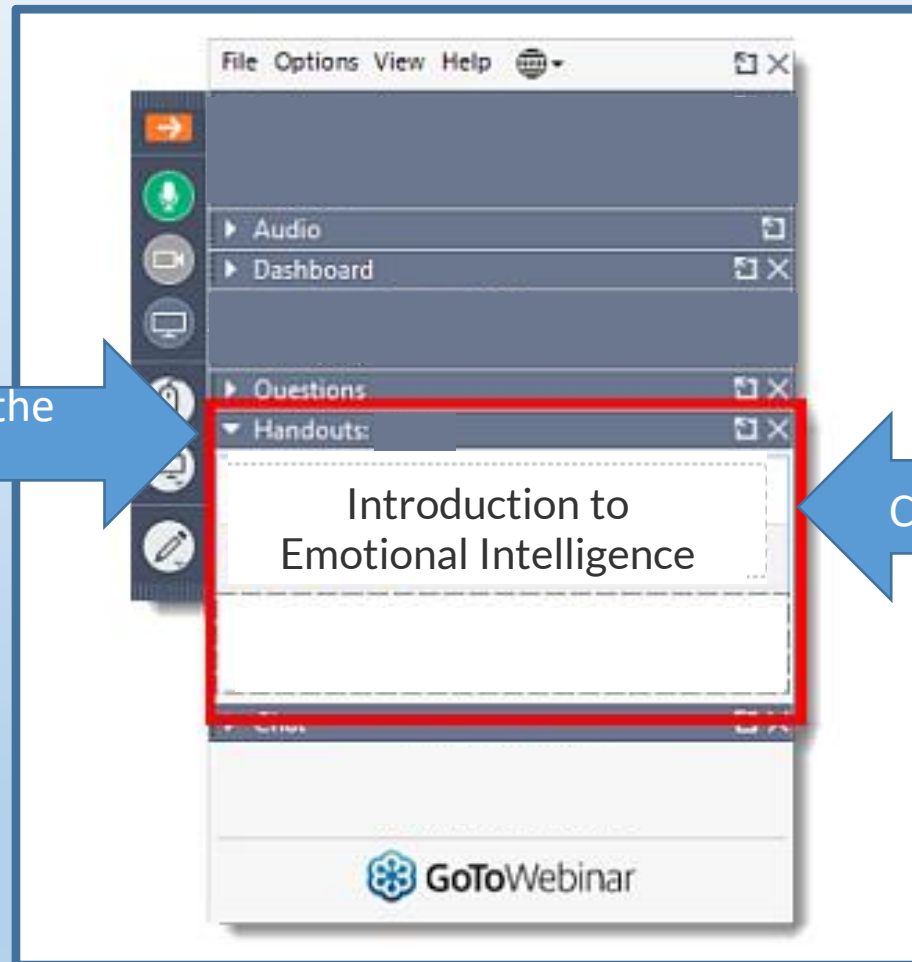


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Introduction to Emotional Intelligence

WELCOME!



Your Webinar Today is Presented by Ellis, Partners and Edge2Learn



Courses > Video Assessment AI

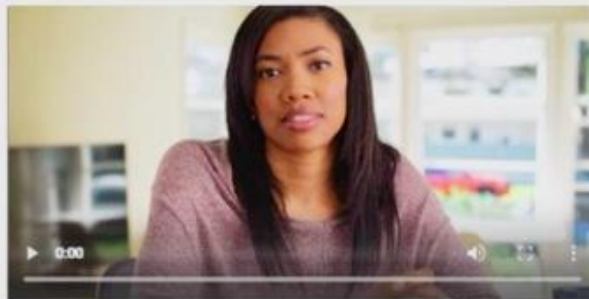
Shawna

Video & Question

Machine Analysis

Transcript & Keywords

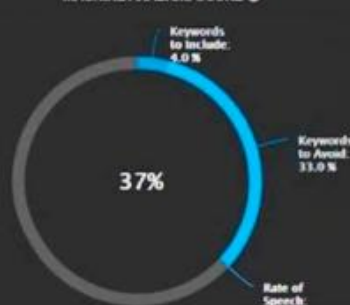
Rating and Marking



Question ⓘ

Please provide a 15 second overview of the new AI video assessment product.

MACHINE ANALYSIS SCORE ⓘ



KEYWORDS TO INCLUDE

11%

KEYWORDS TO AVOID

100%

RATE OF SPEECH

0wpm

Practice with
Self-Assigned
E2L PBTs!

Performance-Based Training

ADDRESS

#ThisChangesEverything

Thank you for joining us today!

Want to learn more?



Pam Pederson

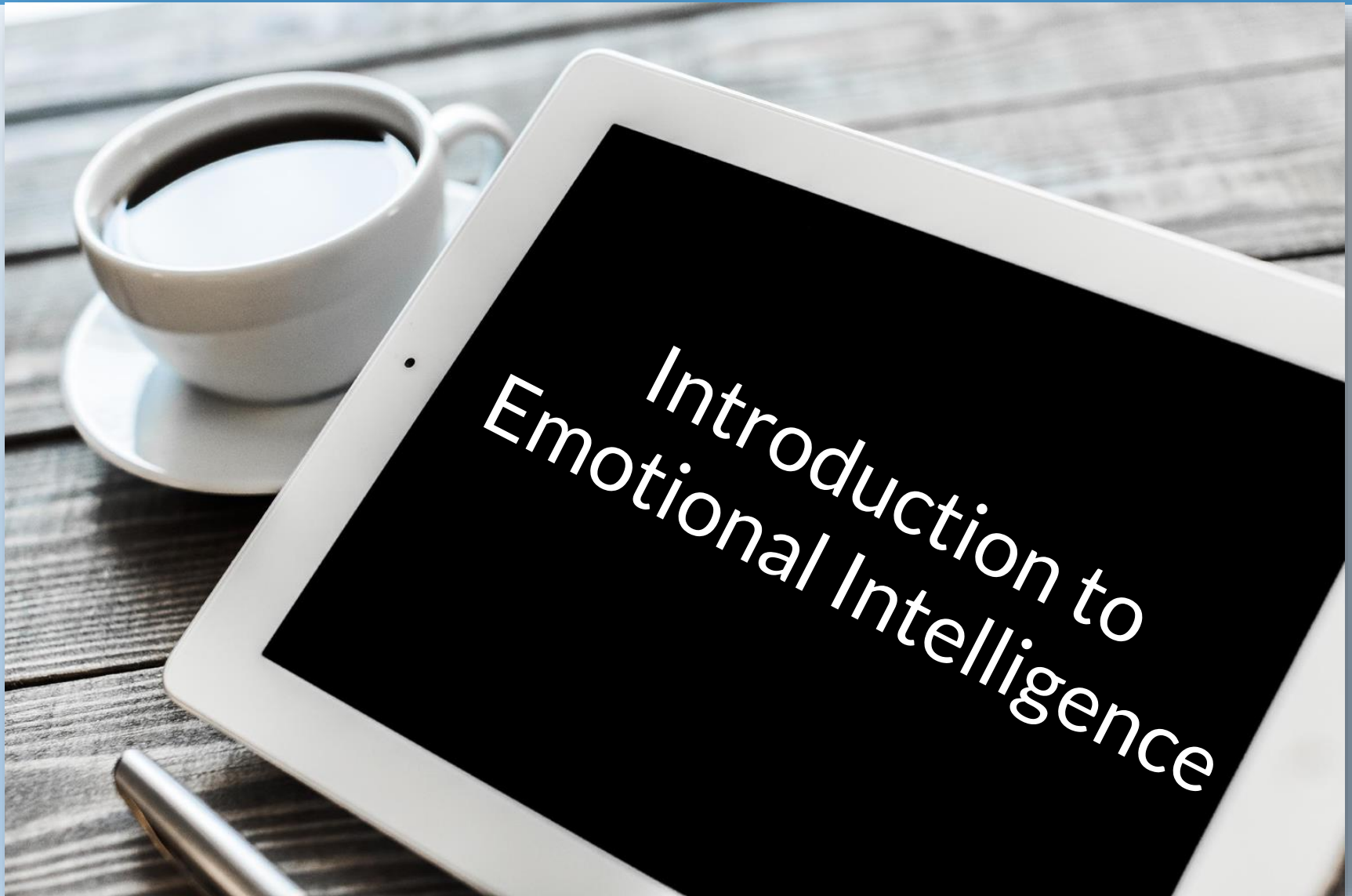
Director of Engagement and Communications

Edge2Learn

ppederson@edge2learn.com | (317) 881-8511



Today's Presentation!



Meet Your Speaker: Kathy Vance



Importance of Emotional Intelligence

IQ gets you hired.

EQ gets you promoted.

What Is Emotional Intelligence? - Quiz

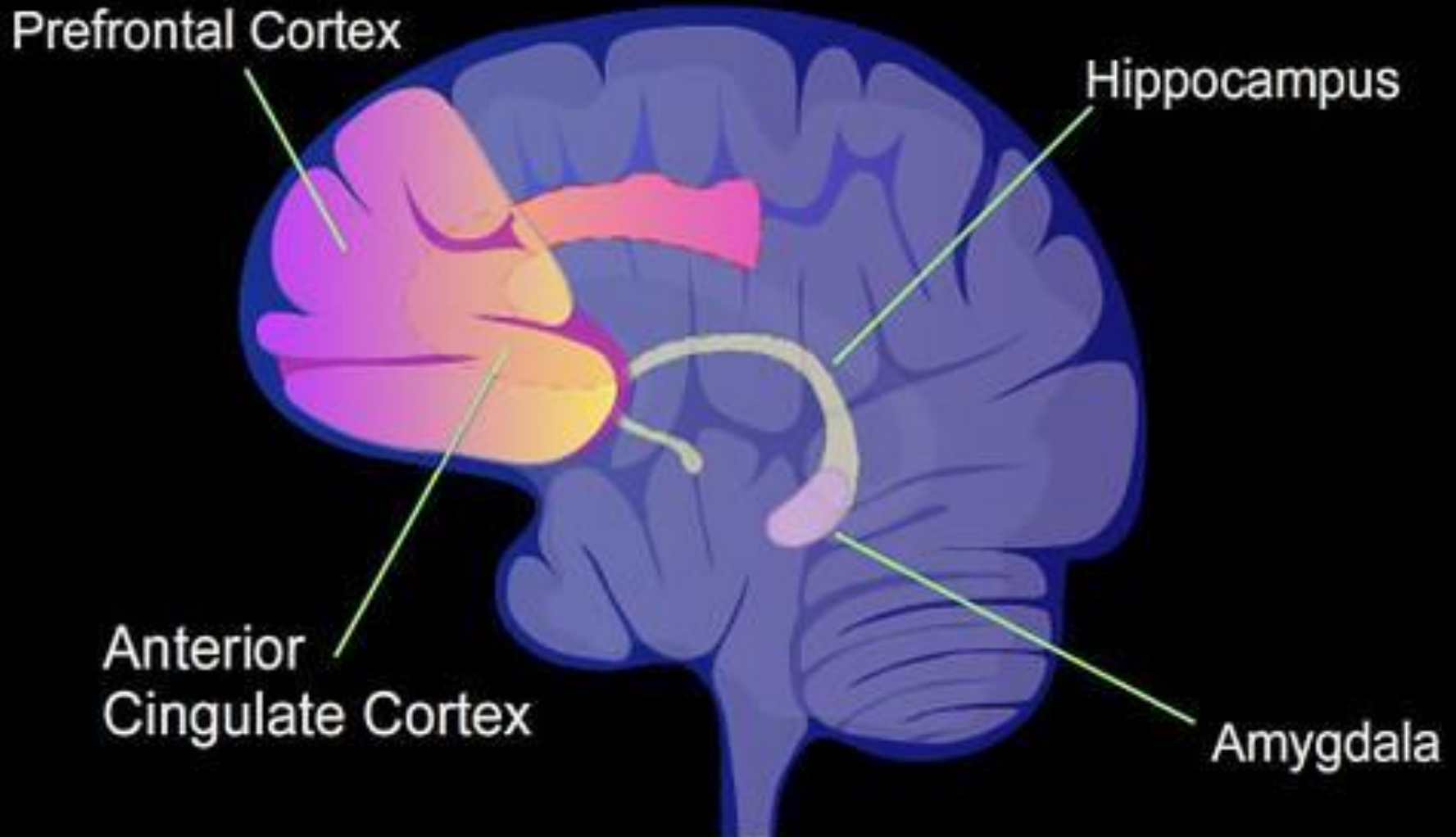
Which of the following statements about Emotional Intelligence is True?

1. EQ means expressing emotions openly so everyone knows how you're feeling.
2. Emotional people are naturally more emotionally intelligent.
3. EQ is about Being aware of your emotions and expressing them effectively.
4. EQ is controlling your emotions so no one is aware of how you're feeling.

History of Emotional Intelligence

- Study of social intelligence begins in 1920s
- Emotional Intelligence reference first appears in 1966
- Broader studies begin in early 1990's
- Popularized by Daniel Goleman in 1995
- Referred to by a variety of labels
 - Emotional Intelligence (EI)
 - Emotional Leadership (EL)
 - Emotional Quotient (EQ)
 - Emotional Intelligence Quotient (EIQ)

Neuroscience Behind EQ



Amygdala Hijacking

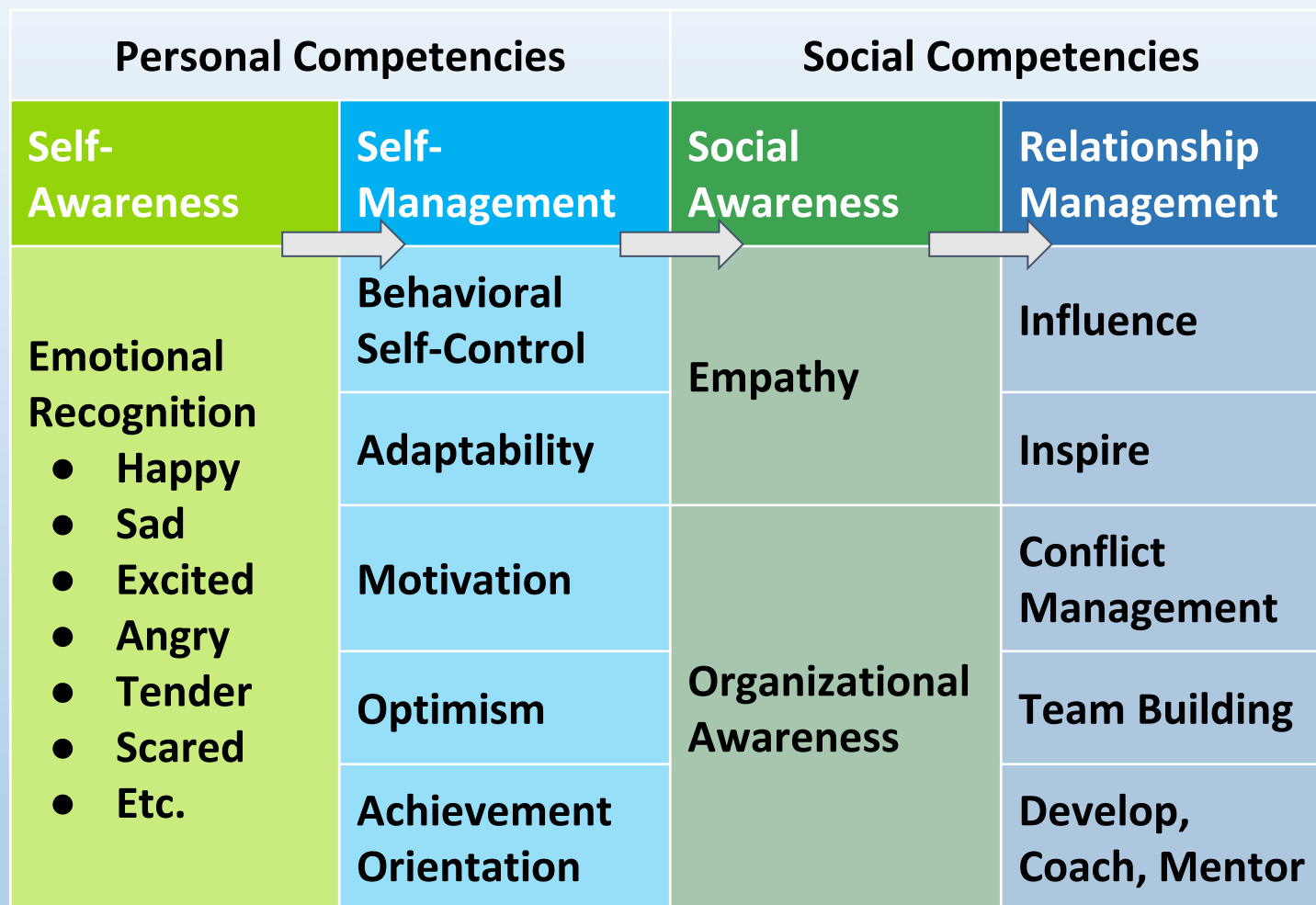


POLL

Have you ever been told you said or did something that impacted others in a way you were not aware?

1. YES
2. NO

4 Core Skills



WHAT I NOTICE - Self-Awareness & Social Awareness

HOW I ACT - Self-Management & Relationships Management

Personal Competencies

Self - Awareness

Self - Management

Being "At Cause"



Stops the Effect

Empathy is Part of Social Competencies

Empathy is walking a mile
in someone else's shoes.

Sympathy is being sorry
their feet hurt.

"IN ORDER TO EMPATHIZE WITH
SOMEONE'S EXPERIENCE YOU MUST
BE WILLING TO BELIEVE THEM AS
THEY SEE IT AND NOT HOW YOU
IMAGINE THEIR EXPERIENCE TO BE"

-BRENÉ BROWN

Building Personal Competencies

Self Awareness

- Build Knowledge And Understanding
- Assessments
- Meditate/Reflect
- Ask Trusted Friends
- Formal Feedback

Self Management

- Identifying Triggers
- Journaling
- Count to TEN
- Hold Yourself Accountable
- Motivation

Building Social Competencies

Social Awareness

- Start with Self-Awareness
- Take a Course on Effective Communication
- Observe Others
- Practice Empathy
- Formal Feedback

Relationship Management

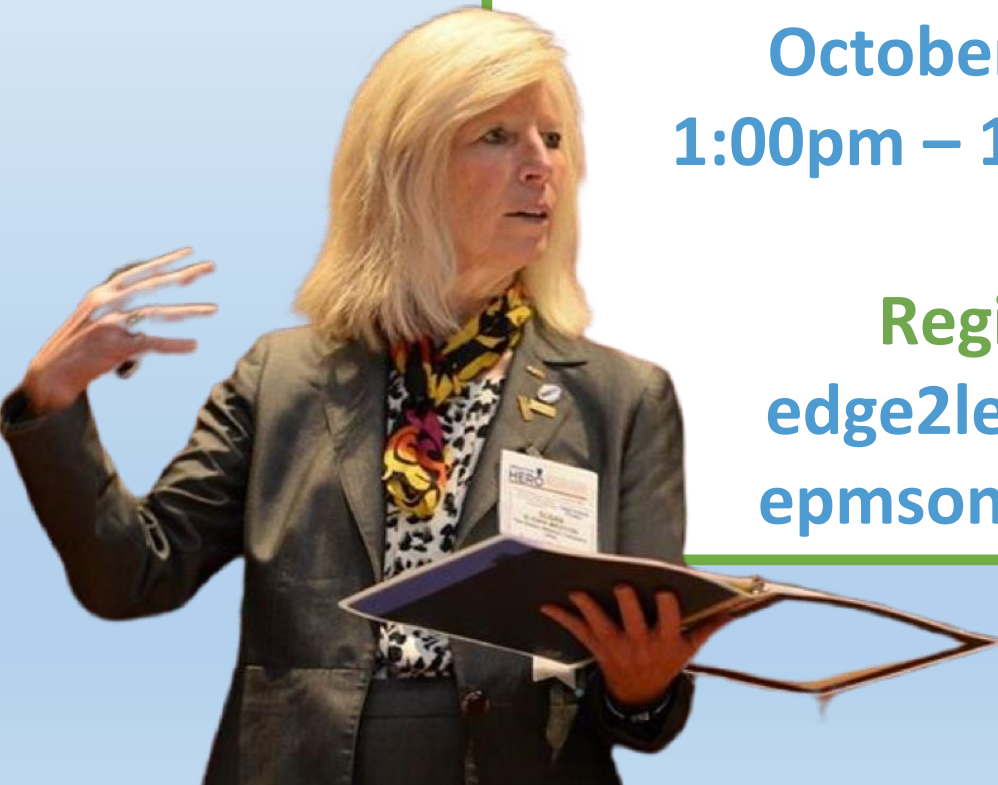
- Ask More Questions
- Express Appreciation
- Servant Leadership Mindset
- Formal Feedback

Our Next Webinar!

10 Secrets of the Most Productive Executives

October 8, 2020
1:00pm – 1:30 pm CST

Register:
edge2learn.com
epmsonline.com





Questions?

From All of Us at Ellis and Edge2Learn

