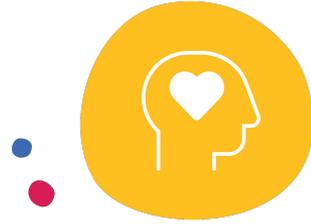


Building Self Awareness to Develop Emotional Intelligence



What is Emotional Intelligence?

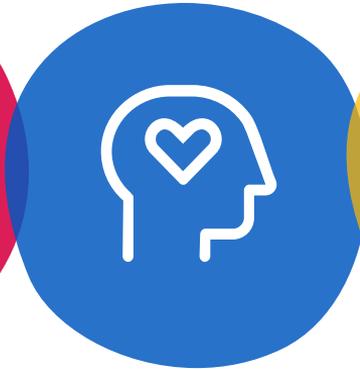
“The subset of social intelligence that involves the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them and to use this information to guide one’s thinking and action.”

Salovey & Mayer

The Five Pillars of Emotional Intelligence



SELF-AWARENESS



SELF-MANAGEMENT



EMPATHY



COMMUNICATION SKILLS



TEAM DYNAMICS



Self Awareness

(knowing one's emotions)

Emotional intelligence starts by knowing and recognizing your own feelings.

Emotions may not always feel positive, but they do serve a positive purpose. They are our mind and body's way of communicating to try to push us to take positive, helpful action in response to something that has happened, is happening or could happen.

Simply put, emotions are impulses to act.



Self Management

(managing feelings, including how to stay motivated!)

Once we have identified our own emotions, our next step is to recognize how we might react and if that is the most appropriate and useful action.

Handling feelings is an important part of self-management, and by mastering this skill, we are able to pick ourselves up when life throws us a curveball.



Empathy

(identifying, understanding and empathizing with others)

Empathy is the ability to recognize emotions in others, and the awareness of differences in the intensity of how people feel, process and act on emotions.

Just as we don't all recognize color in the same way, we all experience and react to emotions differently.

We feel more content when we are able to pick up on subtle social signals that indicate what others feel and need. Teams need to productively build trust and understanding to support and rely on others.



Communication skills

(identifying blockers, listening, expressing feelings and thoughts proactively)

Improving our communication skills allows us to be better understood, and to better understand others. Communication and the way in which we connect are said to be the key to personal and career success. We all have different ways of feeling and expressing emotions, and the same goes with communication styles. Effective communication starts with choosing the right format for conversations so that people can feel safe and communicate openly.



Group Dynamics

(team dynamics, organizational vision, roles and responsibilities, build team norms)

In high-performing teams, most people will cultivate positive ways to deal with negative emotions. Some people may not be as aware of their emotions and are less able to get to grips with them.

These issues can be changed if they are open to exploring ways to improve emotional intelligence and seeing the potential benefits. Noticing and working with differences can be part of creating the right team atmosphere to build a stronger group identity.

How Self-Awareness can Develop our Emotional Intelligence

- Notice and improve our ways of **communicating**.
- Identify similarities and differences between ourselves and others to build **empathy**.
- Identify our own emotional patterns and **manage our actions**.
- Build trust in **teams** for **improved group dynamics**.



A better way to design workshops

This presentation is a companion to the Emotional Intelligence Workshop template available at SessionLab.

SessionLab is a workshop planning tool that makes it easy for facilitators, trainers and teams to design and run better meetings and workshops.

www.sessionlab.com

Design Sprint 2.0
Step by step process for solving big problems and testing new ideas in just 4 days. Design Sprint 2.0 is simply the most complete, semi-ritualized version of the Sprint.

One of the biggest differences between the original Design Sprint and the Design Sprint 2.0 is that 2.0 is optimized to work not just in startups, but also in larger organizations that don't necessarily have time to commit an entire week to the full process.

- **Replaces** four days instead of five.
- **You only need** the full Sprint team for two days instead of five.

Design Sprint 2.0 - Day 1 - Map & Sketch

On Monday morning, you'll kick off your sprint by sharing knowledge, understanding the problem, and choosing a target for the week's efforts. In the afternoon you will seek inspiration and start producing / sketching potential solutions.

present information | group discussion | decision making | break | individual note & vote | create

10:00w Introduce the Design Sprint 2.0

DEFINE THE CHALLENGE

- 10:10w Expert Interviews & "How Might We..." notes
- 10:40w Organize HMM notes
- 10:55w Vote on HMMs
- 11:10w Coffee Break
- 11:25w List sprint questions
- 11:55w Map

12:40w Lunch Break

PRODUCE SOLUTIONS

- 1:40w Lightning Demos
- 2:40w Coffee Break
- 2:55w 4 Step Sketch

Remote Workshop 06h 20' **Remote problem solving workshop**
Overview

08:50	10'	Remote Workshop Preparations Before you get started, some final checks to ensure you're prepared for this remote workshop!	Running Before y the chec ensure e
09:00	10'	Introduction Welcome your participants into the online workshop and have everyone conduct a quick equipment check.	Online w opportu
09:10	30'	Break the Ice with The Four Quadrants Activity The Four Quadrants is a tried and true team building activity to break the ice with a group or team. It is EASY to prep for and set up. It can be MODIFIED	This is a any team
09:40	45'	Remote Sail Boat By using the metaphor of a sailboat, teams can articulate what is working well and also, what is holding the organization back.	This exer from the works be
10:25	15'	BREAK	Rememb their cor
10:40	45'	Lightning Demos The lightning demo is an exercise from the Design Sprint, which is like a short research session: inspire the team with product or services that they may use	• Rem chal

Remote Workshop

- Introduction
- Break the Ice with The Four Quadrants Activity
- Remote Sail Boat
- BREAK
- Lightning Demos
- Online reflection
- Experimental solutions
- Doc voting
- Lunch Break
- What are you doing? Remote edition: Impact and Effort Matrix
- Who/What/When Matrix
- One breath feedback