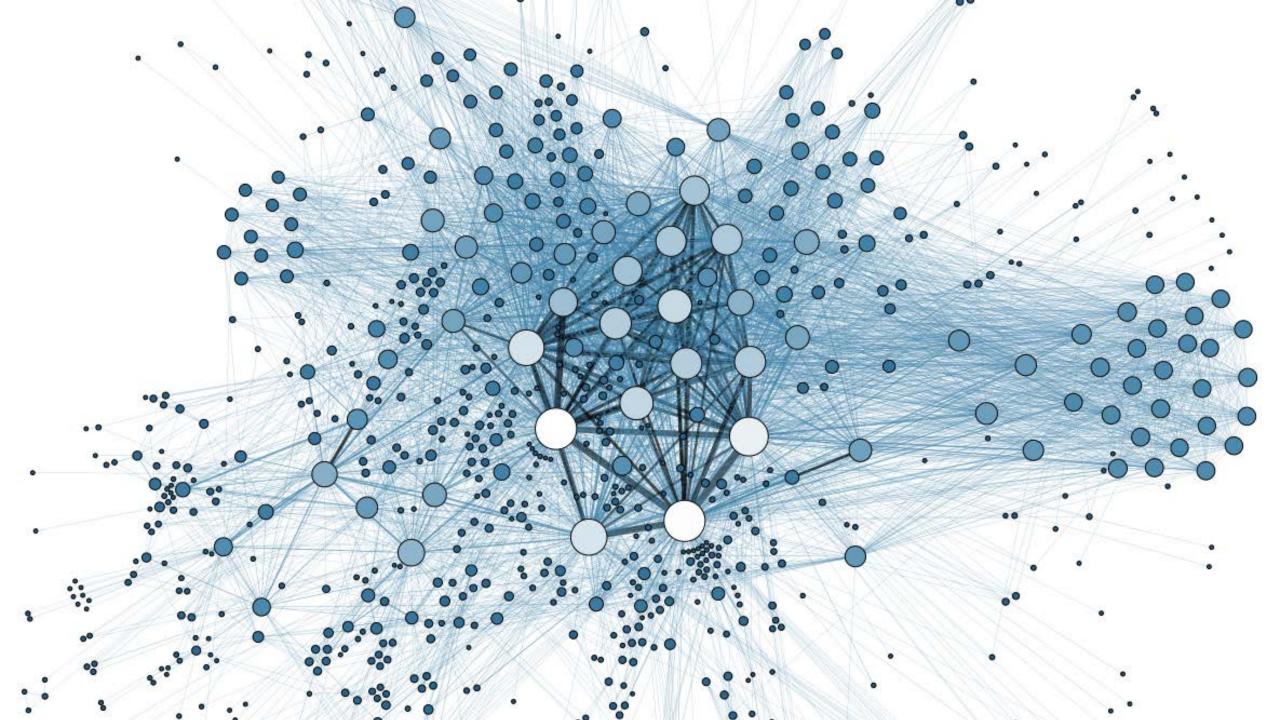
Strengthens relationships







Insert Disclaimer Here...

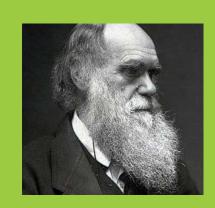


History

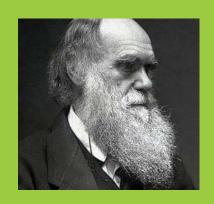
Stats & Assessments

Your Brain & Emotions

4 Areas of El and Competencies



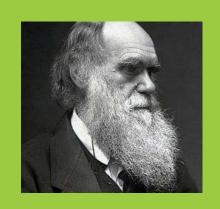
History





History

Statistics



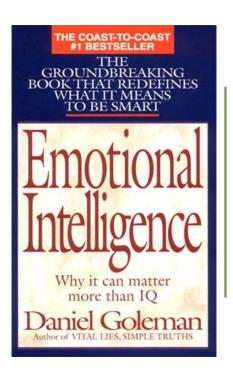




History

Statistics

Assessments



Emotional Intelligence: Why it Can Matter More than IQ

- Daniel Goleman

Salovey & Mayer









Perceive accurately

Perceive accurately

Understand

Perceive accurately

Understand

Appraise others

Perceive accurately

Understand

Appraise others

Flexible response

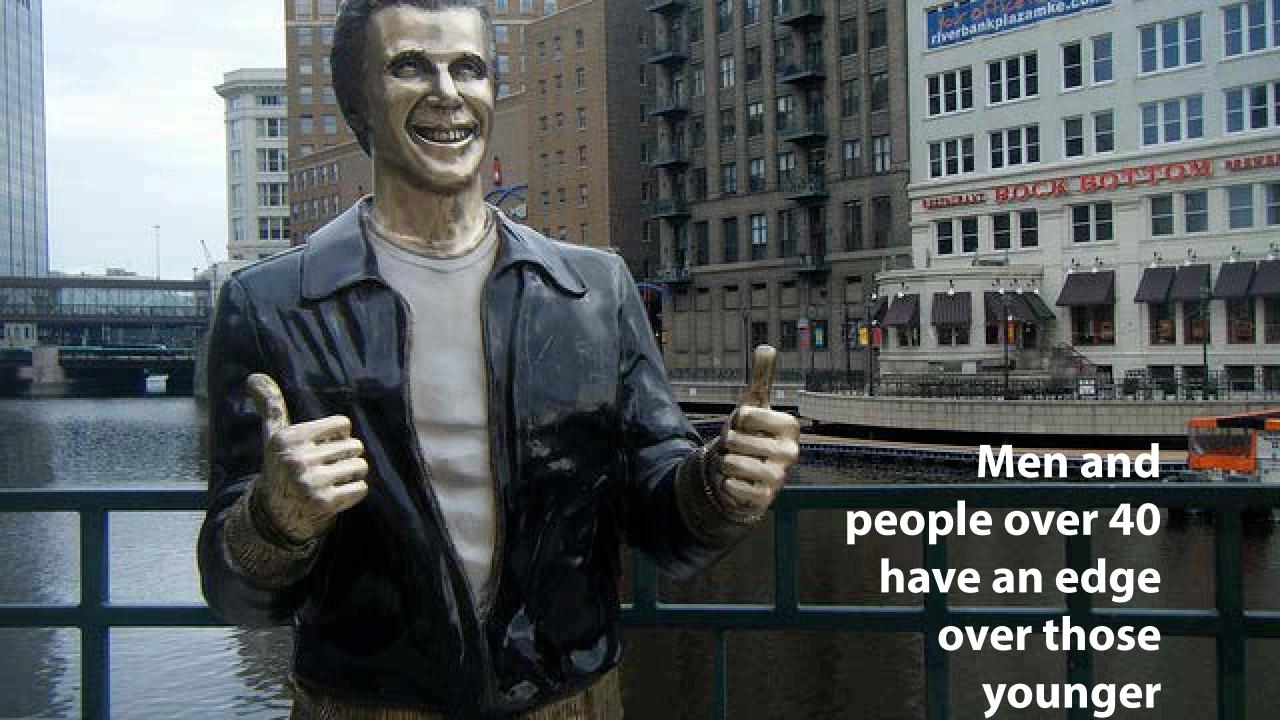
Six Seconds Emotional Intelligence Assessment (SEI)

75,000 people

Over 50 countries

Over 15 years





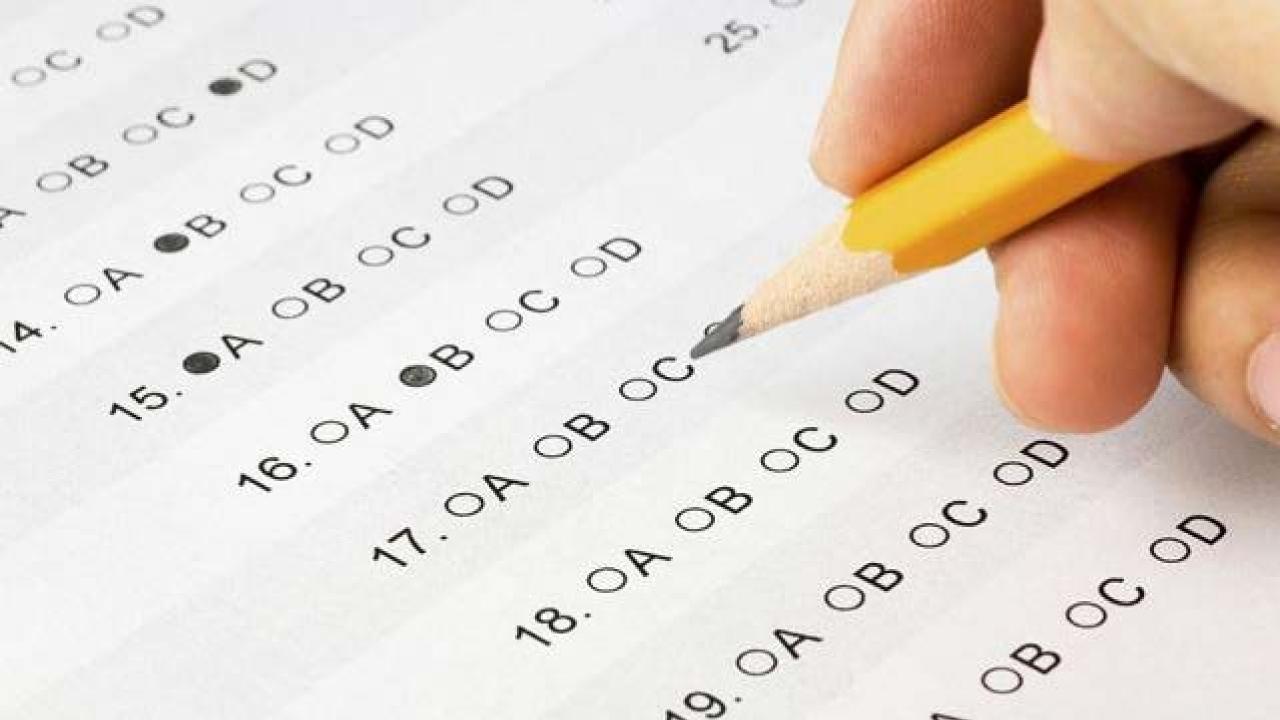






Emotional Intelligence is Important!







Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)

Summary

Key reasons Emotional Intelligence is important

Summary Contents of course

Summary History and research