

EMOTIONAL INTELLIGENCE & PEOPLE MANAGEMENT

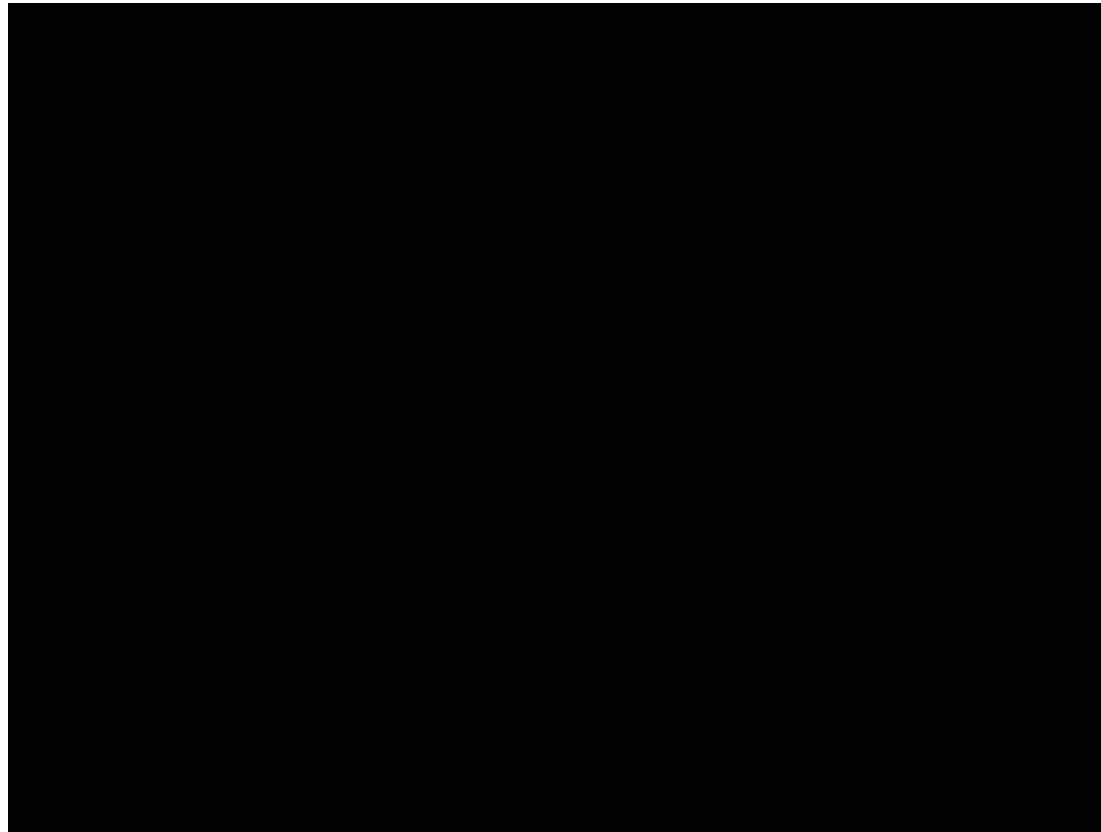
Presentation by:

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EMOTIONAL INTELLIGENCE



EMOTIONAL INTELLIGENCE



“Emotion can lead to our worst
decisions or our best ones:

The difference is
emotional intelligence”

- Six Seconds

EMOTIONAL INTELLIGENCE



“Research shows convincingly that EQ is more important than IQ in almost every role and many times more important in leadership roles.”

- Dr Stephen Covey



EMOTIONAL INTELLIGENCE



EQ



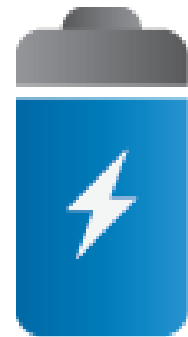
Effectiveness



Relationships

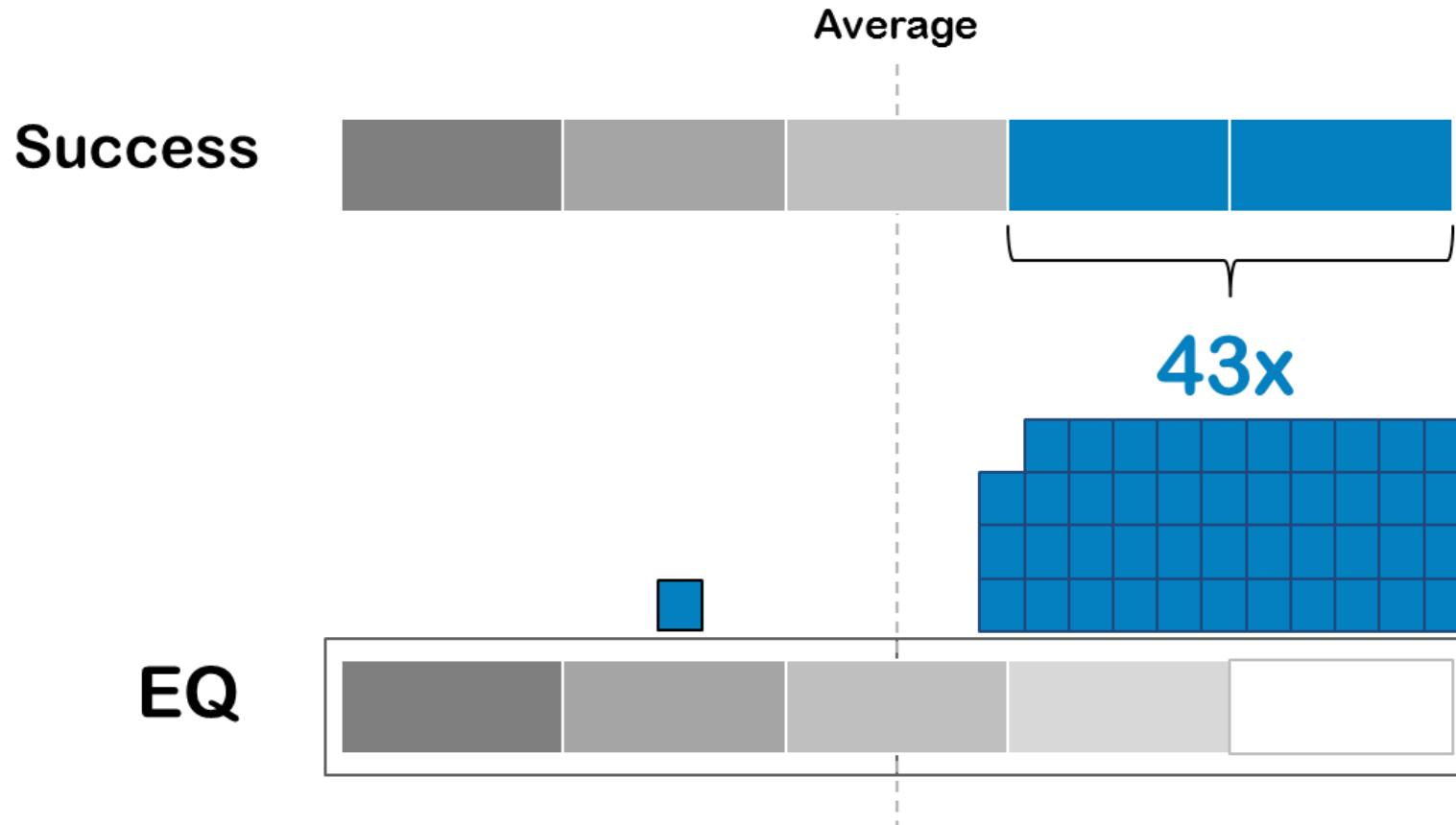


Quality of life



Wellbeing

EMOTIONAL INTELLIGENCE



Source: State of the Heart 2016, <http://6sec.org/soh>

EMOTIONAL INTELLIGENCE



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Noun

“The capacity to be aware of, control, and express one's emotions and to use emotional information to guide thinking and behaviour”

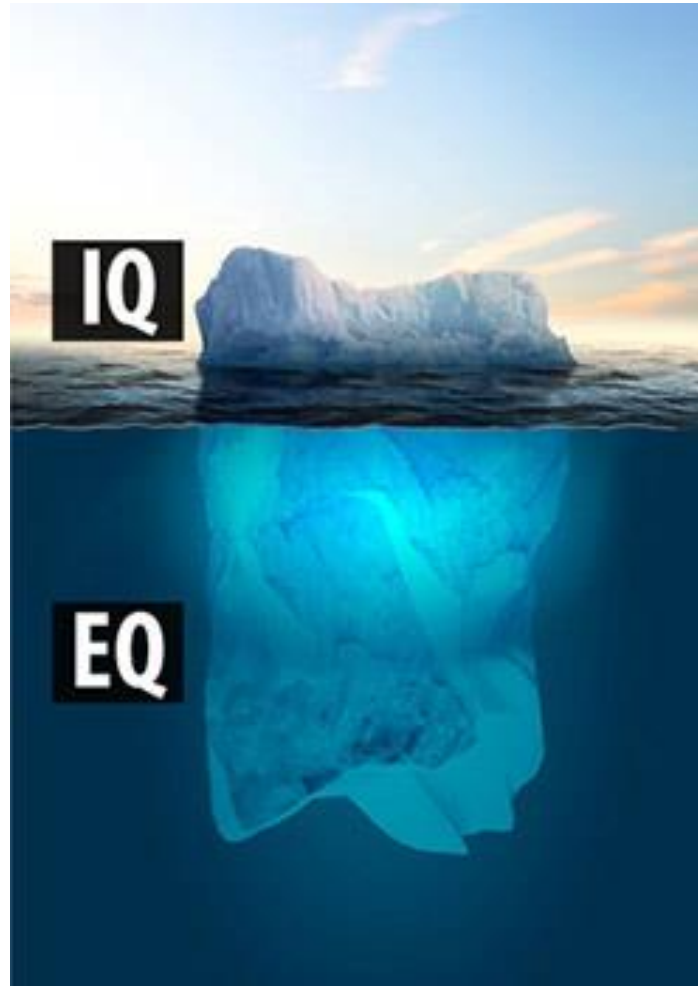
“Effectively blending thinking & feeling to make optimum decisions”



EMOTIONAL INTELLIGENCE



Why is EQ so
important?



EMOTIONAL INTELLIGENCE



Emotions signal the body;



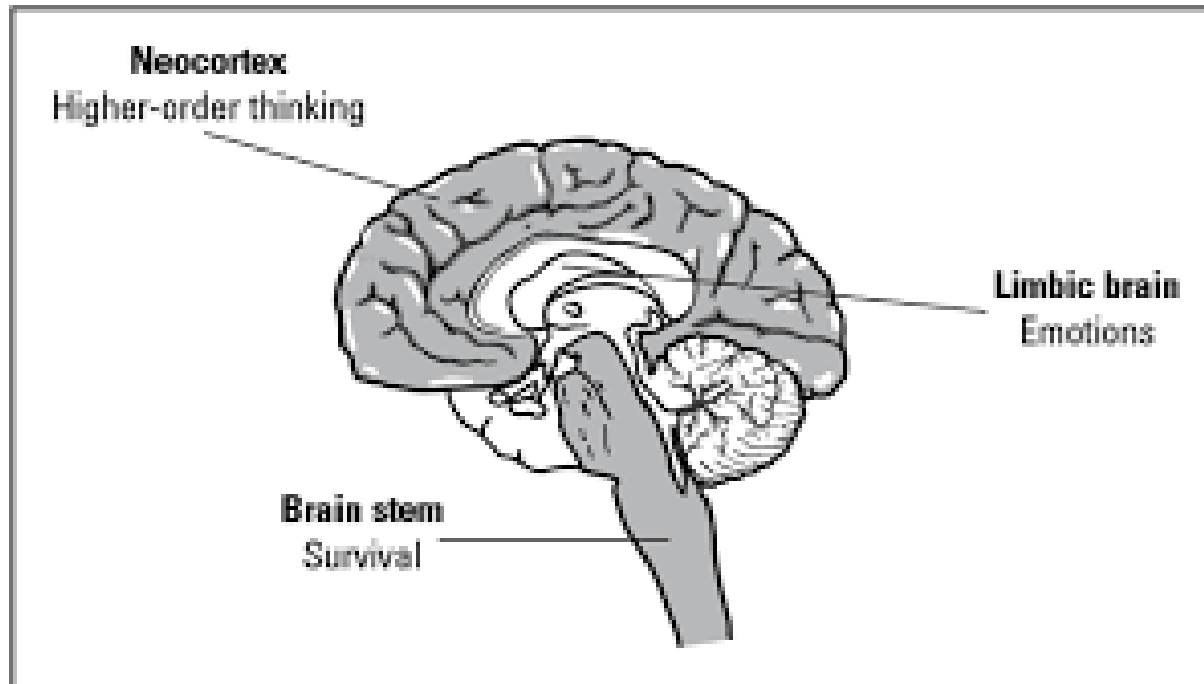
- To prepare for opportunity and threat
- To regulate basic functions as heart rate, blood flow, digestion, immunity, muscle response & body temperature

EMOTIONAL INTELLIGENCE

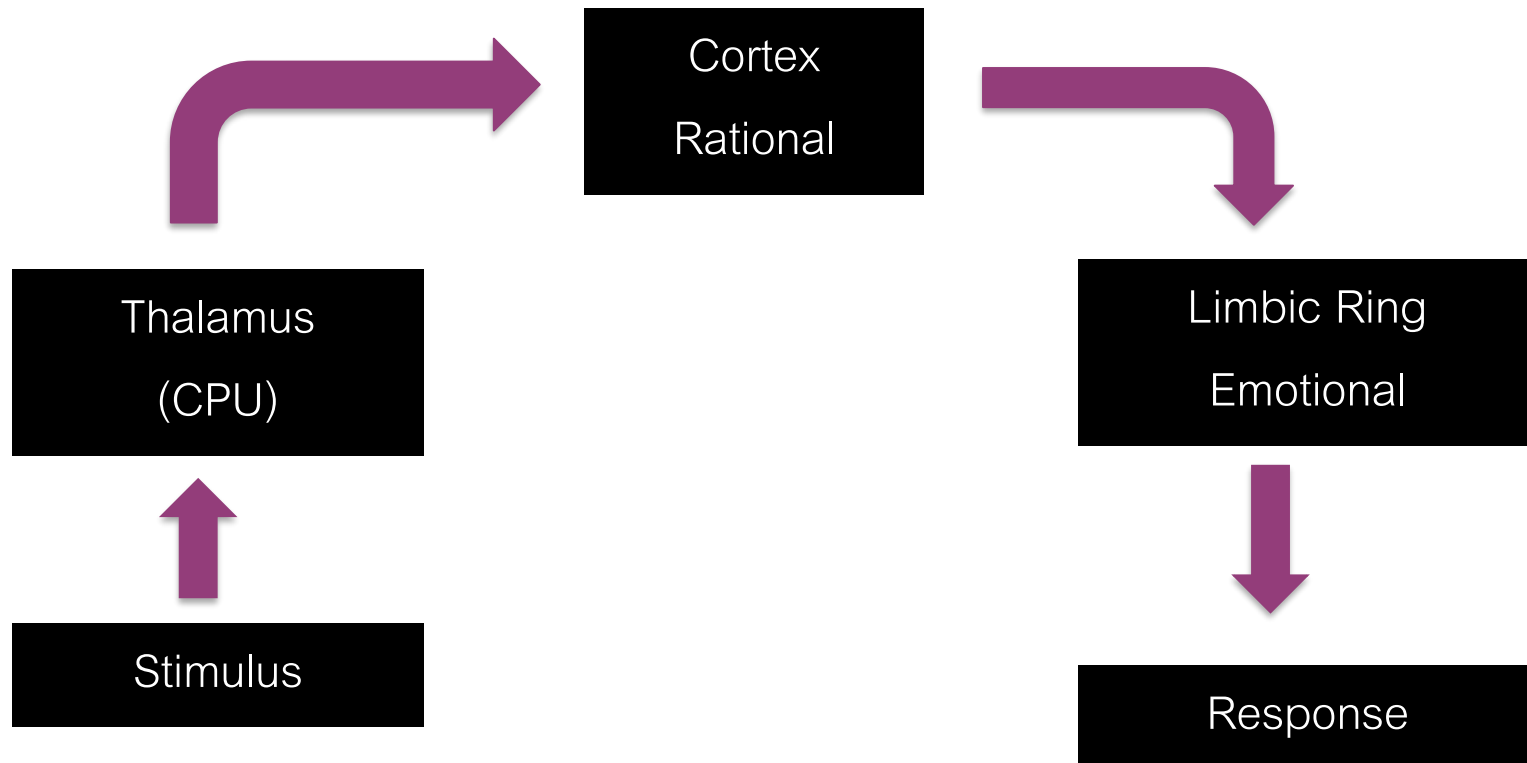


- Part of the value of emotional intelligence comes from grounding in rigorous science.
- Advances in neurobiology provide invaluable insight into the way emotions function in the brain and body.

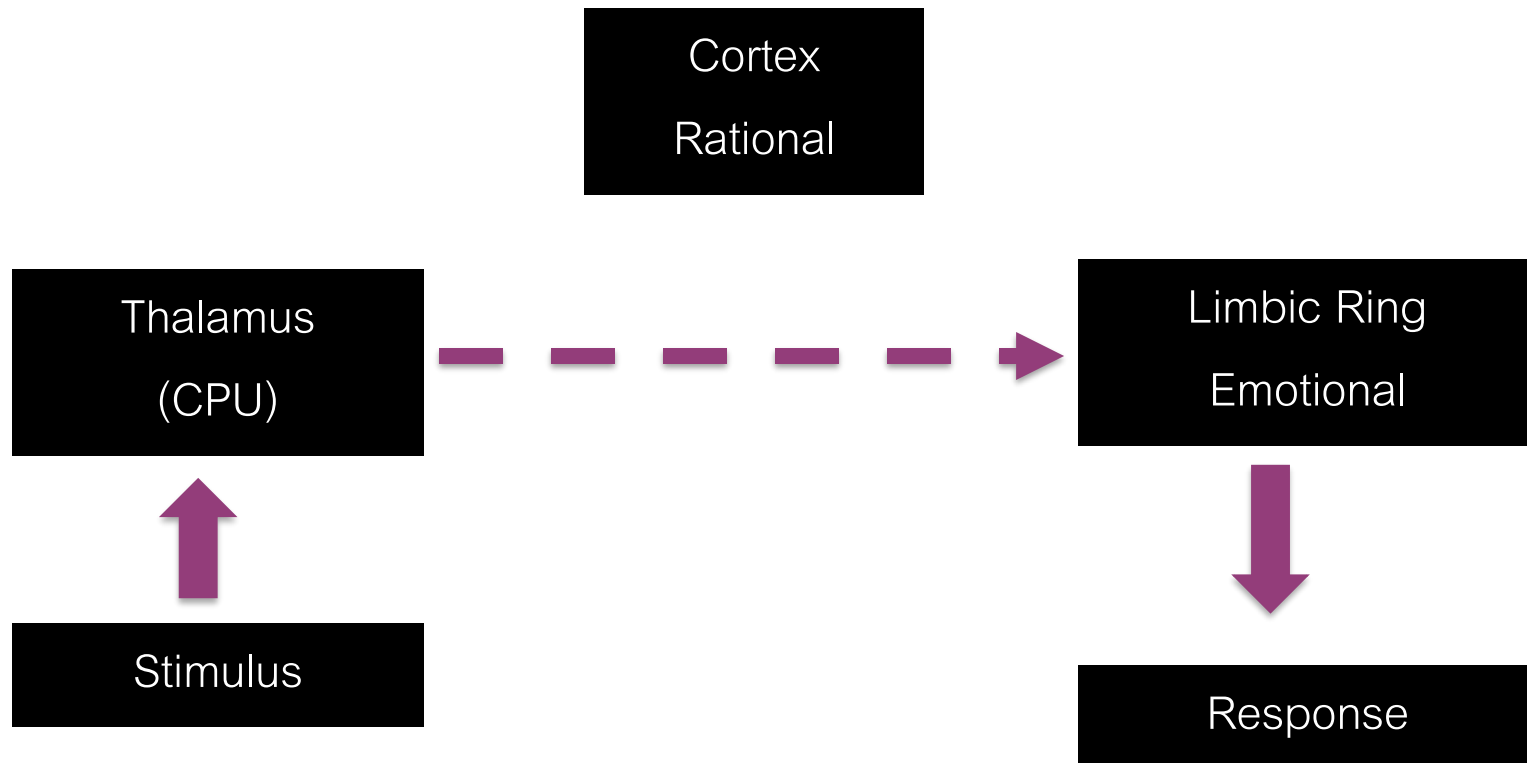
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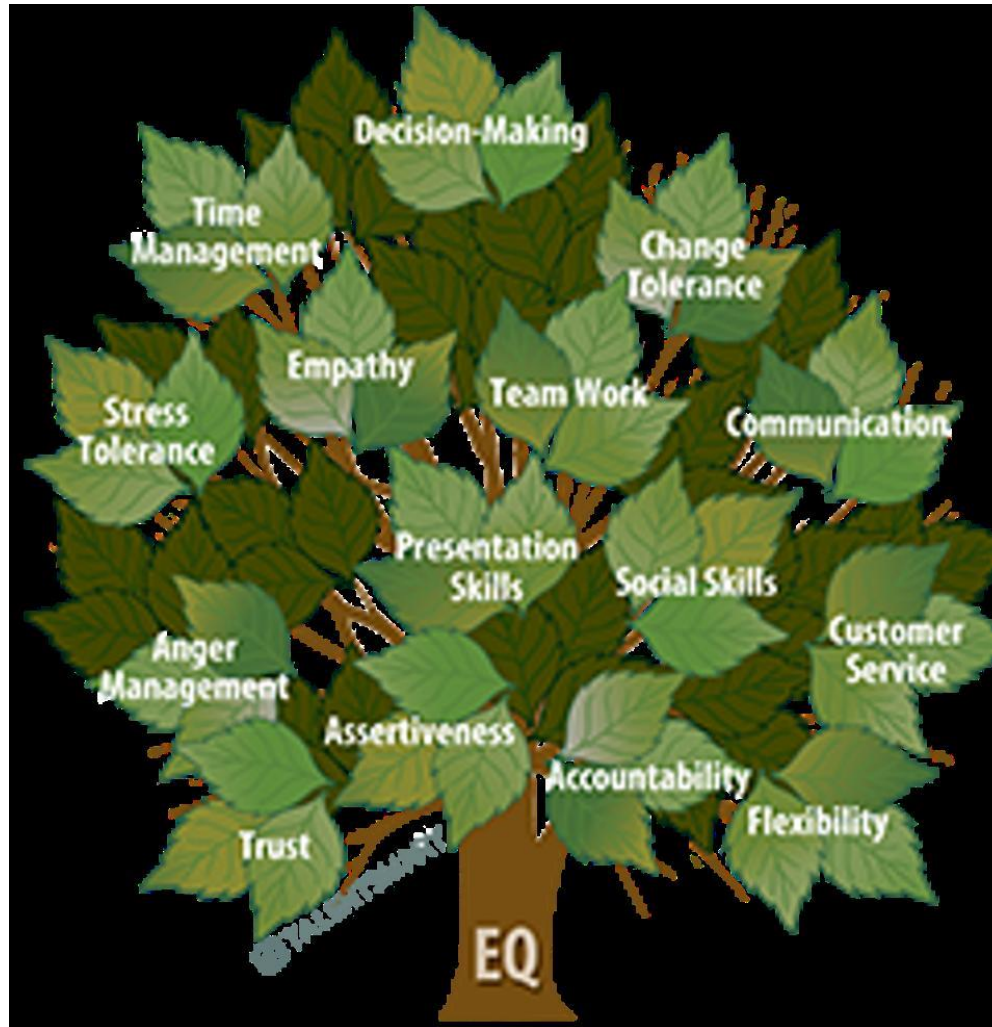
EMOTIONAL INTELLIGENCE



EQ-IN- ACTION MODEL



EMOTIONAL INTELLIGENCE



Source: Talent Smart

EMOTIONAL INTELLIGENCE



Emotional intelligence is a
game changer...

It's the
missing link



that equips people to be

CHANGE-MAKERS