

The Brain and Emotions

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4 Areas of Emotional Intelligence



Self-awareness

4 Areas of Emotional Intelligence

Self-awareness

Self-management

4 Areas of Emotional Intelligence

Self-awareness

Self-management

Social Awareness

4 Areas of Emotional Intelligence

Self-awareness

Self-management

Social Awareness

Relationship
Management

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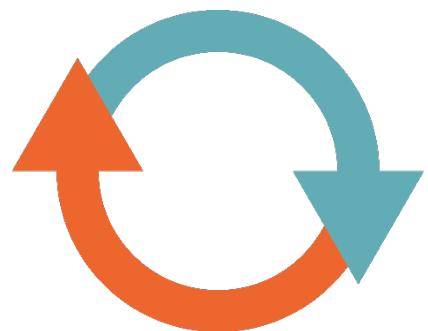
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What You Will Learn

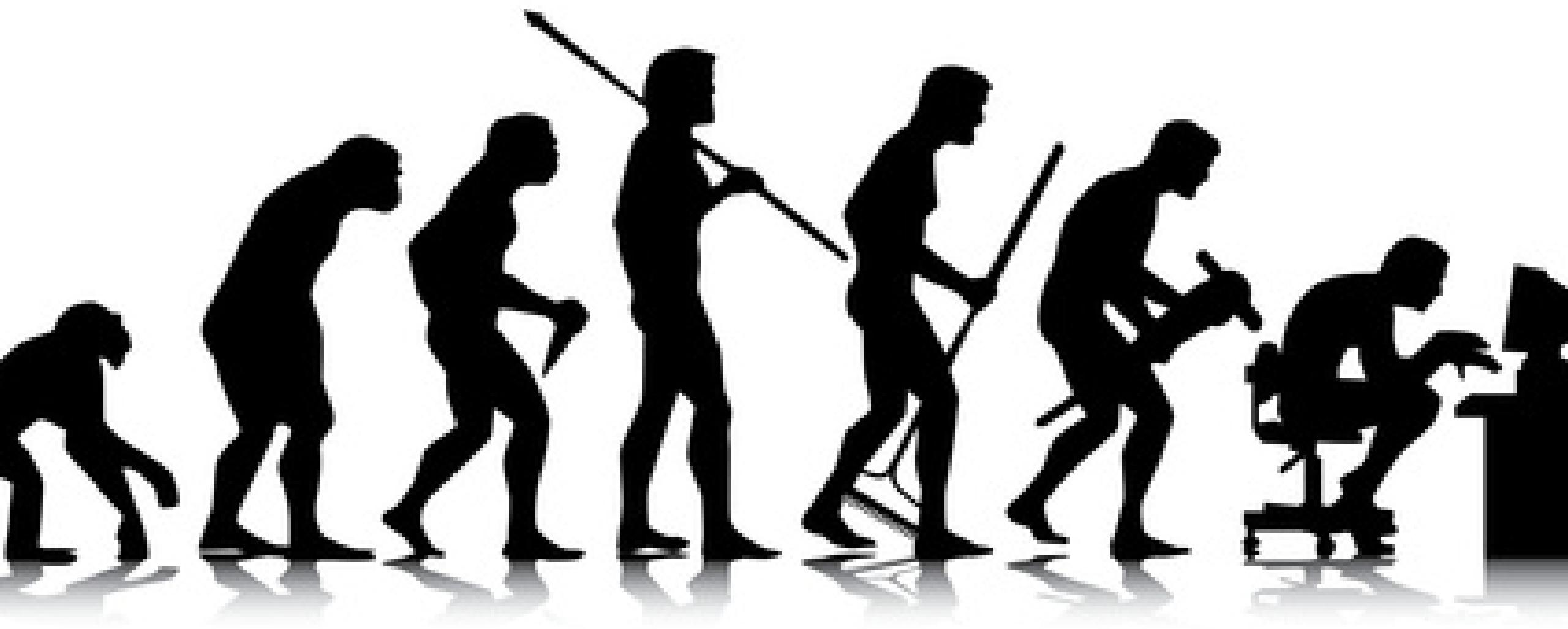


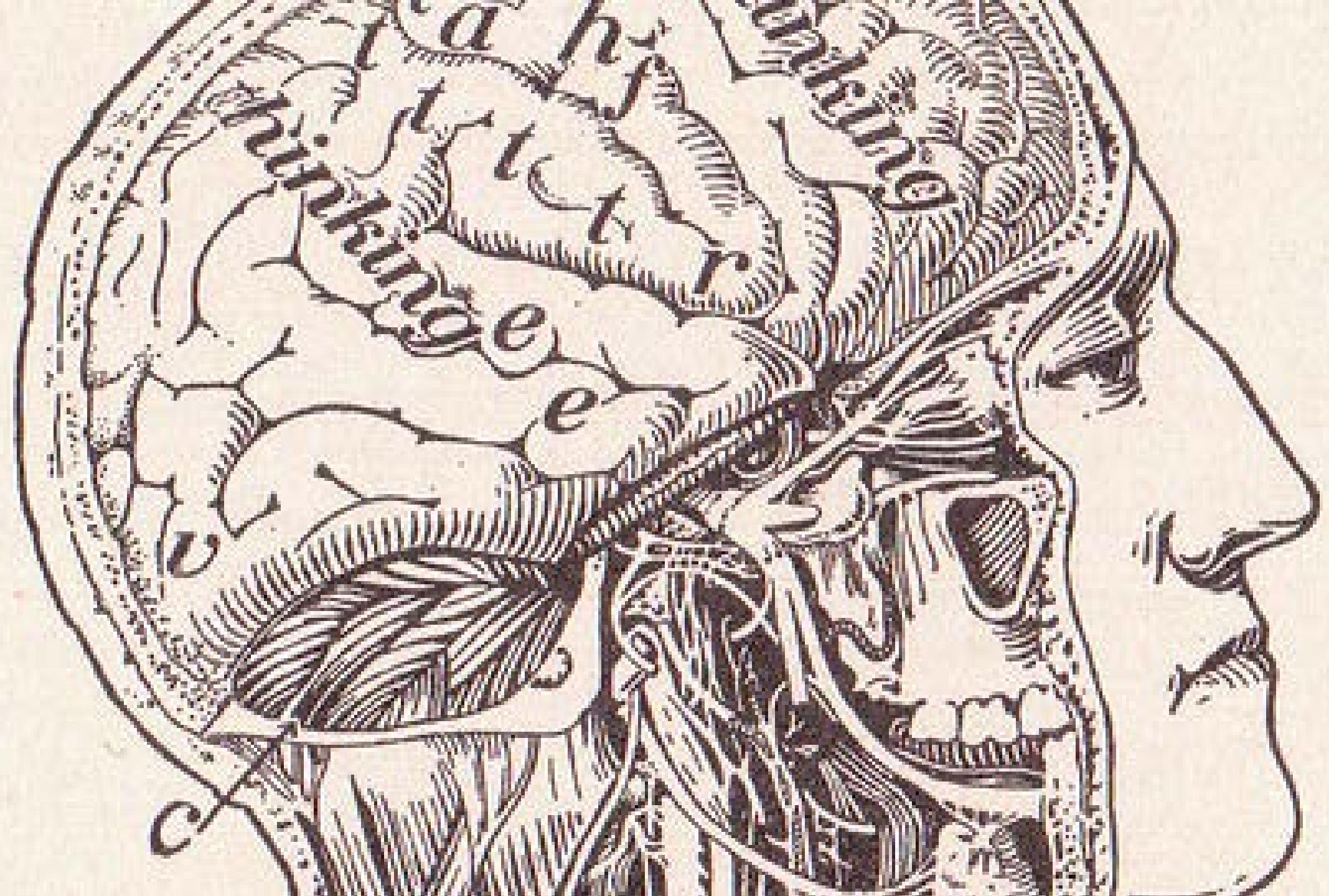
What is an emotion?

What You Will Learn



Evolutionary purpose of emotions

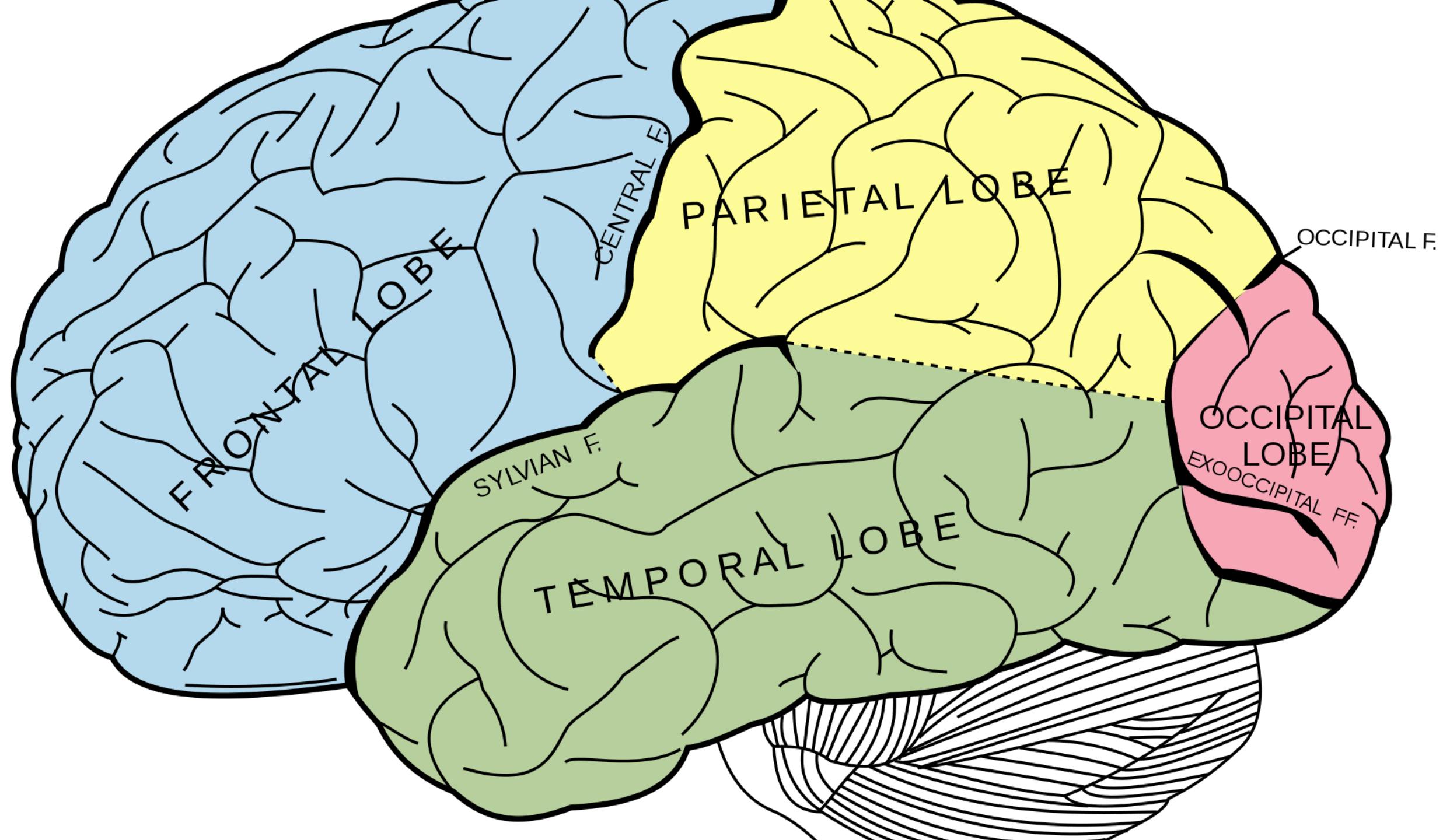




What You Will Learn



How the brain processes emotions





Happy



Happy
Angry



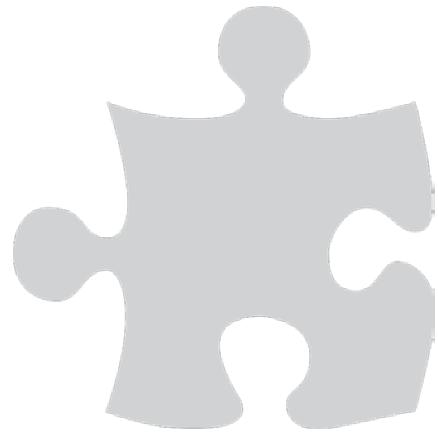
Happy
Angry
Sad



Happy
Angry
Sad
Afraid

الله
يَا حَسْنَكَ

Relevance?



A knowledge of how things work in your mind will increase your EQ

Case Studies

Case Studies

History of Emotions

Case Studies

Our Software Developers Mind

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Self-awareness Competencies

Self-awareness Competencies

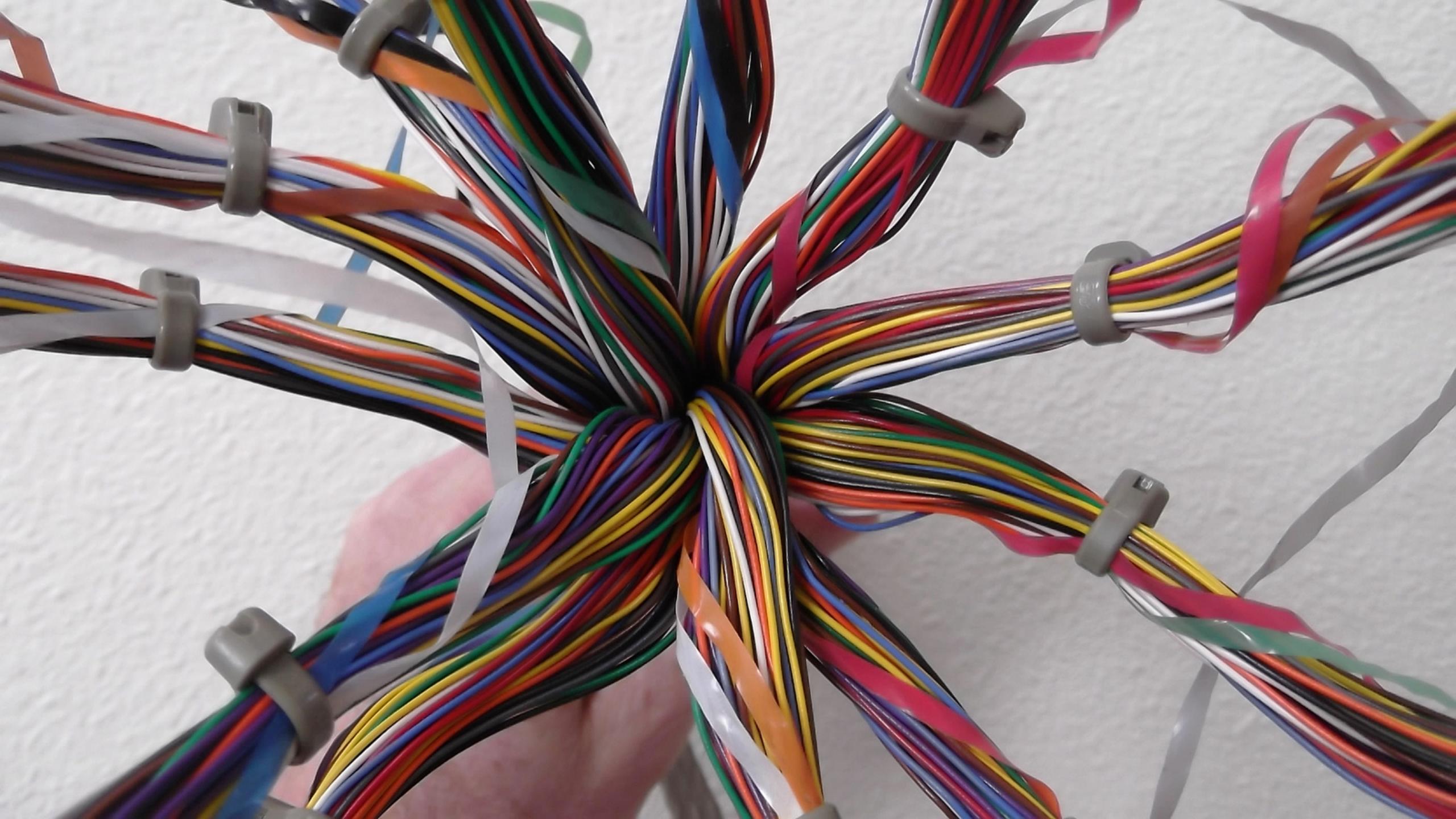
Recognizing Your Emotions

Self-awareness Competencies

Understanding Your Strengths & Weaknesses

Self-awareness Competencies

Self Worth and Capabilities





2 Distinct Types of Emotion





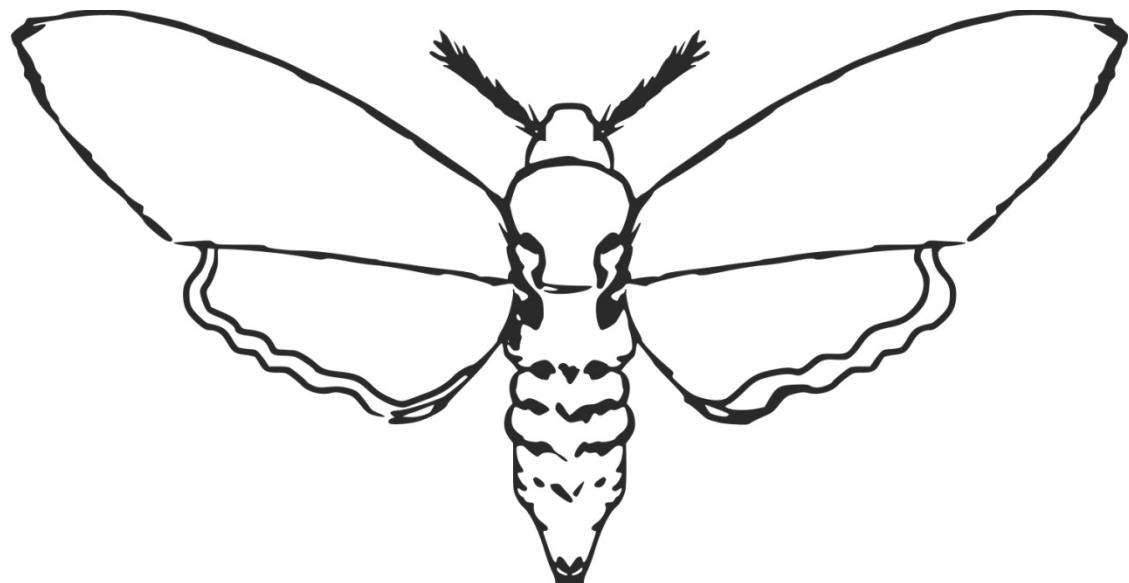




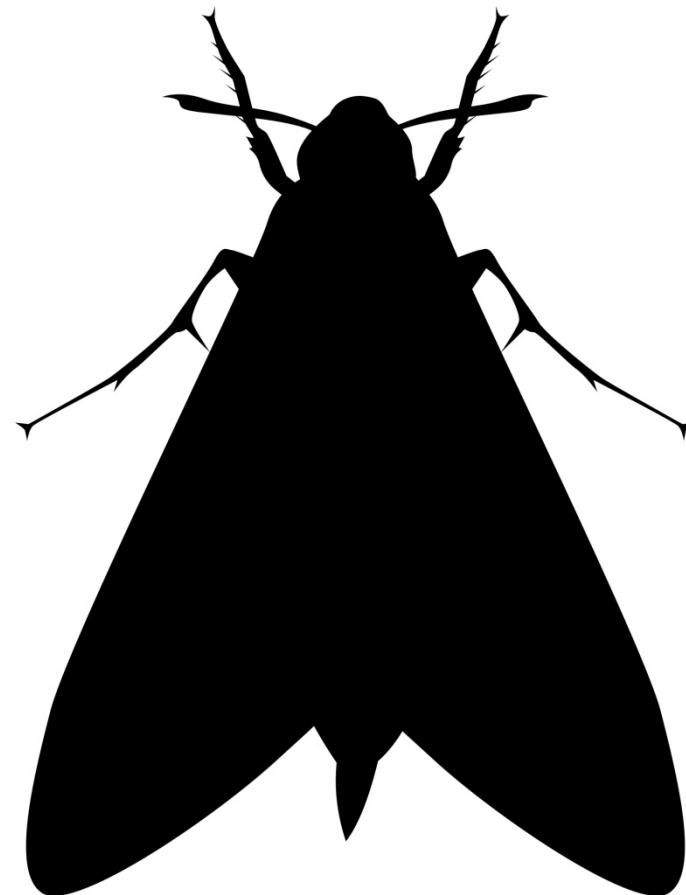
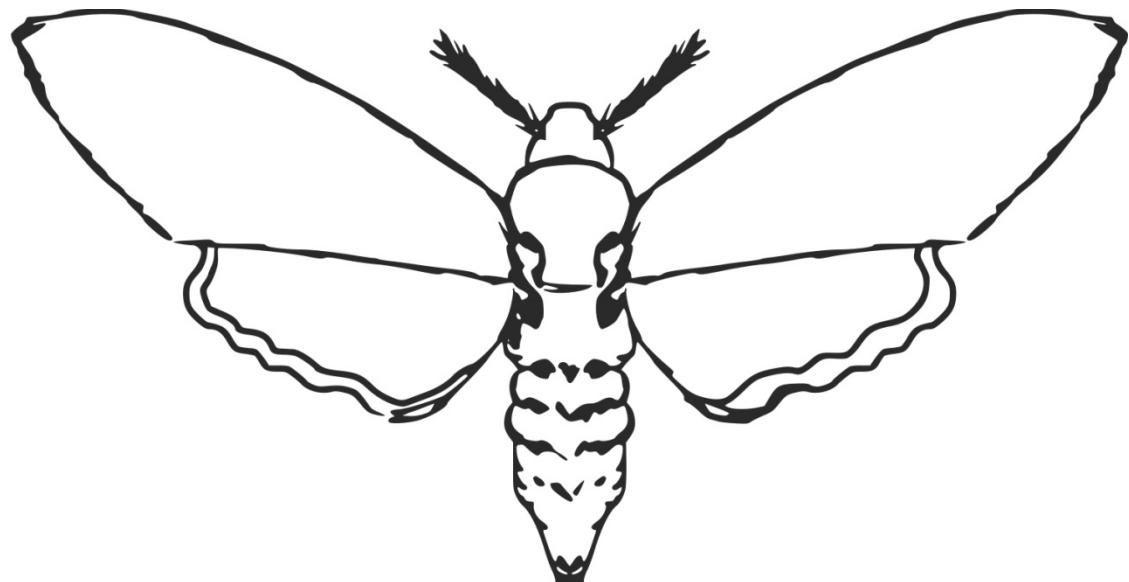
EVOLUTION

EVOLUTION CHANGE OVER TIME

Adaptation

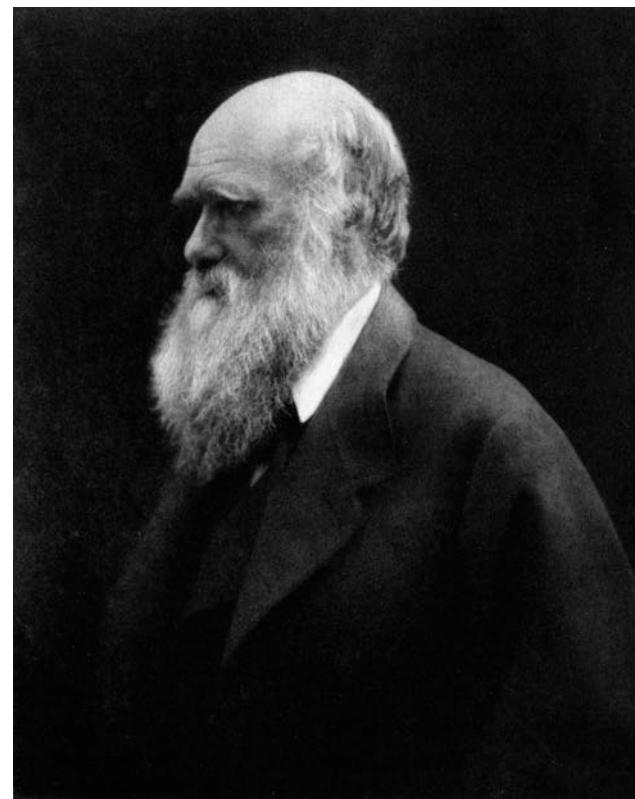


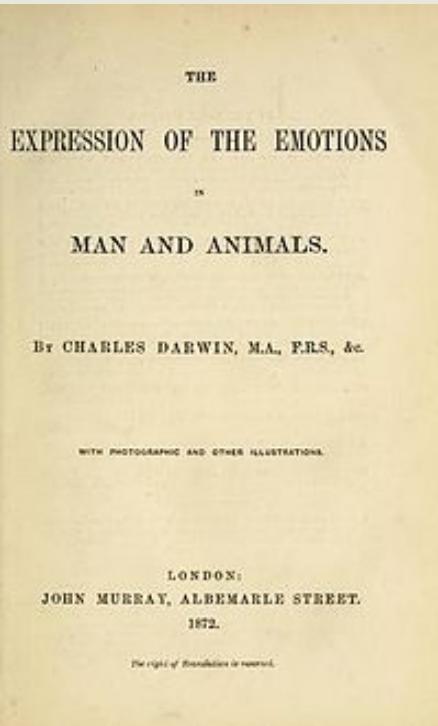
Adaptation

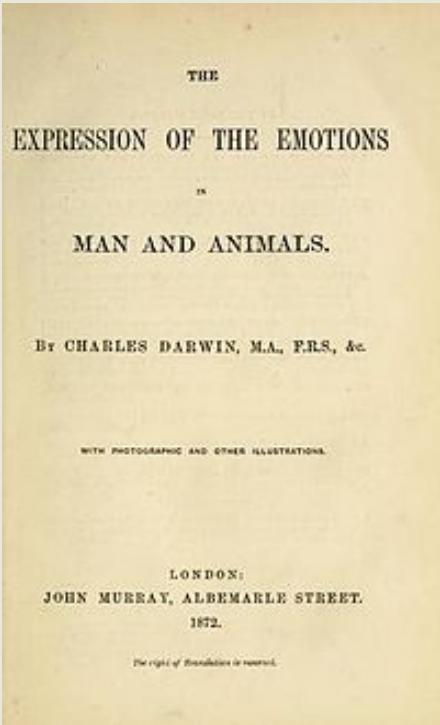


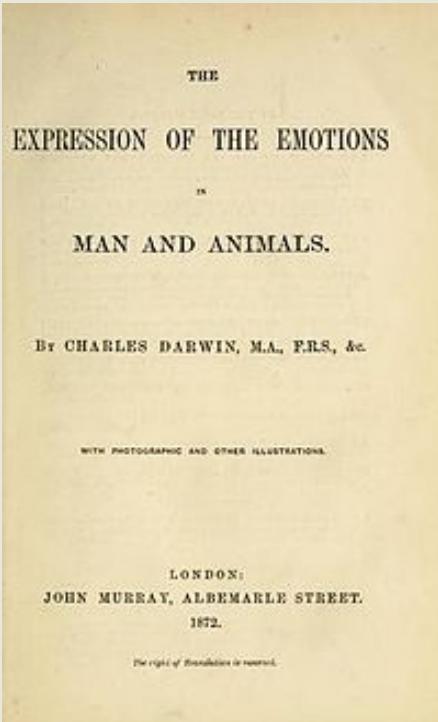


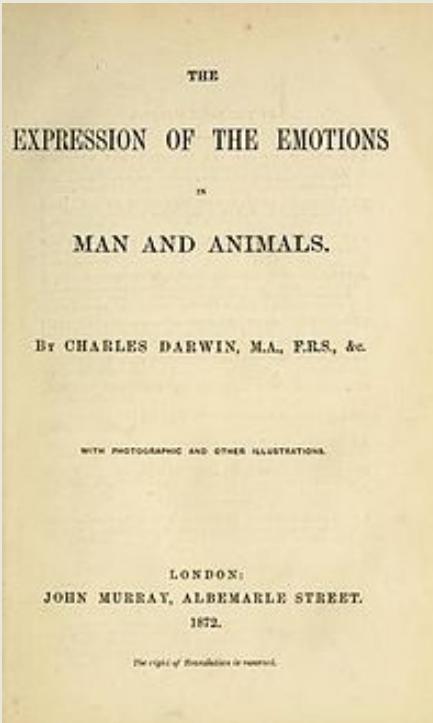
Charles Darwin

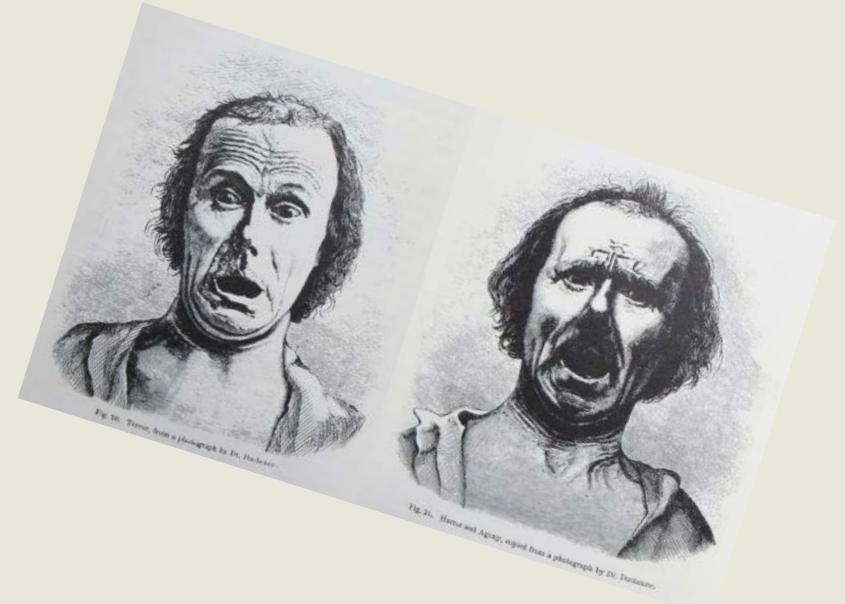
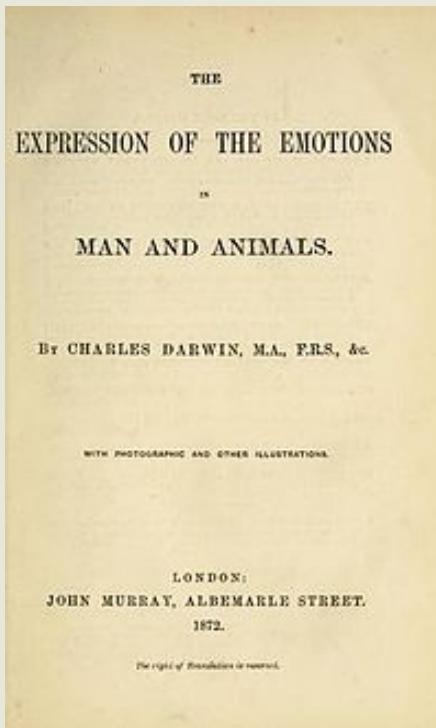


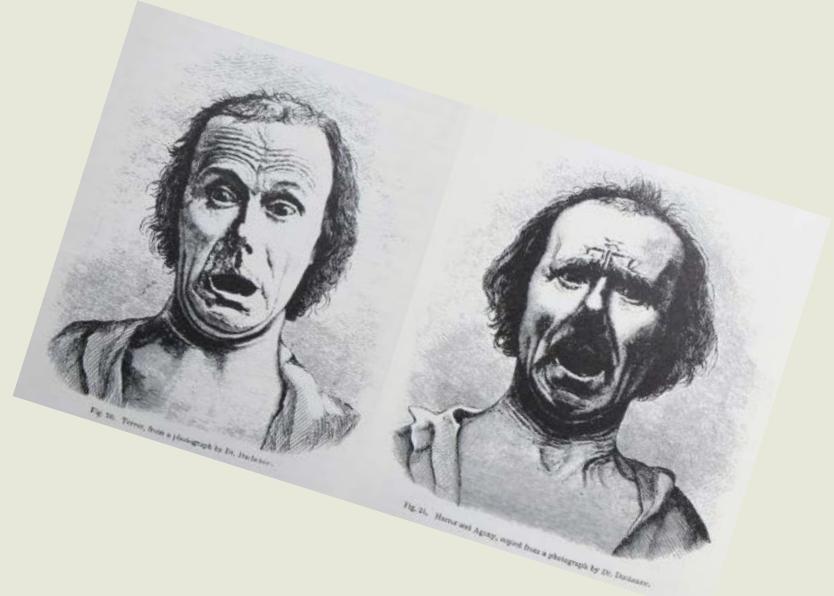












Facial Movements Relate to Mental States

EVOLUTIONARY PSYCHOLOGY

Case Study







Sensory Inputs

Sensory Inputs

Visual

Sensory Inputs

Kinesthetic

Sensory Inputs

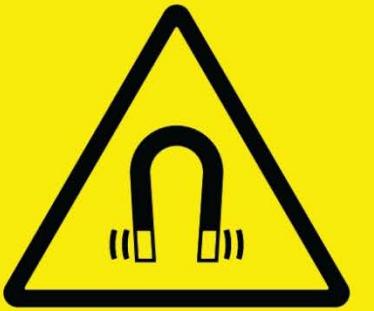
Auditory

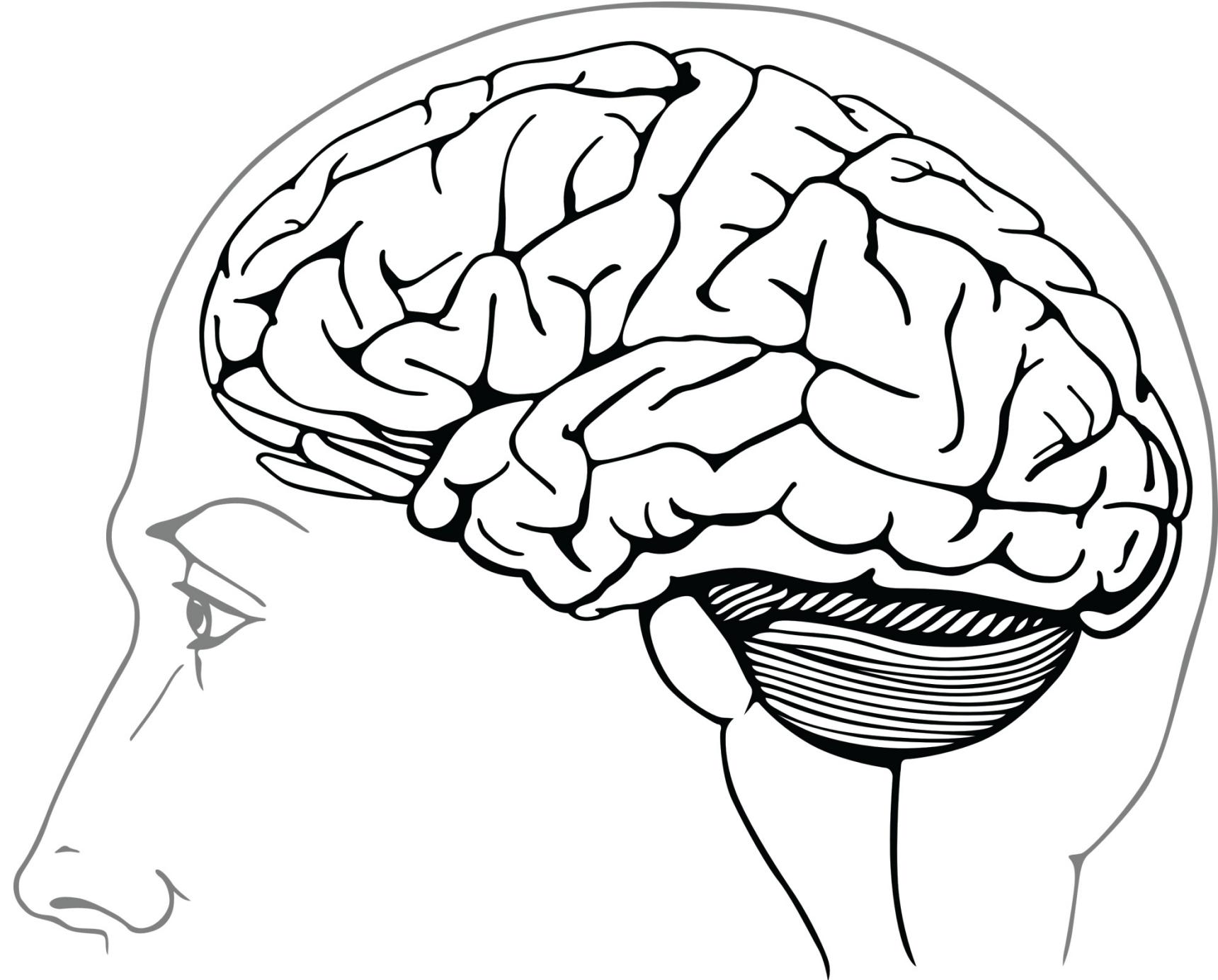
Sensory Inputs

Gustatory

Sensory Inputs

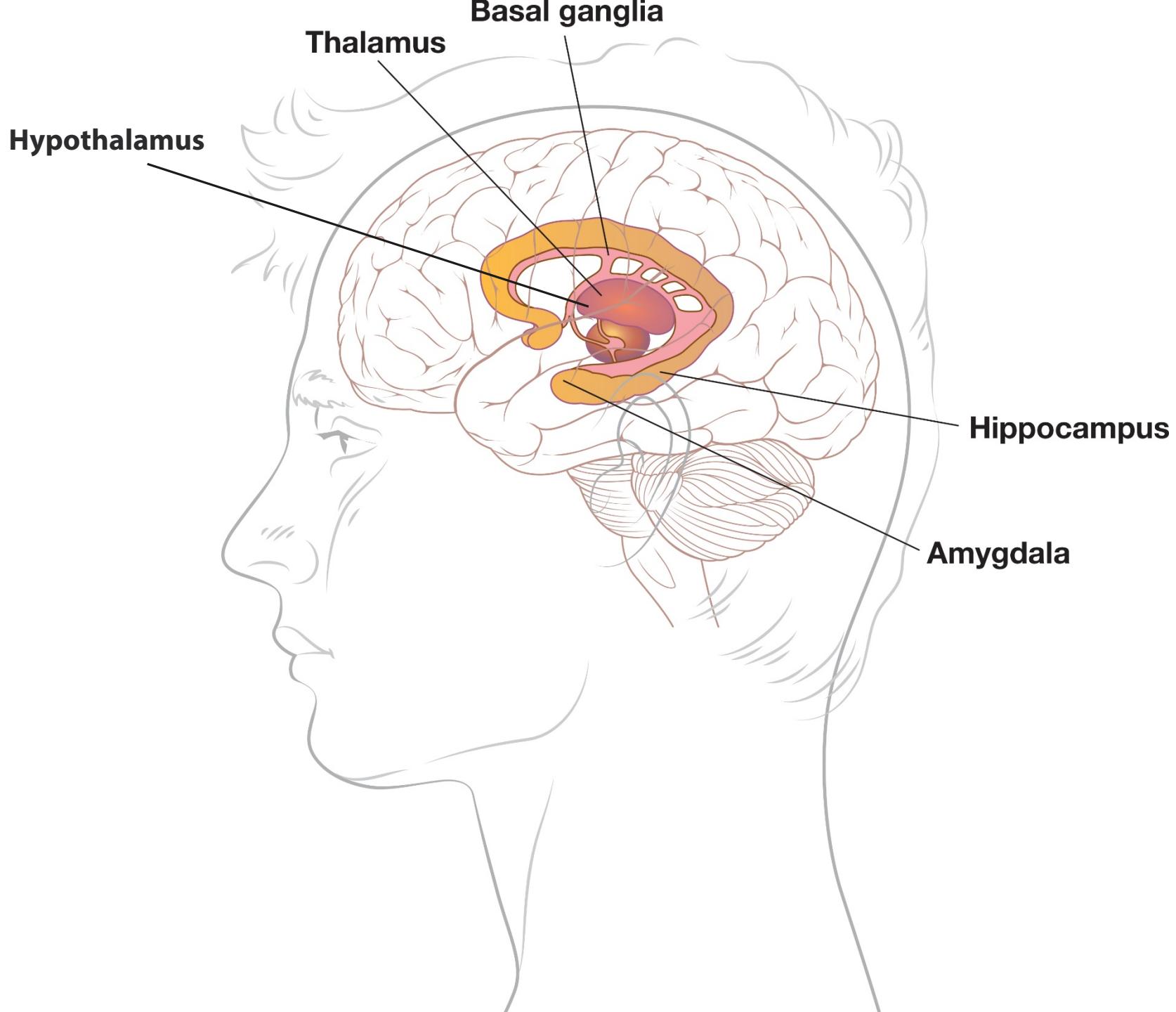
Olfactory





Fight or Flight



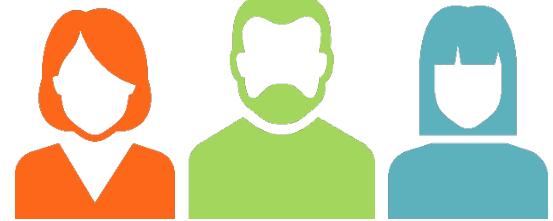




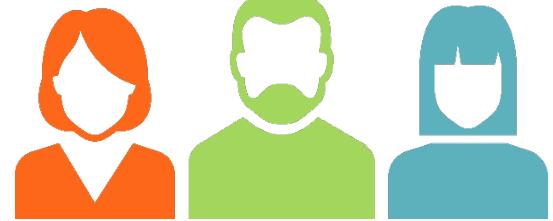




Basic Emotional Programs



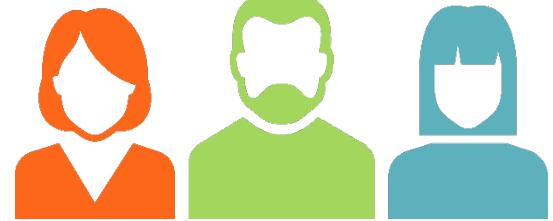
Fear



Anger



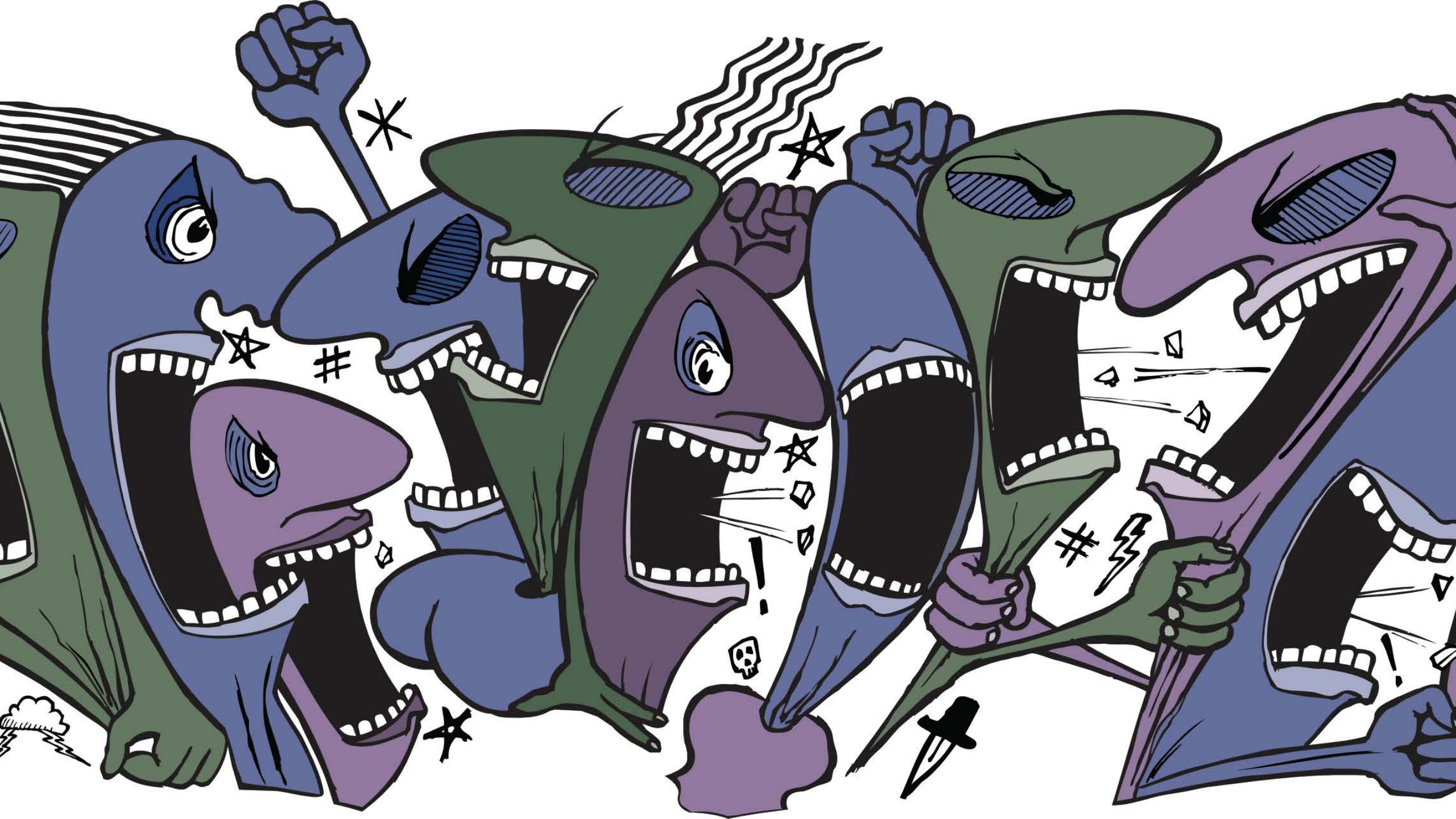
Happiness



Sadness









Output of Anger



Output of Anger

Correct by Showing

Output of Anger

Correct by Showing

Confront

Output of Anger

Correct by Showing

Confront

Demonstrate Power

Depression

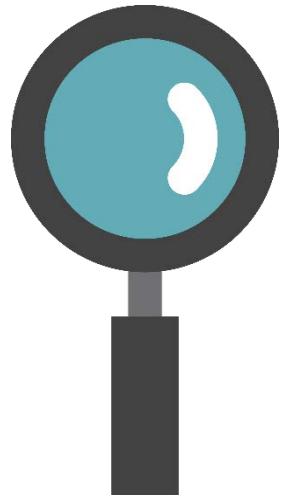
Harm to Others





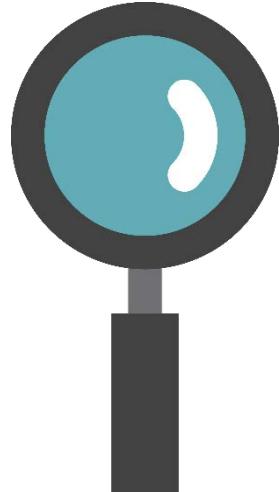


Summary

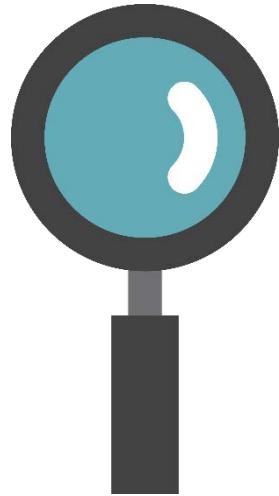


Summary

Self-awareness



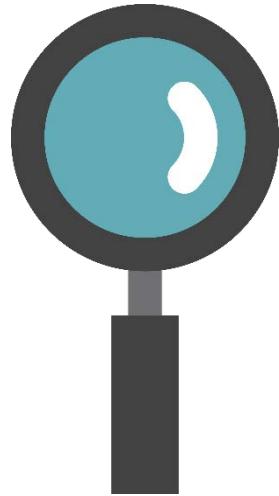
Summary



Self-awareness

Self-management

Summary

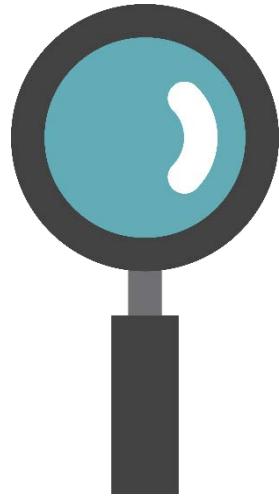


Self-awareness

Self-management

Social Awareness

Summary



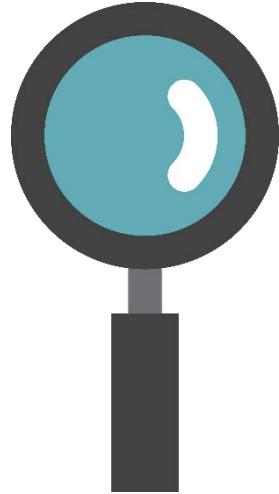
Self-awareness

Self-management

Social Awareness

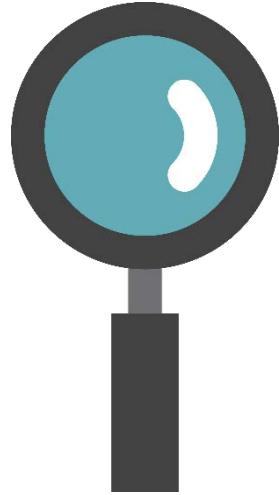
Relationship Management

Summary



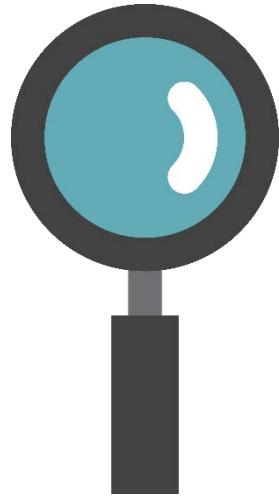
Emotions are programs

Summary



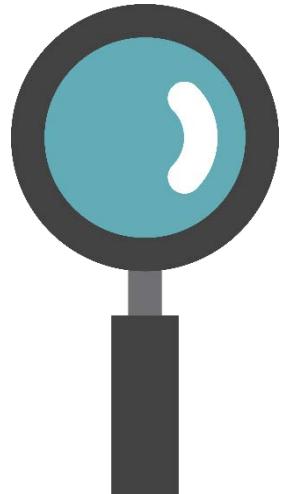
Evolution = change over time

Summary

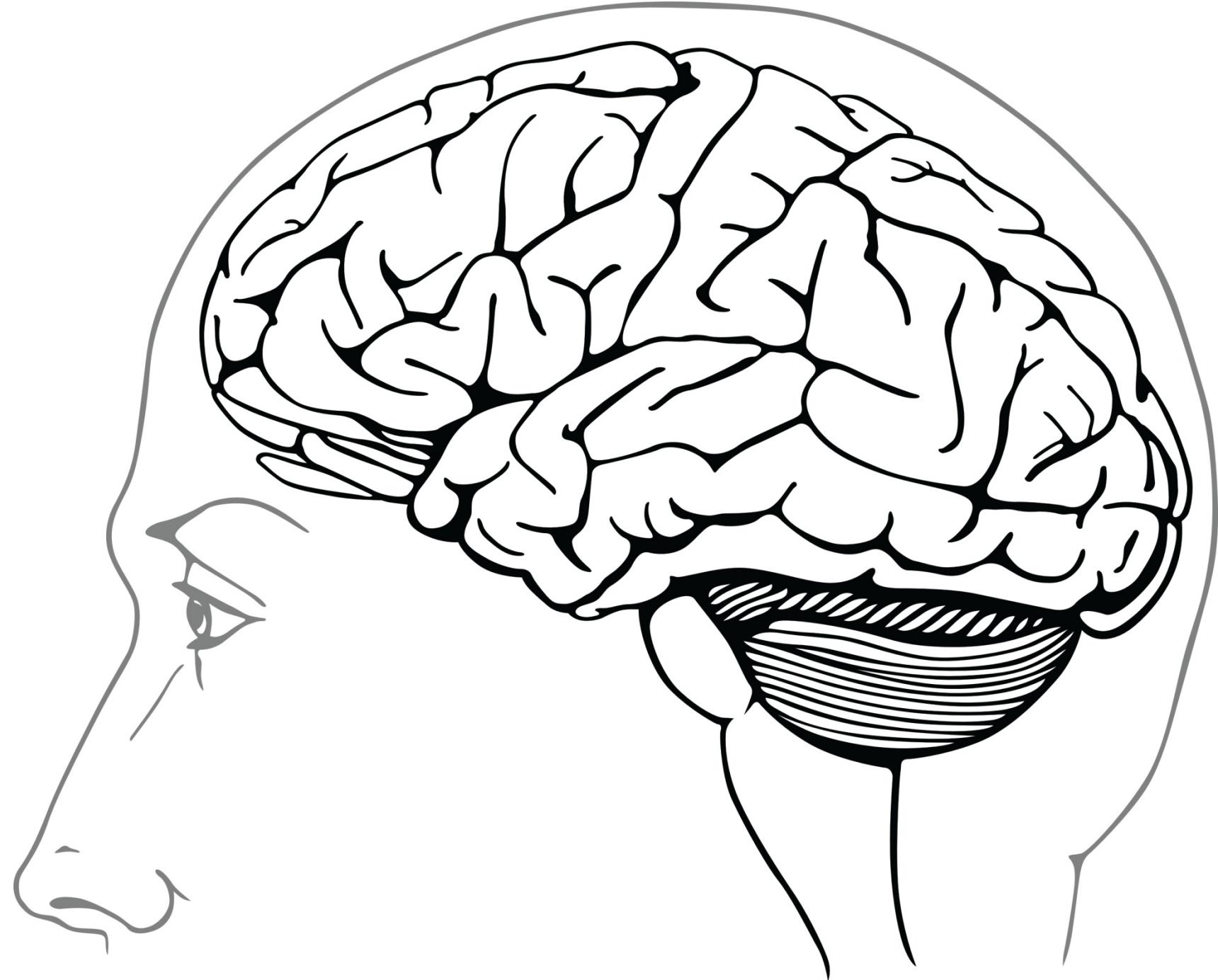


Evolution = change over time
Personal Experiences

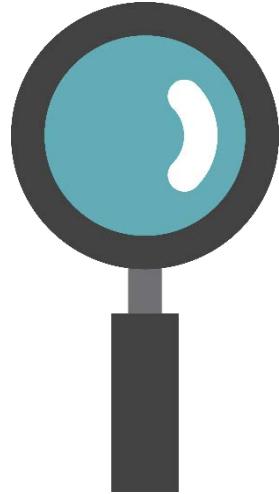
Summary



Darwin & Evolutionary Psychology

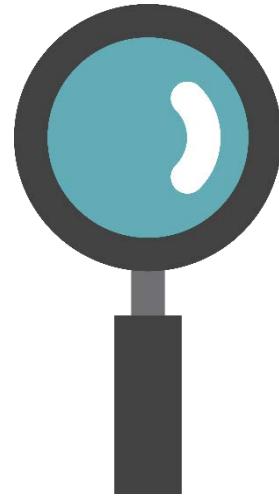


Summary



Evolutionary purpose of fear, anger,
happiness, and sadness

Next Up



Self-awareness: competencies, tools, & hacks