

Putting Your Emotions To Use




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When You Leave, You Will Be Able To:

- Define Emotional Intelligence
 - List ways to increase Emotional Intelligence
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What Do You Think?



Turn to a neighbor or feel free to work alone and create your definition of Emotional Intelligence, without the use of any device.


Get Ready!

Set!

GO!!!!!!



Emotional Intelligence Is:




Having the capacity or ability to be aware of, control, and express one's emotions, and to handle interpersonal relationships with good judgment and to understand and share the feelings of others.



Sharing Time!

Please share with the group some of the different attitudes, emotions, and/or dispositions you have encountered in your work environment.





What Does It Really Mean and Look Like?

<https://www.youtube.com/watch?v=LgUCyWhJf6>

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Group Discussion

- Form Two Groups
- Discuss the video with a partner in your group:
 - What is the most important take away from the video?
 - What will you take back to your work environment?

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Set!

Go!