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
Ability to be aware of your emotions and manage your behavior

Ability to understand moods, behavior and motives of others to improve the quality of relationships
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

What I See

- Self-Awareness

What I Do

- Self-Management

Personal Competence

Social Competence

- Social Awareness

- Relationship Management
The two by four of 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

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