



The 5th Annual Lady Accountants Conference Emotional Intelligence

Presentation by:

Tazim Elkington
The Indian Black Butterfly
Date: September 28th 2020 @1400 Hours

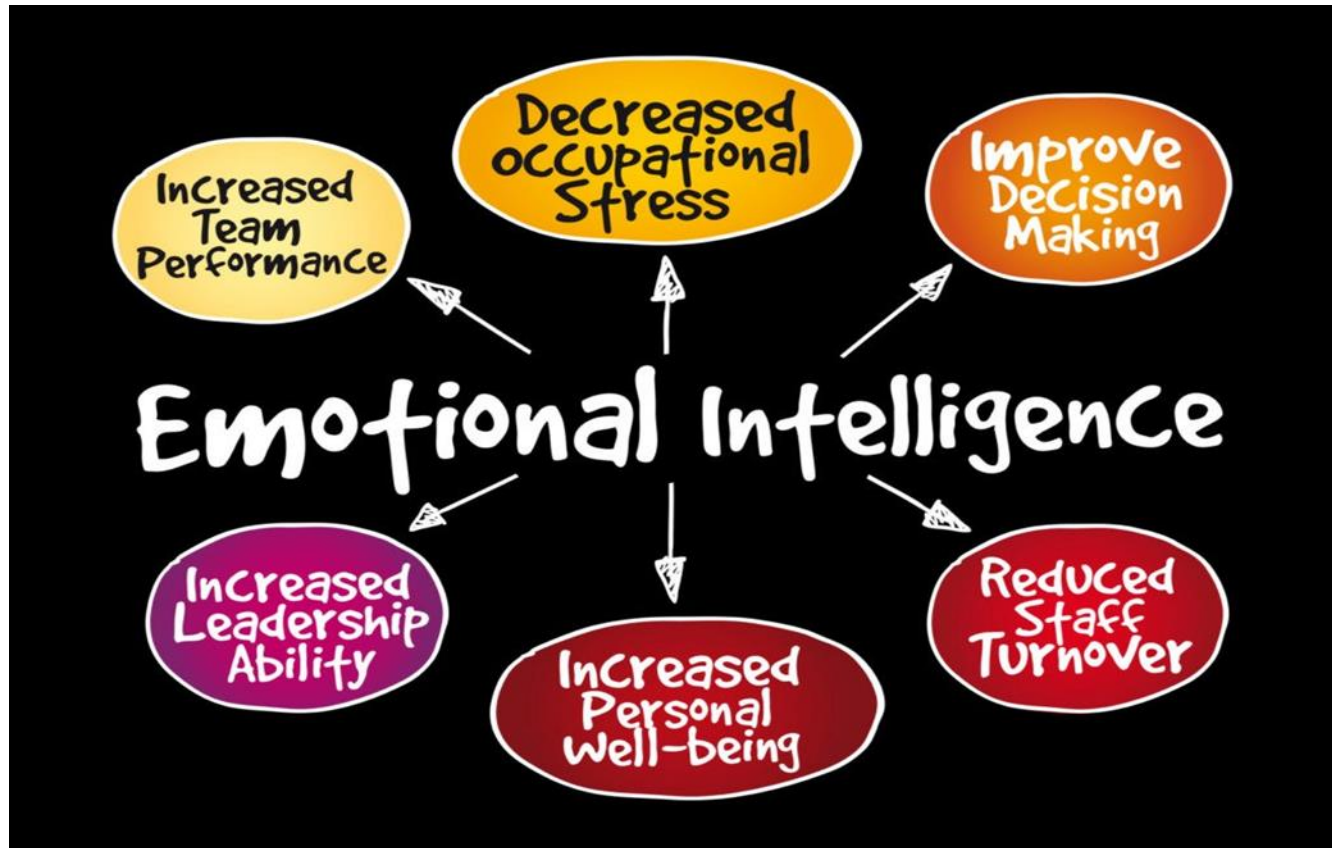
Presentation agenda - Wednesday Oct 28th 1400Hrs



How Emotional Intelligence impacts women leadership

- *The Power of the Mind and EQ
- *Understanding EQ and its impact on the self and others
- *Using EQ to communicate and enhance team understanding
- *How to leverage EQ to confront situations and find

Ready to Examine how important EQ is?



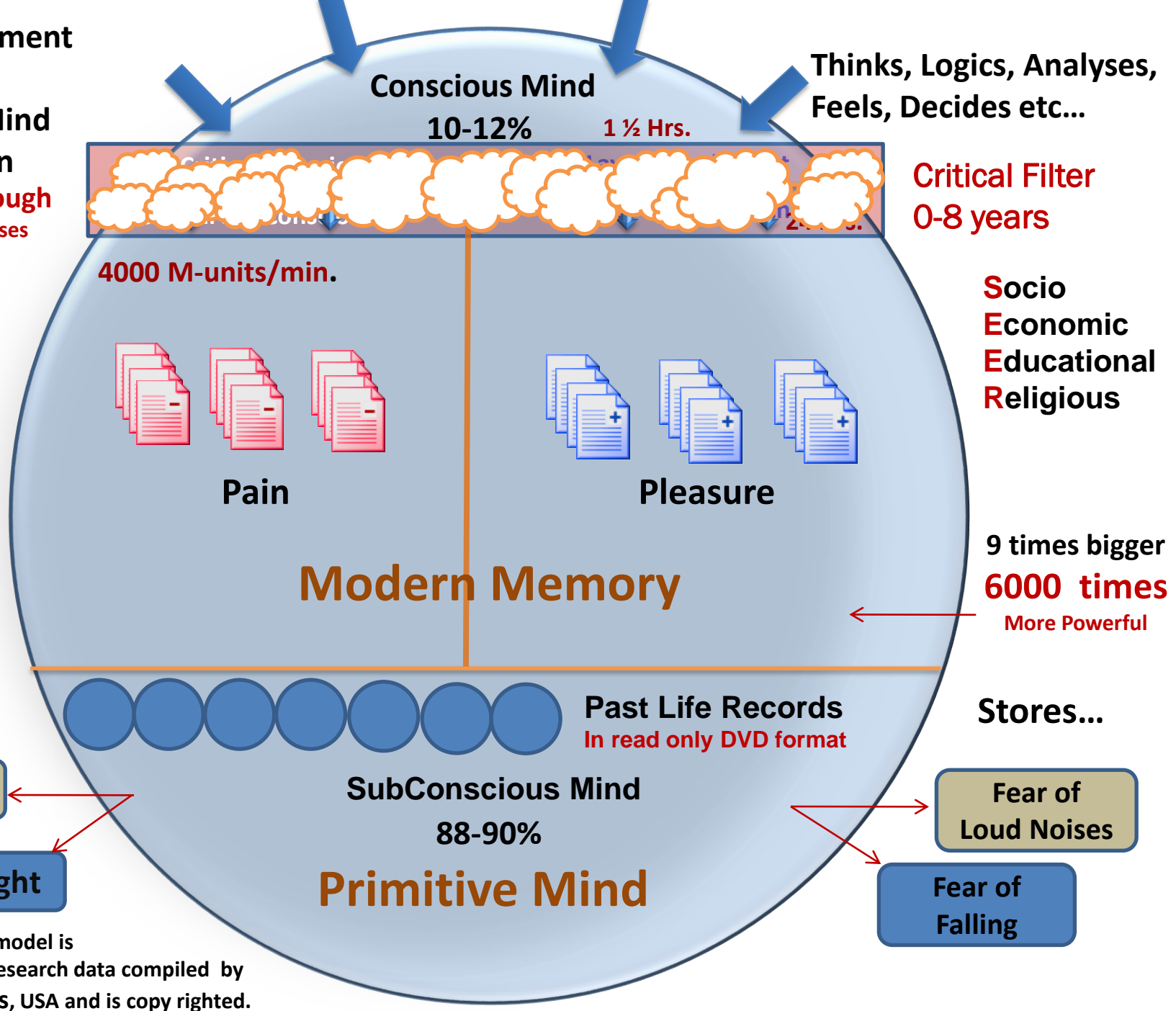
Emotional Quotient – EQ/EI



- *Before we understand the importance of EQ in the workplace, we need to first understand what emotional quotient means.
- *How does it affect your day-to-day work? Can you improve it with exercise or practice? Or does it remain consistent throughout one's life? Where does this come from?
- ***Emotional Quotient** is primarily your ability to understand other people and what motivates them as well as your own motivations and emotional intelligence. In addition to this, the ability to monitor and manage your own emotions also ties in with your level of emotional intelligence.
- *It is crucial to determine your emotional intelligence as it impacts almost everything you do and say each day.

1. Environment
2. Body
3. Conc. Mind
4. Sub. Con

Venting Through
Dream Processes



This therapeutic model is based upon the research data compiled by Dr. John Kappas, USA and is copy righted.

Where Do Emotions Stem from?



www.declincinternational.com

5%

Only 5% of our decisions, emotions and actions are conscious.

Do you know how to outsmart your unconscious biases for better decision-making?



Source: Brendan D. Murphy, The Grand Illusion, 2012

The Power of the Mind and EQ!



Understanding EQ and its impact on the self and others



- *How long does an emotion last?
- *Why do we get impacted by others?
- *Why is it important to understand EQ, what its made up of and how it impacts all areas in life?
- *Learning to look at facts, taking responsibility of the functional aspects of the workspace – being on the same side!
- *Now lets examine, identify and summarize

Using EQ Language to Communicate



Using EQ Language to Communicate and Resolve!



- *The 'I' Versus the 'you'
- *Being factual and keeping it pointed and precise (avoid the blah/gossip)
- *Go beyond the problem and become solution oriented
- *Exemplifying that you are all on the same side
- *Avoiding making it about you – focus on the situation
- *Be honest and keep in mind the minus effect on the company/organization
- *Avoid holding grudges and move on
- *Confront/discuss and resolve!

Wrap up and Thank you!

www.tazim.net



A screenshot of a web browser displaying the website for Tazim Elkington. The browser's address bar shows the URL 'https://tazim.net'. The website's header includes a butterfly logo and a navigation menu with links for HOME, ABOUT, HYPNOTHERAPY, SERVICES, VIDEOS, WRITING, EVENTS, and CONTACT US. The main content area features a large portrait of Tazim Elkington, a woman with blonde hair, smiling. Overlaid on the portrait is the text: 'Tazim Elkington' in a dark blue serif font, followed by 'The Indian Black Butterfly' in a green cursive font. Below this, her roles are listed: 'Paradigm Shifter, Trainer and Facilitator, Hypnotherapist, Writer, Speaker, Poet and Qreator of the 'Q Factor''. The Windows taskbar at the bottom shows various application icons and the system clock indicating 12:23 PM on 2/20/2019.