

Leading With Emotional Intelligence



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER











RULES

What is discussed here, stays here

Participation and interaction are required

Avoid use of cell phones



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EMOTIONAL INTELLIGENCE

Emotional Intelligence Overview

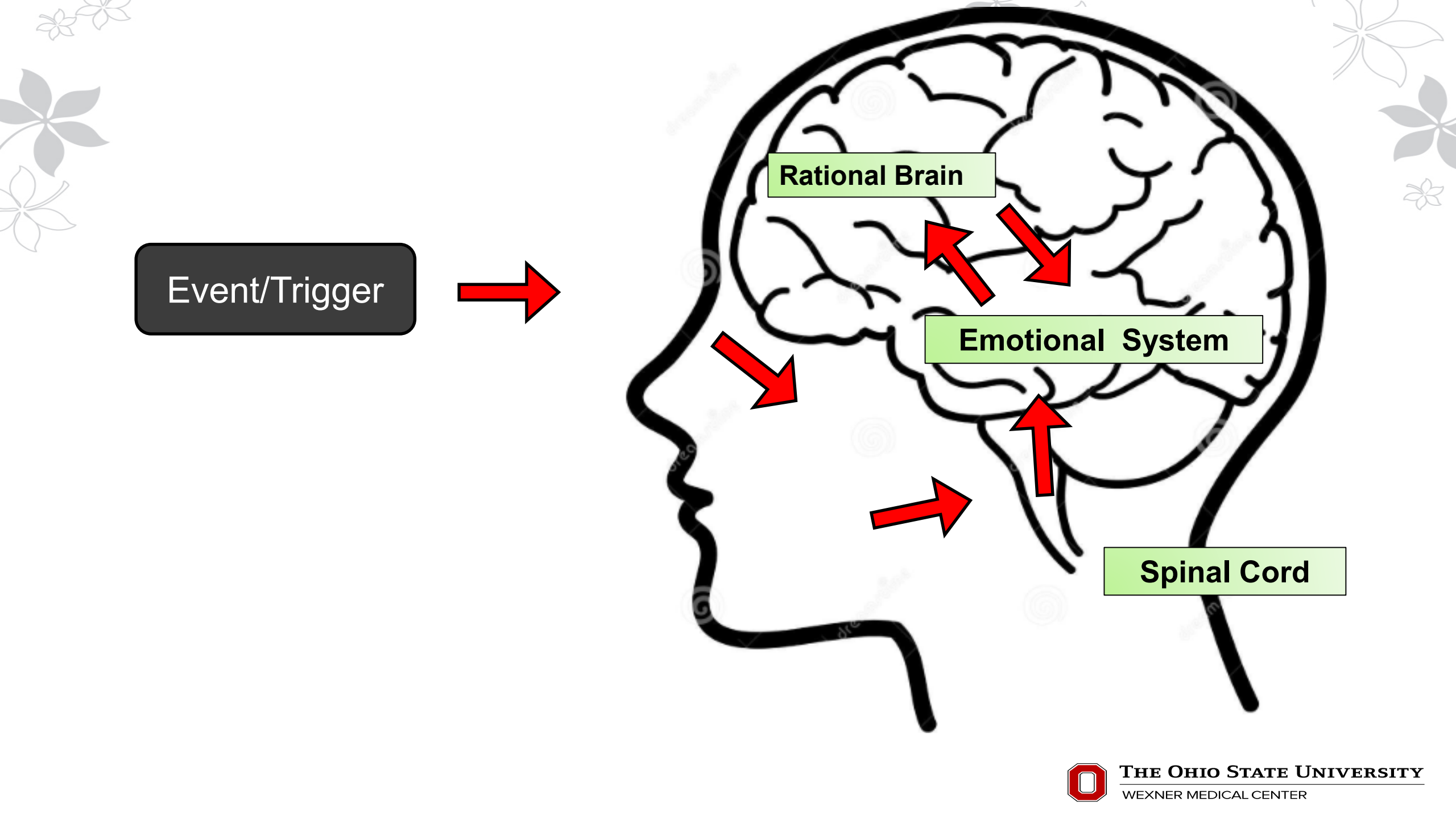
Self Awareness

Self Management

3 Simple Strategies to Improve EQ







Event/Trigger

Rational Brain

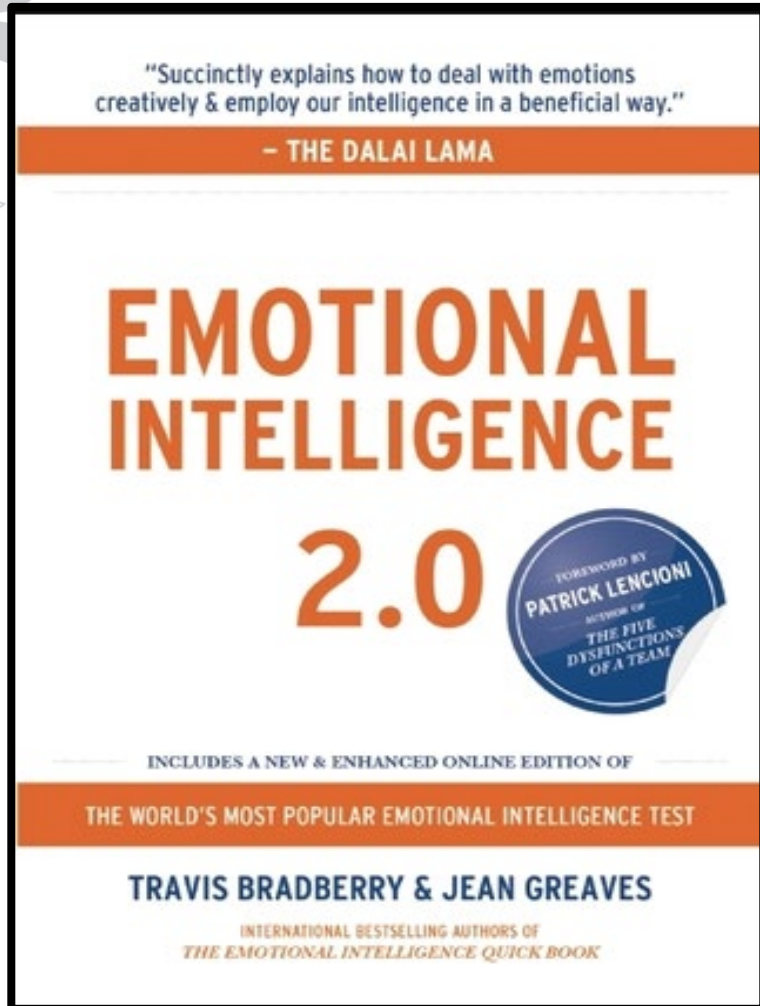
Emotional System

Spinal Cord



Emotional Intelligence is the ability to identify and manage your emotions and the emotions of others.





EQ is the strongest driver of leadership and personal excellence – the most important leadership skill

EQ accounts for 58% of performance in all types of jobs.

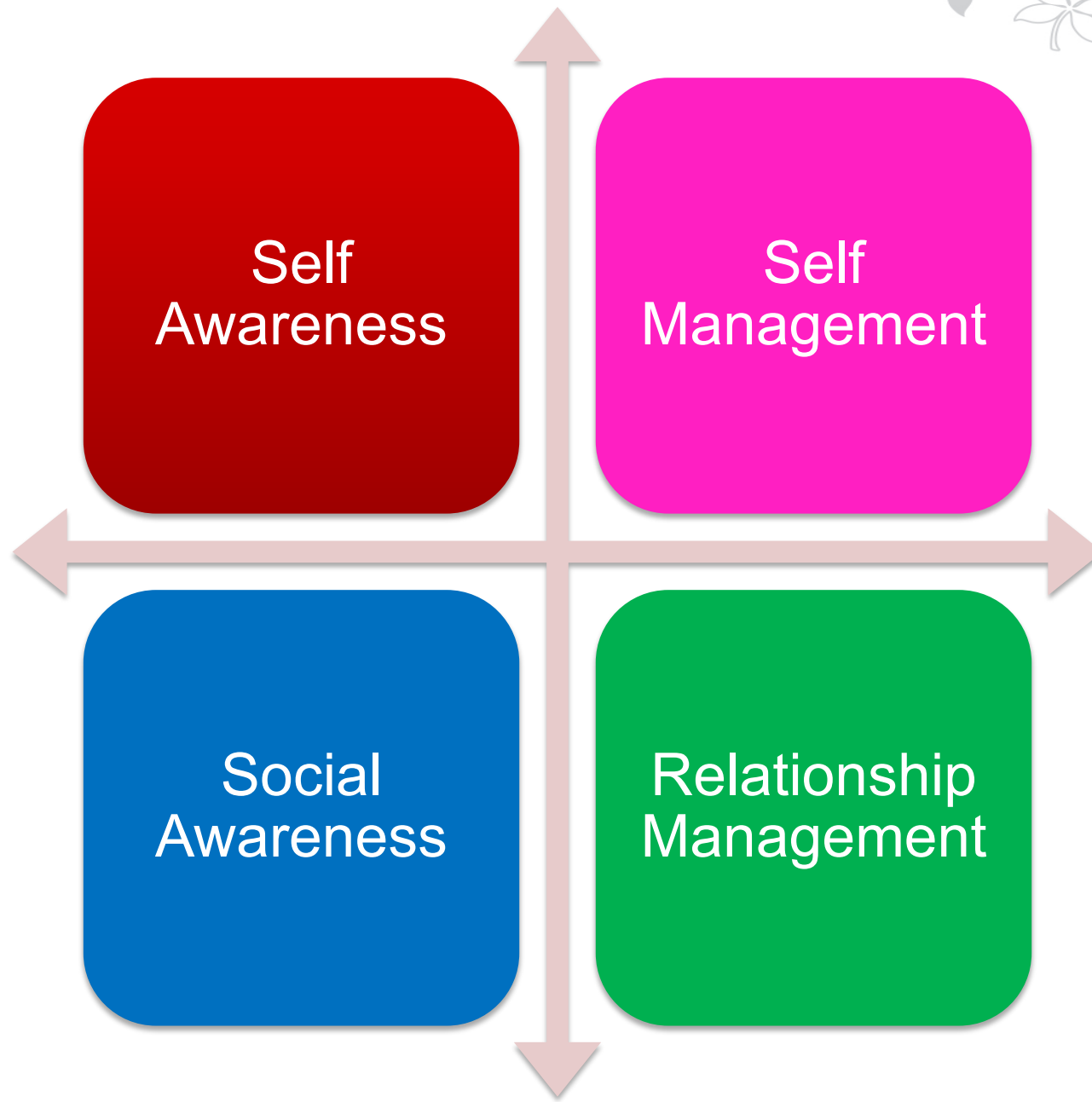
EQ is the critical factor that sets star performers apart from their peers





VS





SELF AWARENESS

- *What are we thinking?*
- *What are we feeling?*
- *Why are we feeling that way?*

SELF AWARENESS



Self Awareness Characteristics

1. Aware of their emotions in the moment and comfortably deal with other people's emotions
2. Strong vocabulary of emotions
3. Know their strengths and weaknesses
4. Know their values
5. Know who or what pushes their buttons
6. Seek feedback
7. Calm, cool, collected
8. Treat themselves and others well
9. Practice self-reflection and gratitude
10. Do not get into a lot of conflicts
11. Do not make excuses



Self Awareness Emotion Bingo Activity

E	M	O	T	E
Excited				



SELF MANAGEMENT



- *Dependent on self awareness*
- *Controlling your own emotions*
- *Ability to concentrate in the face of distractions*

Self Management



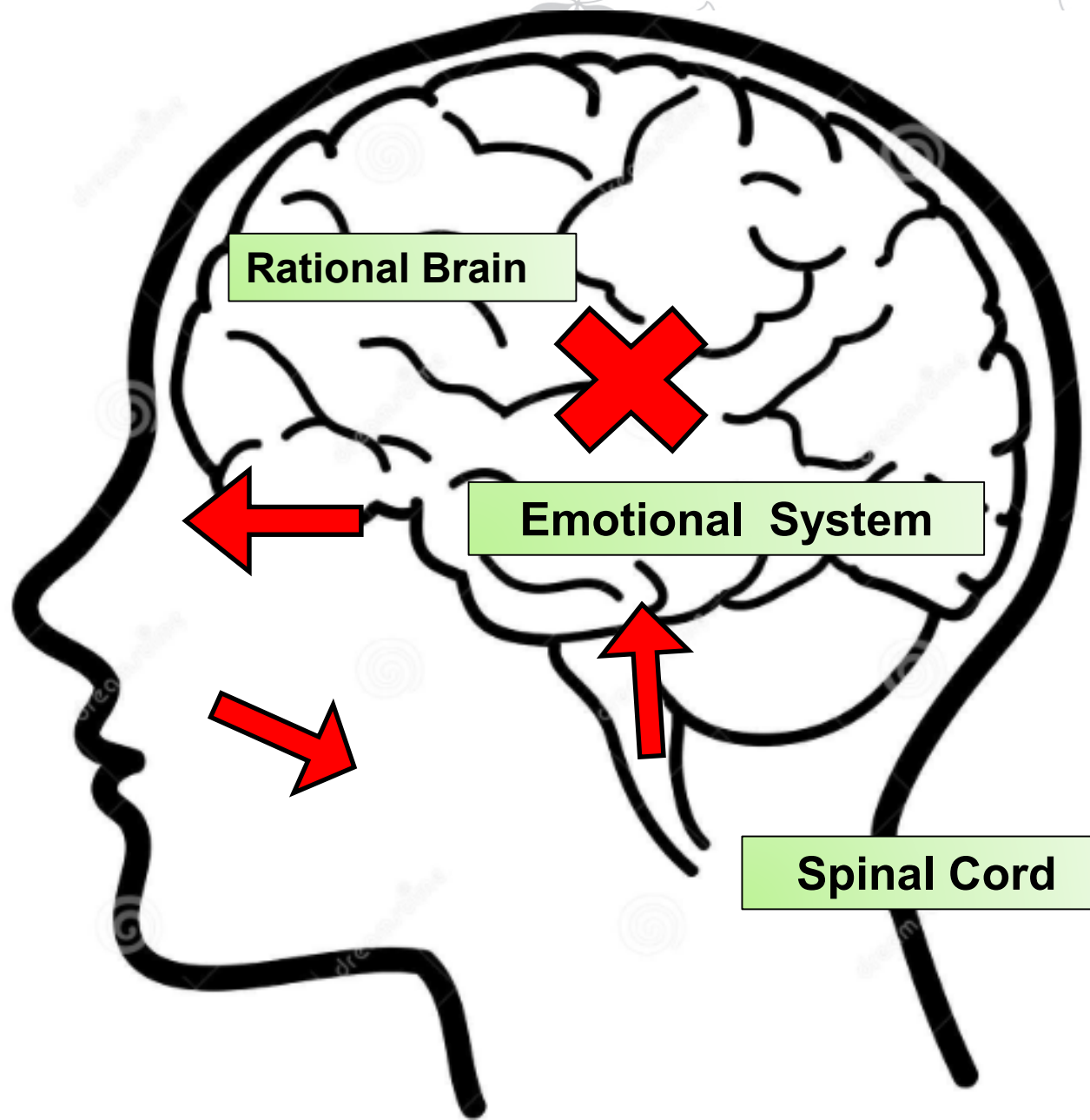
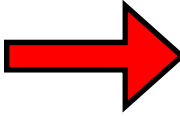
Self Management Characteristics

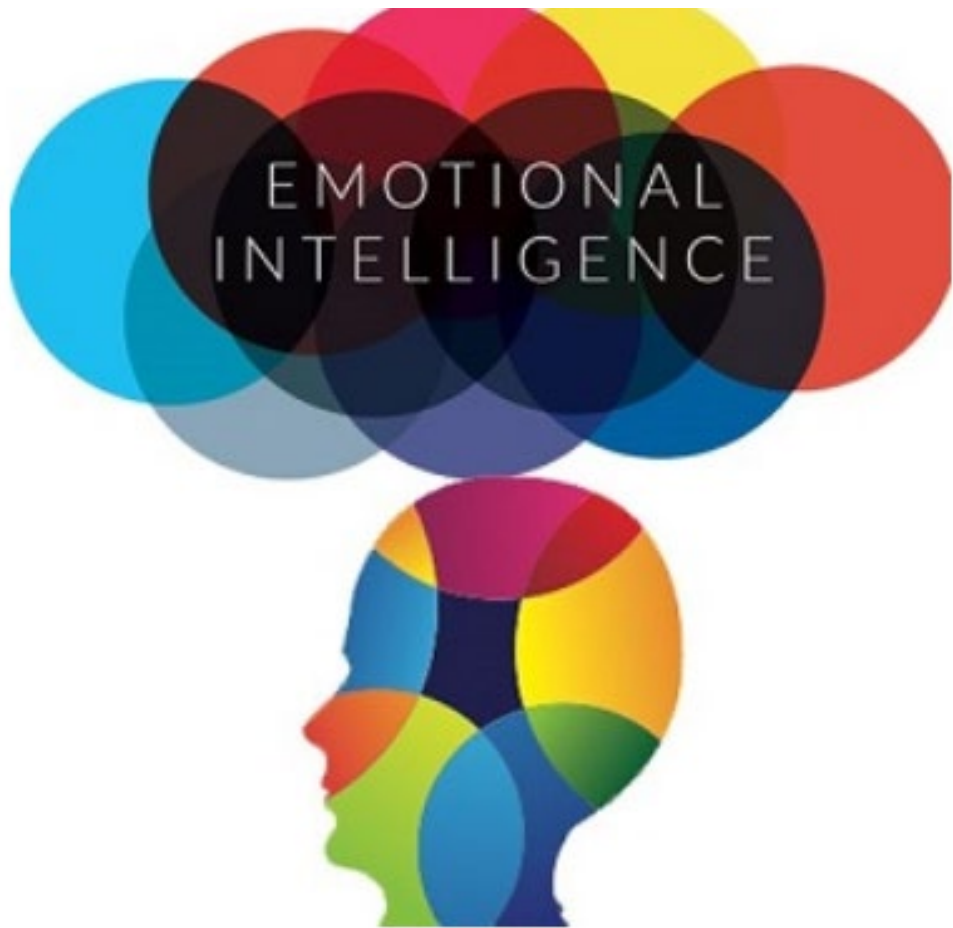
1. Patient
2. Calm under stress
3. Motivated despite facing obstacles
4. Ability to pause
5. Handles confrontations well
6. Works well with a team
7. Very professional
8. Does not complain
9. Does not speak negative about people

Emotional Hijack



Event/Trigger





E-Motion Detector Activity

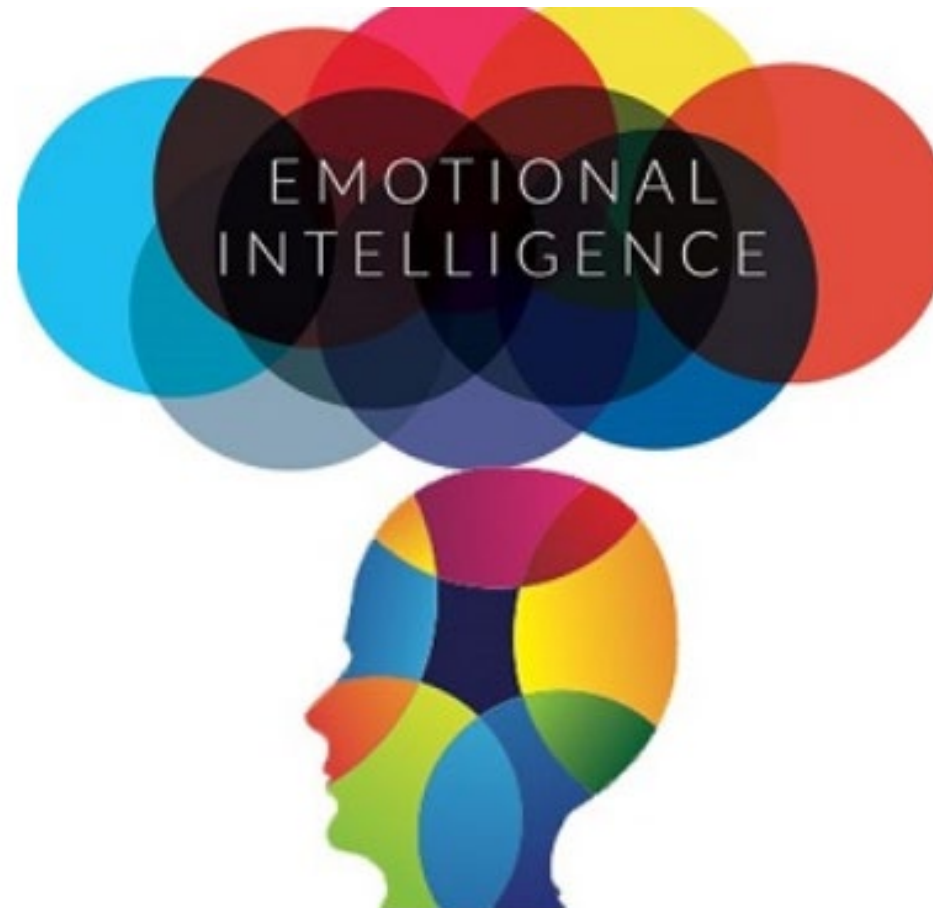




RECAP



3 Simple Strategies to Improve Emotional Intelligence



Triggers





GRATITUDE

*How to Win
Friends &
Influence
People*

OVER 70
YEARS IN
PRINT!

THE ORIGINAL IS STILL THE BEST! THE ONLY
BOOK YOU NEED TO LEAD YOU TO SUCCESS

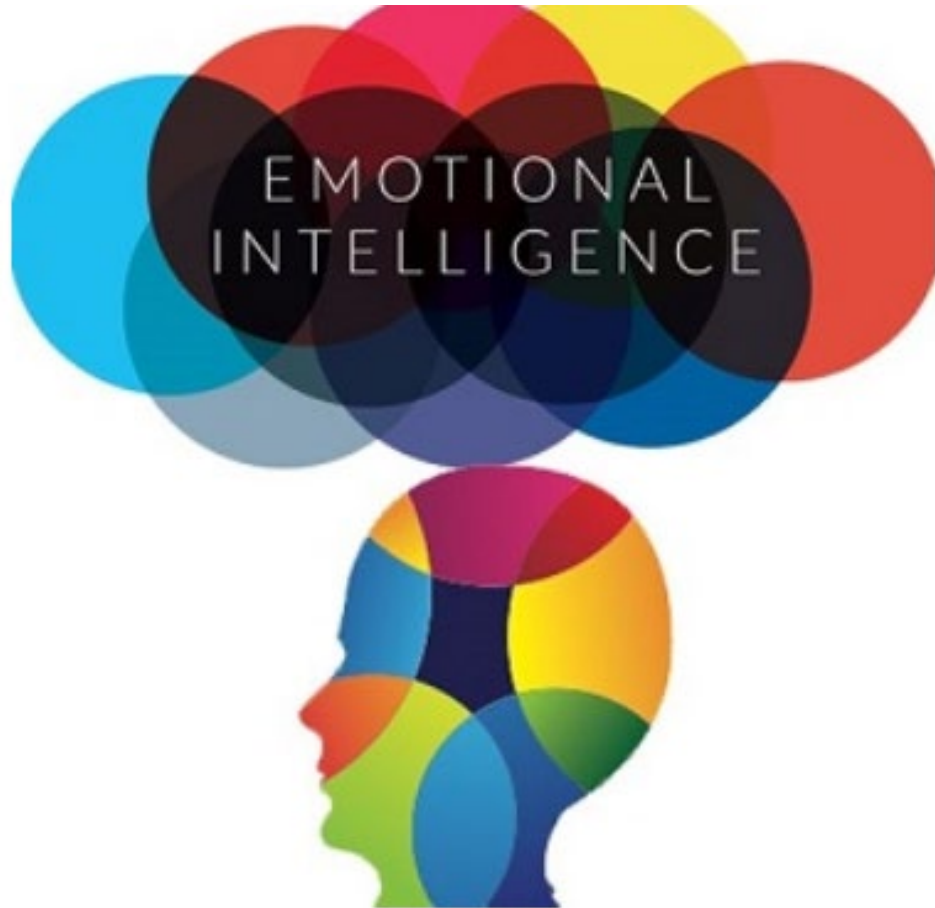
DALE
CARNEGIE

“Remember that a person’s name is to that person the sweetest and most important sound in any language”



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Challenge



Read Emotional Intelligence 2.0

Take EQ Course

Apply 1 Strategy





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Thank You

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