The Power of Emotional Intelligence and Mindfulness

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Emotional Intelligence

“The ability to monitor one's own and other's emotions, to discriminate among them, and to use the information to guide one's thinking and actions”

“Soft Skills” or “Street Smarts”

1995 Daniel Goleman published Emotional Intelligence: Why it Can Matter More than IQ, and it made a huge impact on how EI influences our lives (professional, personal, social)
Emotional Quotient (EQ)

- A way of measuring Emotional Intelligence
  - (In contrast to Intelligence Quotient – IQ)
- Became the basis of the most widely used test of emotional intelligence in the world – the EQ-i 2.0
  (we’ll see this self-reporting instrument before we go back to FEI)
- EQ is not static and can change over time, with training, coaching, and experience
  (unlike personality or IQ)
Model of Emotional Intelligence

Made of five interrelated emotional and social competencies, skills and behaviors that impact intelligent behavior

(We might see this again in FEI week 3)
Your Brain in Stressful Situations

- When we’re under stress, the brain secretes hormones like cortisol and adrenaline that focus our reaction on the cause of the stress, not the task at hand (lizard brain)
- The brain is hijacked by our networks for handling stress
- We fall back on negative learned habits
Questions

- Can you think of a time when your reaction or comments in a situation were less than ideal?

- Can you identify when your reactions or comments are driven by anger, fear, anxiety, or sadness?

- Can you identify the self-talk and physical signals that can help you key in to when you are driven by these emotions?
Emotional Self-Awareness

Being aware of:

- what you’re doing
- why you’re doing it
- the way it is affecting others
Identifying the physical signs of emotions

- **Anger**
  - hands-on hips, posture, pounding heart, sweating, rapid breathing

- **Fury**
  - cold-focused stare, loud and rapid speech

- **Fear**
  - tenseness

- **Panic**
  - aching muscles, tension in neck and shoulders

- **Anxiety**
  - restlessness, pounding heart, rapid breathing

Identifying and labeling our emotions in the moment affords a degree of control. If we can detect and dispute irrational beliefs, we can talk ourselves out of them and focus on more productive ways to respond.
Mindfulness

Know thyself;
Seek first to understand, then to be understood
Mindfulness

Practicing mindfulness is a tool to help you become more aware of when you are upset, anxious, irate, defensive, depressed, or stressed out.
Mindfulness

Which mindfulness activity resonates with you?
- Meditation (there are apps for that!)
- Deep mindful breaths
- Walking
- Yoga
- Start your day with a drink
- Paying close attention to others’ emotions
- Other suggestions?

What techniques work for you to be able to regularly practice mindfulness?
Mindfulness

Try to find a technique to practice mindfulness that works for you

Make a goal of practicing mindfulness daily
(I’d love to check-in at FEI)
The EQ Edge
Emotional Intelligence and Your Success

Third Edition
Steven J. Stein, PH.D. and Howard E. Book, M.D.