

Building Emotional Intelligence

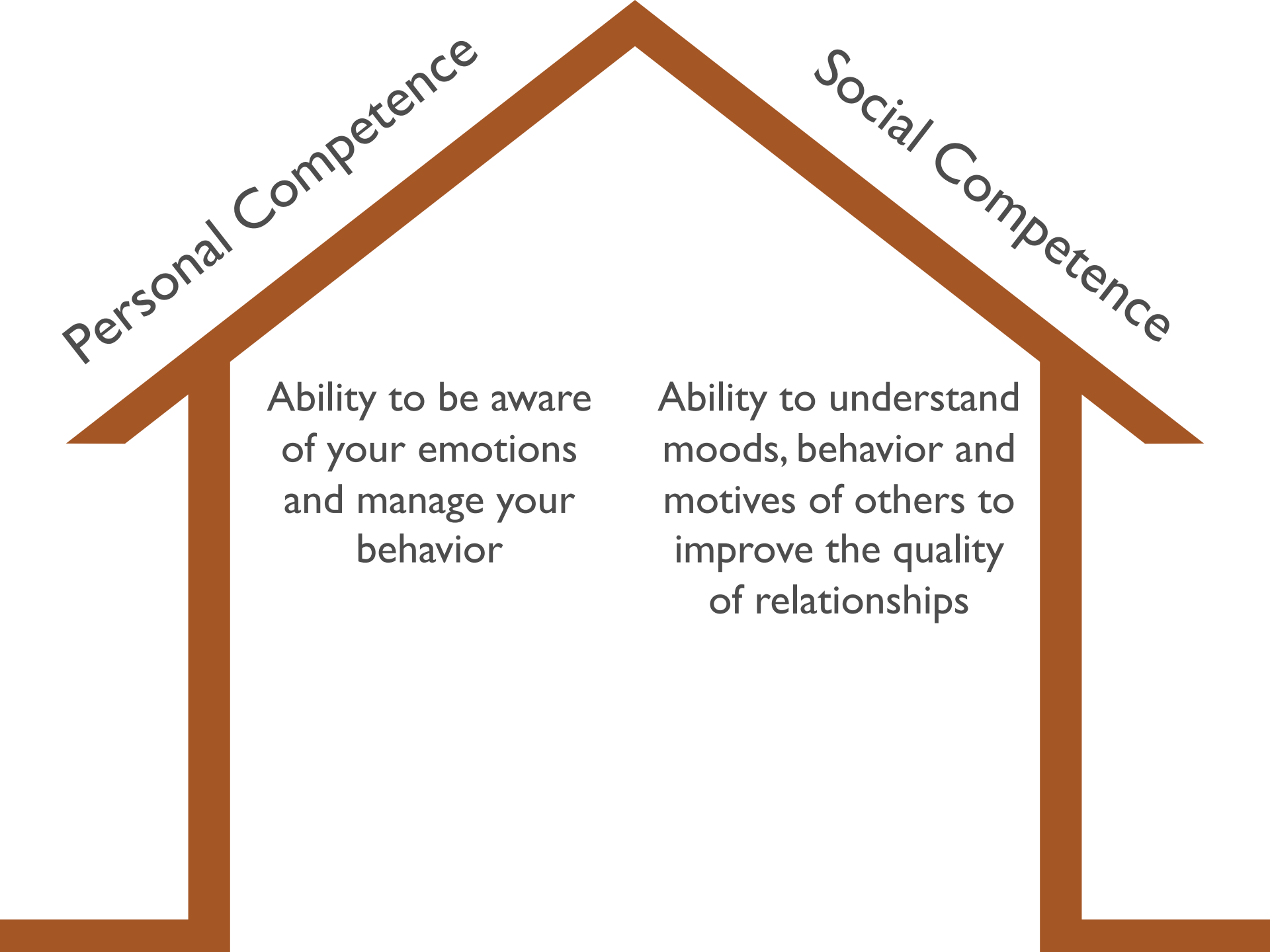
Emotional Intelligence



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



Personal Competence

Social Competence

Self-awareness

understand your tendencies
perceive your emotions

Self-management

use emotional awareness to stay flexible and direct behavior

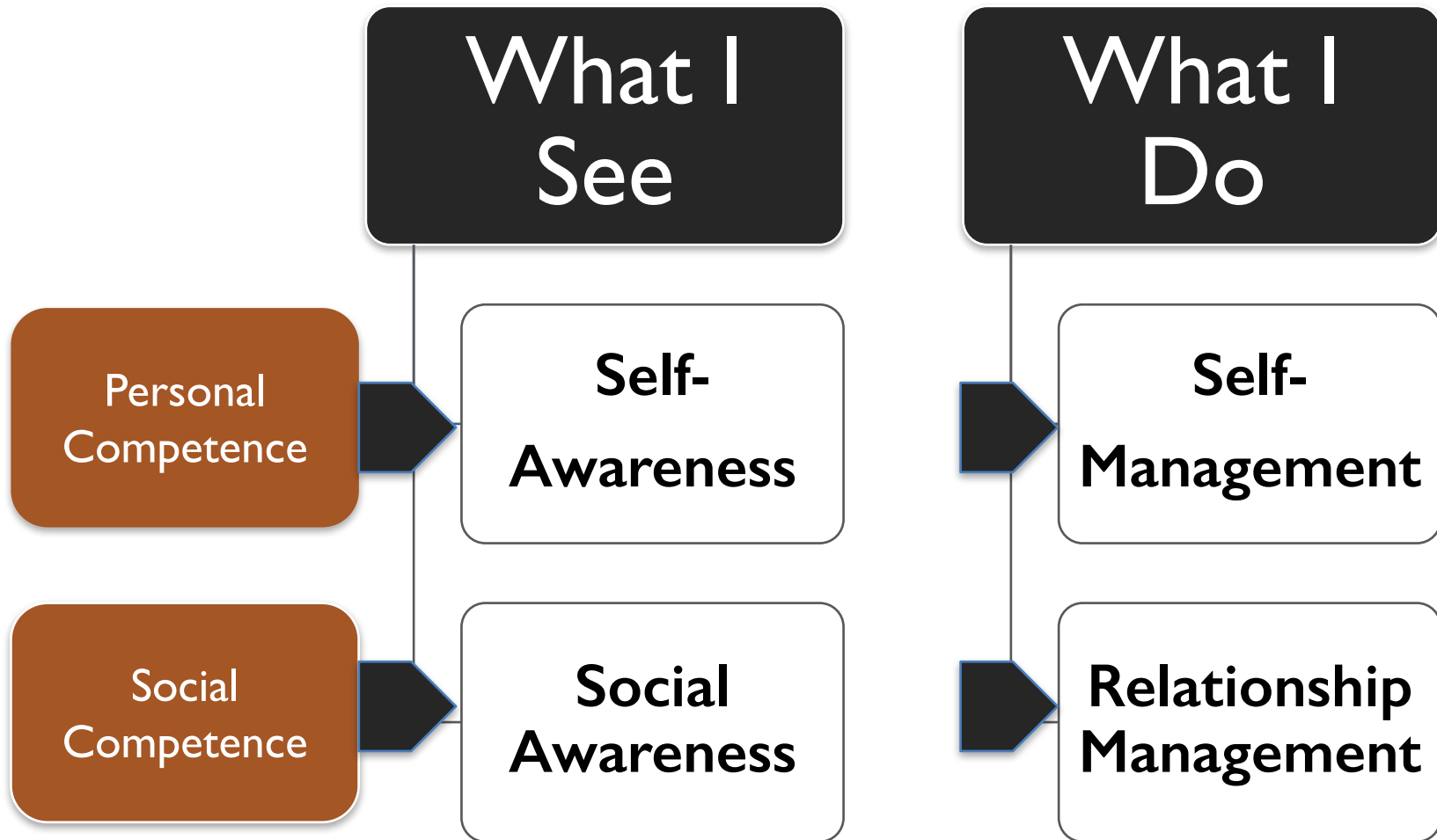
Social awareness

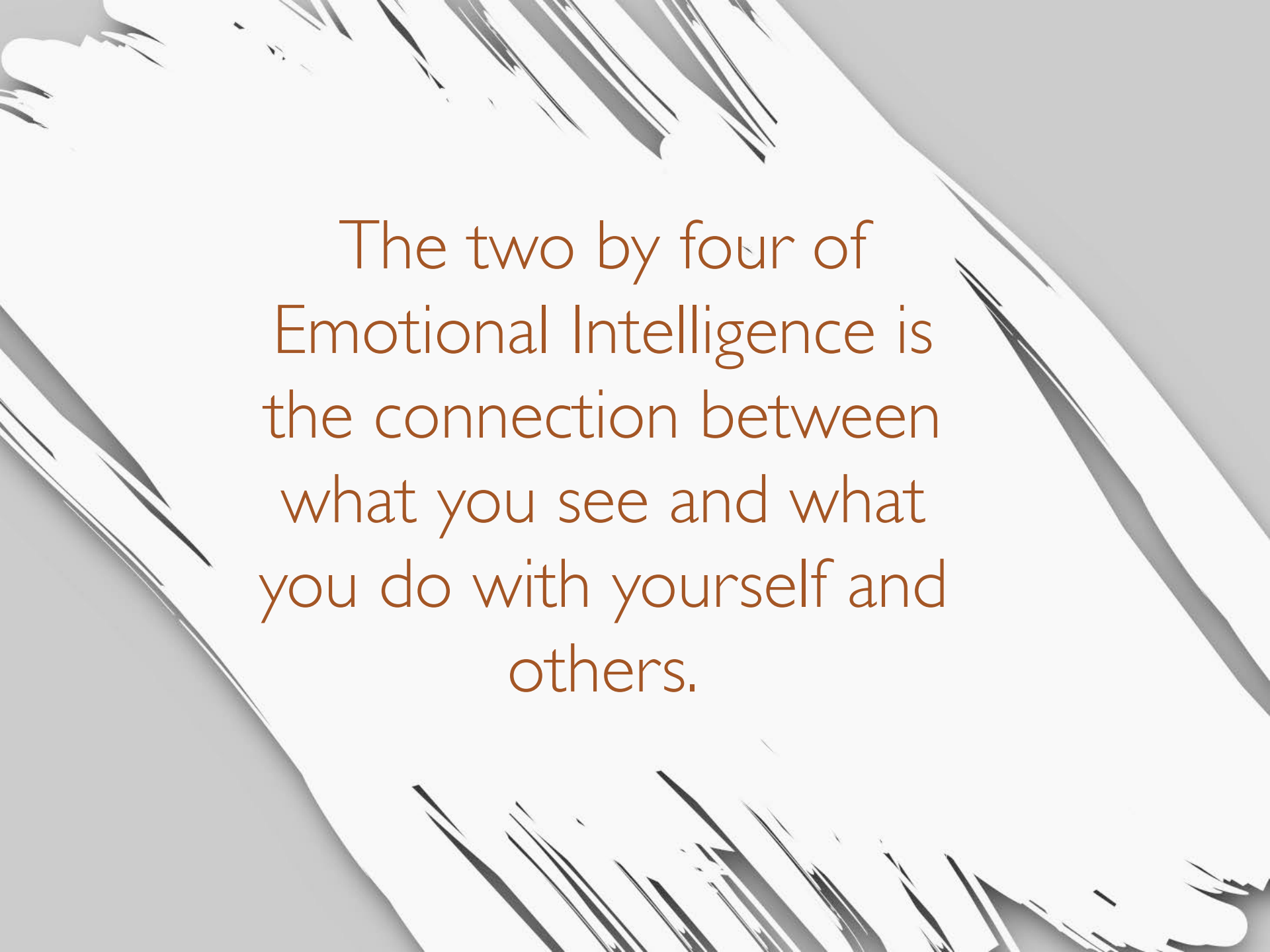
pick up on others emotions
understand what is really going on

Relationship management

use emotional awareness to manage interactions

Emotional Intelligence



The image features a white, torn-edge paper graphic that is slightly offset and layered over a solid grey background. The paper has jagged, irregular edges, giving it a hand-torn appearance. Centered on the white paper is a paragraph of text in a brown, serif font. The text is arranged in six lines, with the first line being the longest and the last line being the shortest, creating a balanced, centered composition.

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Emotional Intelligence is
the connection between
what you see and what
you do with yourself and
others.

Three Realities of EQ and The Bible





God's wisdom far exceeds man's wisdom

Hundreds of scriptures teach
us about relational skills and
responsibilities



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Emotional Intelligence is a tool that
reinforces scripture.

Strategies for Raising Emotional Intelligence

Visit Your Values

- ☐ List your core values
- ☐ Solicit feedback
- ☐ Watch yourself like a hawk

Strategies Continued

Be Present

- ☐ Choose flexibility (like a plastic fork)
- ☐ Stop talking, start listening
- ☐ Catch the mood

Strategies Continued

Walk the Two-Way Street

- ☐ Ask for guidance
- ☐ Build trust
- ☐ Show you care

