

EMOTIONAL INTELLIGENCE

[BE IN CHARGE]

THE IFRS WEEK CONFERENCE

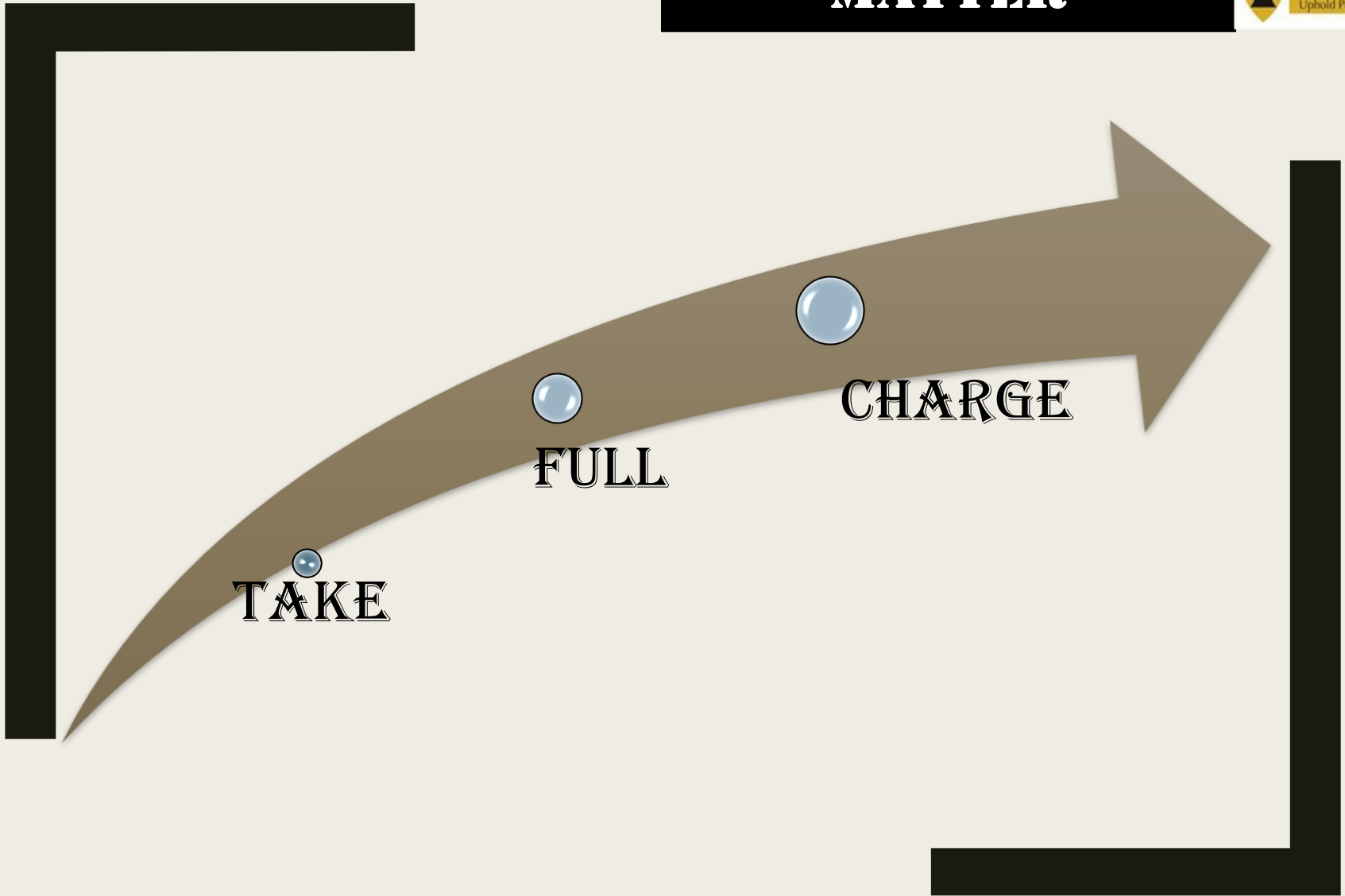
Presentation by:

CPA JOEL KOBIA, TJoe
Lead Consultant – RLC
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Uphold public interest



HEART OF THE MATTER



PRESENTATION AGENDA



- ☐ Introduction
- ☐ Emotional Intelligence (EQ) Vs IQ
- ☐ The 4 Pillars of EQ
- ☐ Just Do it!

GOOD OR BAD ...



THE 4 PILLARS



- ☐ Intrapersonal Pillar
- ☐ Interpersonal Pillar
- ☐ Adaptability Pillar
- ☐ Stress Management Pillar

THE JOHARI WINDOW



Open Self

Information about yourself that you and others know.

Blind Self

Information you don't know but others know about you.

Hidden Self

Information you know about yourself but others don't.

Unknown Self

Information about yourself that neither you or others know.

Who am I?

Extroverts

- ☐ Sanguine
- ☐ Choleric

Introverts

- ☐ Melancholy
- ☐ Phlegmatic

INTRAPERSONAL PILLAR



Me Vs Me!

- ☐ Self Awareness
- ☐ Self Regard
- ☐ Assertiveness
- ☐ Independence
- ☐ Self Actualization

INTERPERSONAL PILLAR



Golden &
Platinum Rules!

- ☐ Empathy
- ☐ Social Responsibility
- ☐ Interpersonal Relationship

ADAPTABILITY PILLAR



Accept Reality!

- ☐ Reality testing: *See things are they are*
- ☐ Problem Solving: *Identify, Define, Solve*
- ☐ Flexibility: *Unfamiliar and unpredictable*

THE TRUTH



STRESS MANAGEMENT PILLAR



Tolerance Levels!

- ☐ Stress Tolerance: *Relaxed, Composed*
- ☐ Impulse Control: *Resist / Delay impulse*

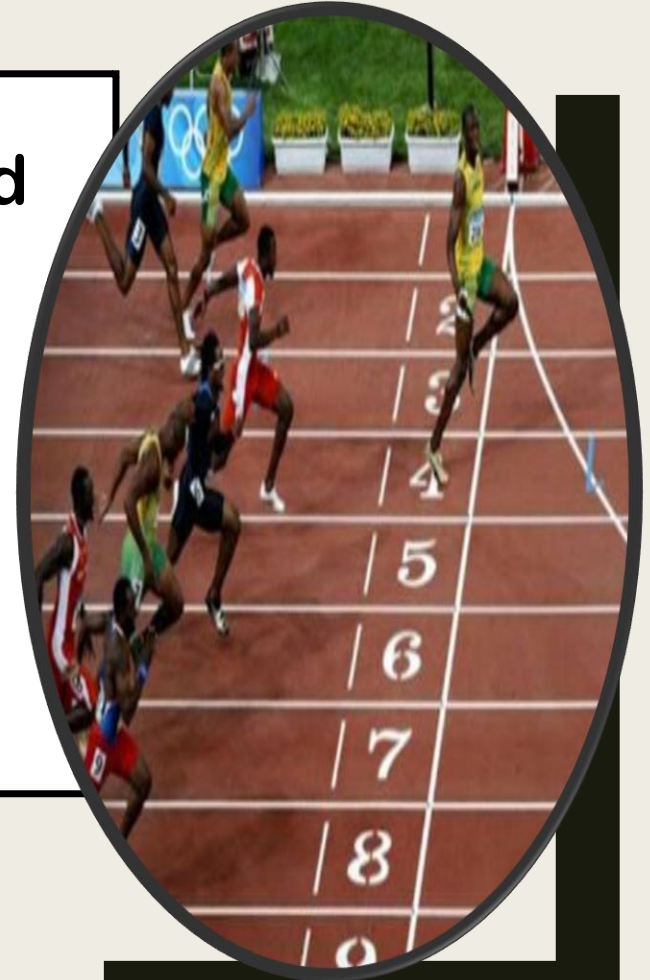
GO FOR IT!

- ❖ Become Deliberate
- ❖ Declutter your life
- ❖ Permit yourself to grow
- ❖ Golden & Platinum Rules



GO FOR IT!!

- ❖ Guide from conscious mind
- ❖ Embrace Self Awareness
- ❖ Seek more to understand
- ❖ Be the solution



PARTING SHOT



Your Future is counting on
your Present for its Greatness!





CPA JOEL KOBIA

Tel. 0722 294 325 / 0732 075 805

Tweeter: @TJoeKobia

LinkedIn: CPA Joel Kobia

FB Page: Joel Kobia – Life Coach