

Emotional Intelligence...

“Knowing Thyself Is Only Half of It”

Laticia Thompson, MSMOB
Founder & Chief Legacy Partner



1

Explore the four elements of Emotional Intelligence (EQ) and why it's so essential to thriving personally and professionally

2

Learn how to identify when your emotions and the emotions of others are compromising the results you need/want to accomplish

3

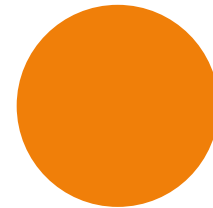
Learn strategies to strengthen your EQ muscle

Our Time Together

“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.”

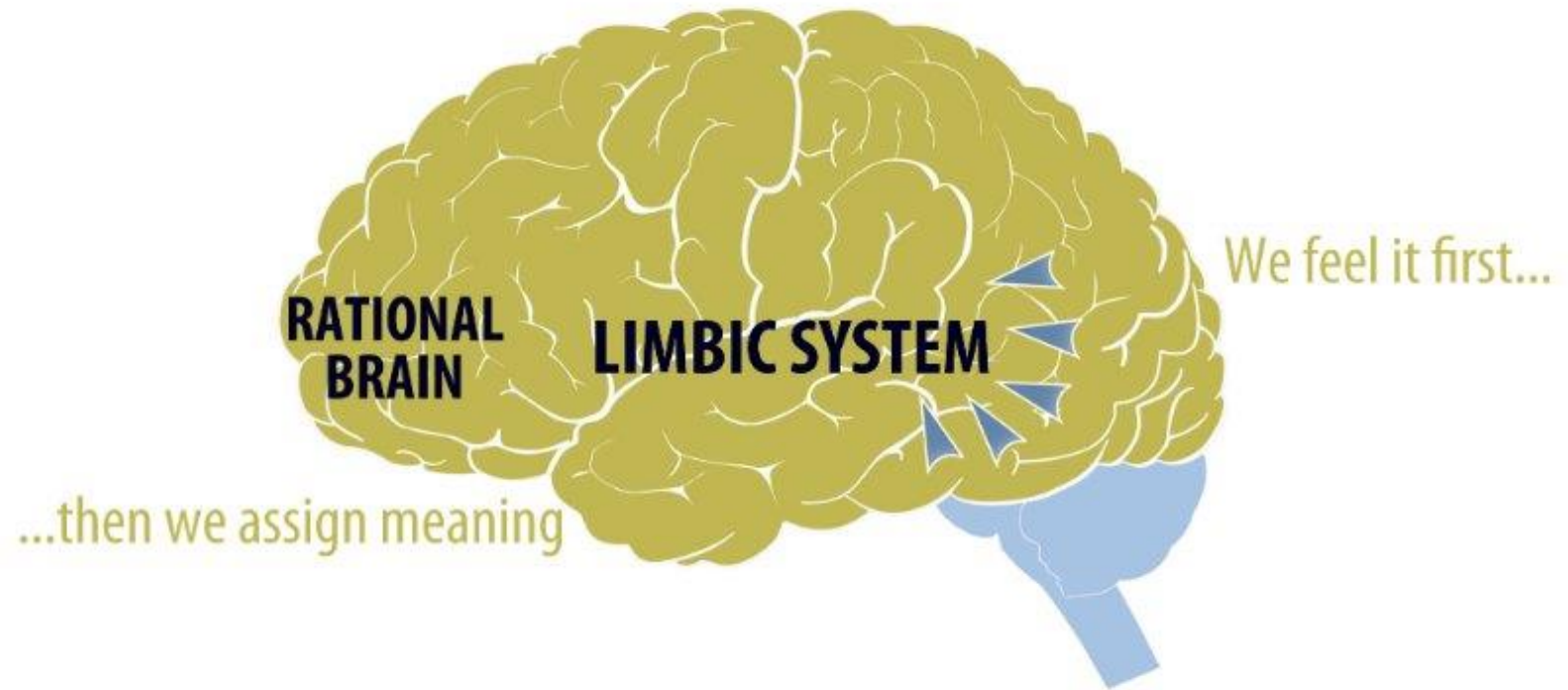
~Drs. Travis Bradberry and Jean Greaves
Emotional intelligence 2.0

What is Emotional Intelligence



What Happens?...The Anatomy of EQ

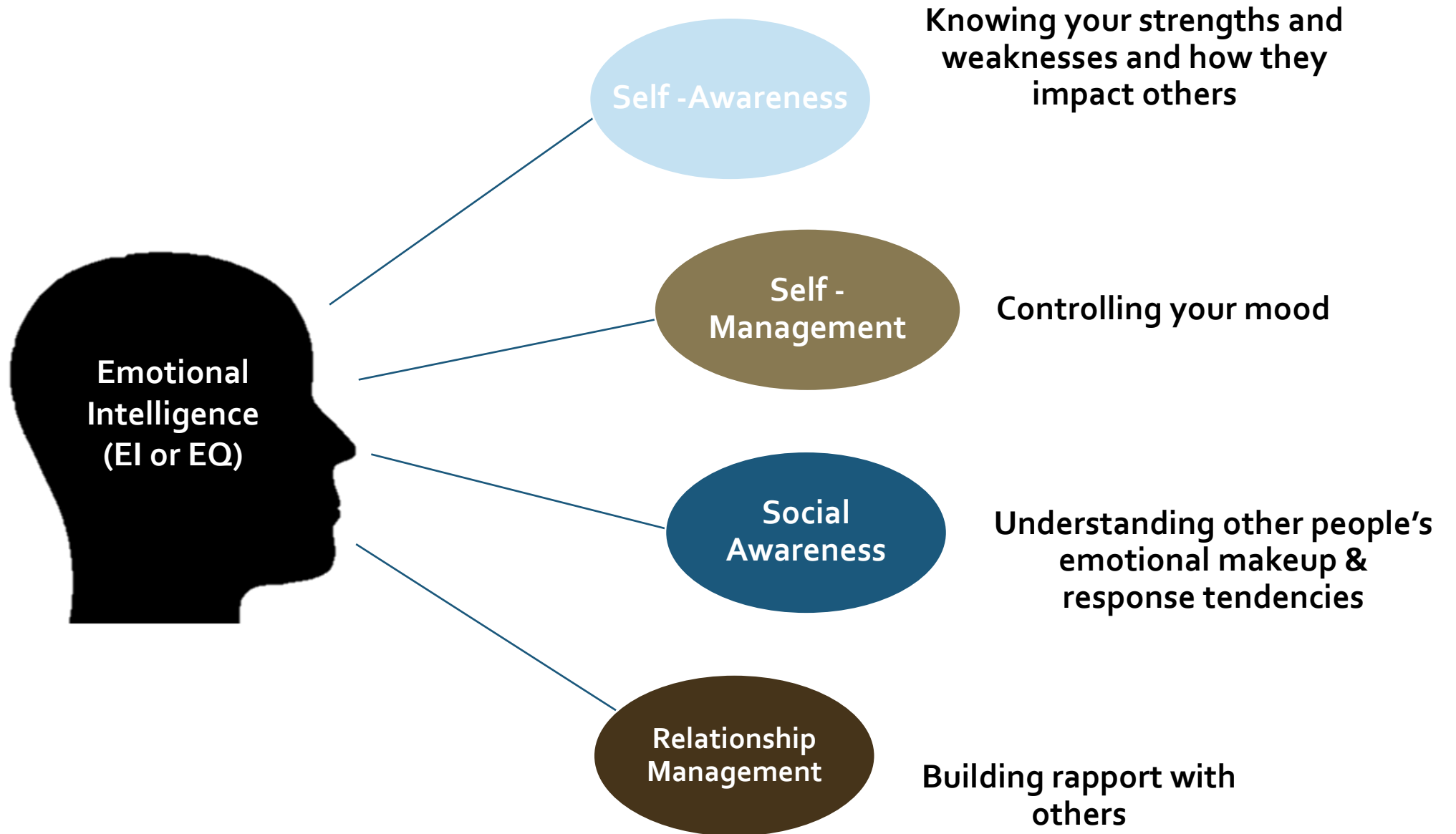
The emotional brain responds to an event more quickly than the thinking brain.





Victim or Villain

Elements of EQ



United We
Stand...

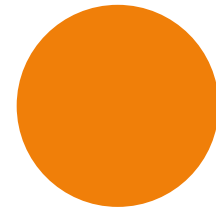


*Emotional intelligence is an
essential part of the whole person.*



36%

Identity Crisis



At The Core

Happiness

Sadness

Anger

Fear

Shame

ADAPTED FROM AND REPRODUCED BY PERMISSION FROM JULIA WEST.

Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horrified Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

The five core emotions run left to right across the top of the table. Manifestations of each emotion based upon the intensity felt are described down each of the columns in the table.

Physical Health

- Manage Stress

Mental Well-Being

- Positive Attitude

Relationships

- Understand needs, feelings and responses of others

Conflict Resolution

- Empathize and honor others' perspectives

Leadership

- Workplace satisfaction

Why is it Important

Recognizing EQ In Action





Personal Mastery

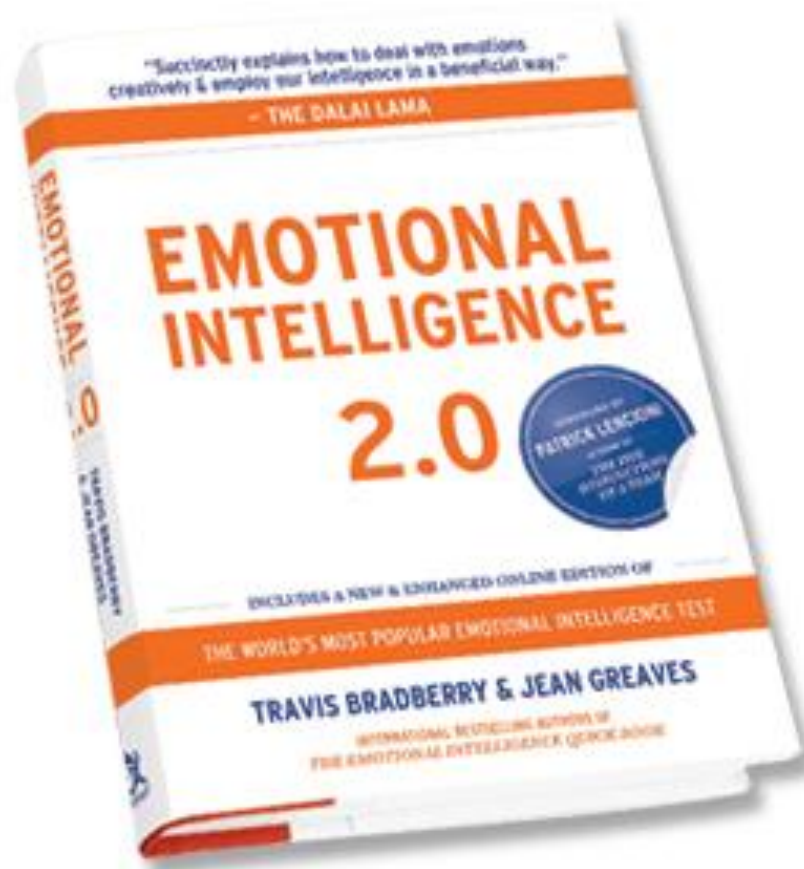


Strengthening Your EQ Muscle

More Tips on Strengthening Your EQ Muscle

- Understand the importance of emotional intelligence in all aspects of your life
- Learn to recognize stress triggers and how to deal with them
- Be open-minded, intellectually curious and agreeable
- Be outgoing and empathetic
- Be conscientious and prepared to deliberate
- Be attentive and self-aware – know thyself
- Practice communication skills
- Be optimistic. You got this!

Emotional Intelligence 2.0



Travis Bradberry & Jean Greaves

ISBN-13: 978-0-97432-062-5

**Includes free EQ Assessment*

Need Additional Support

Legacy Blueprint, LLC
Laticia Thompson, Founder & Chief Legacy Partner

lthompson@legacy-blueprint.com

www.legacy-blueprint.com

815-919-4940

