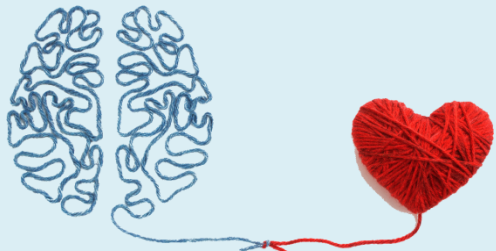


**EMOTIONAL
INTELLIGENCE**

RESOURCE

PERSON



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She is currently working as the Director of Education and Research in Udaya Public School, Ayodhya. She has been a keynote speaker for various organisations, notably The YP Foundation and TARSHI. Her work focuses on Mental Health, gender sensitisation and psychological resilience

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How are you feeling?





RECAP

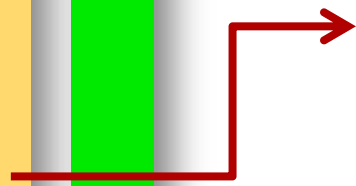
- ✓ How to interpret ourselves
- ✓ Where our emotions arise from
- ✓ How our childhoods influence us
- ✓ How we might best navigate our fear and wishes

1.

What is emotional
intelligence or EQ?

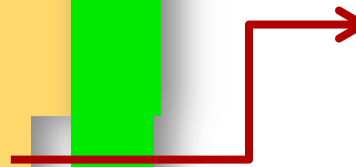


Emotional

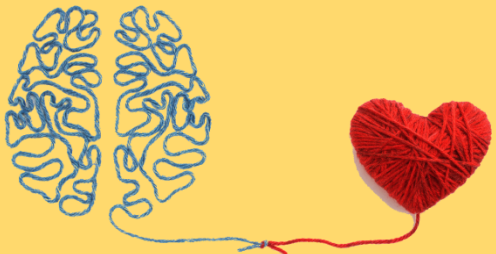


- ❑ Ability to identify and manage one's own emotions, as well as the emotions of others

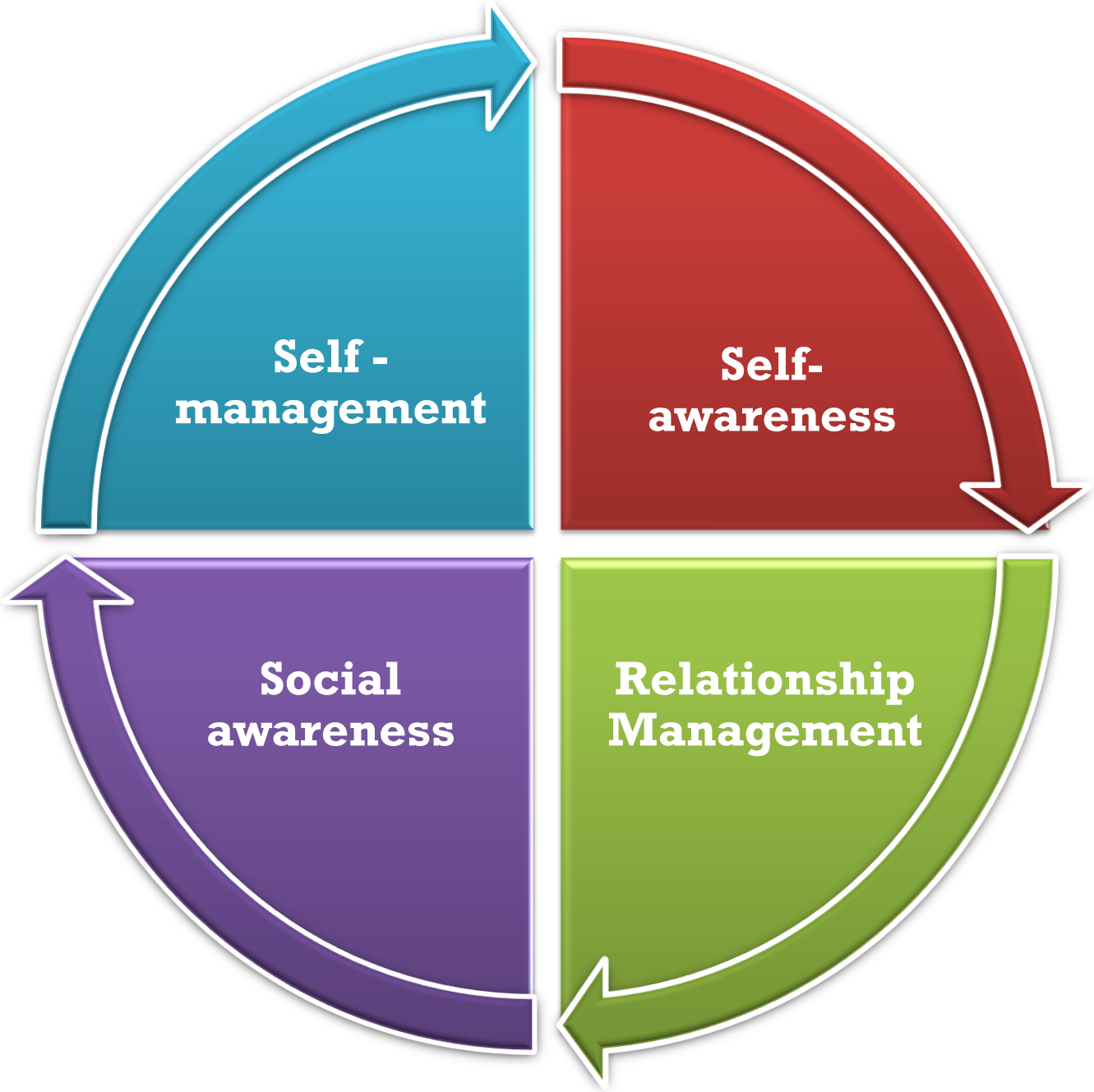
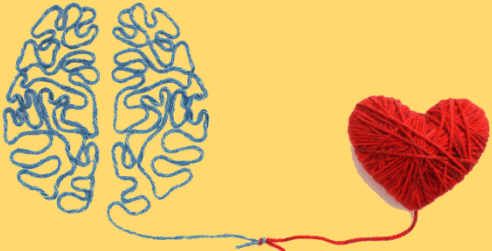
Intelligence



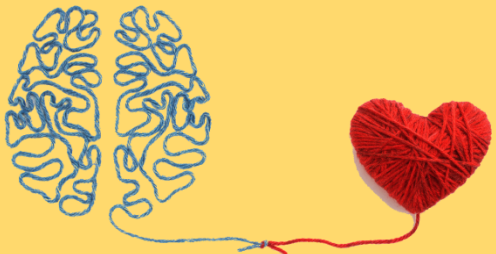
- ❑ Helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals.



Attributes of Emotional Intelligence



Impact of Emotional Intelligence



- ❑ Your performance at school or work



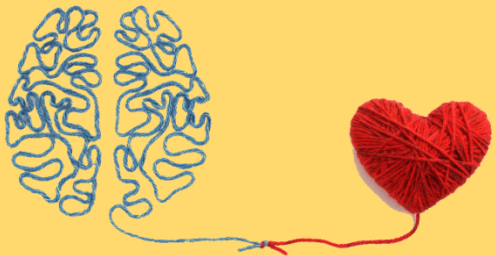
High emotional intelligence can help you navigate the social complexities of the workplace, lead and motivate others, and excel in your career

- ❑ Your physical health



Uncontrolled stress raises blood pressure, suppresses the immune system, increases the risk of heart attacks and strokes and speeds up the aging process

Impact of Emotional Intelligence



❑ Your mental health



Unregulated emotions and stress can also impact your mental health, making you vulnerable to anxiety and depression

❑ Your relationships



By understanding your emotions and how to navigate them, you're better able to express how you feel and understand how others are feeling

2.

Building emotional
intelligence:

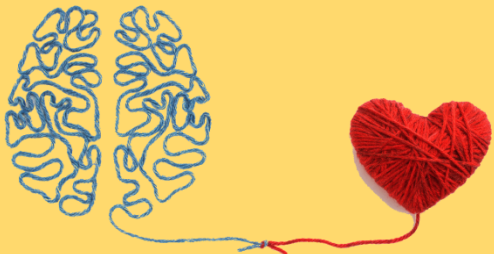
Four key skills to
increasing your EQ



Skill 1 :

Self -

management

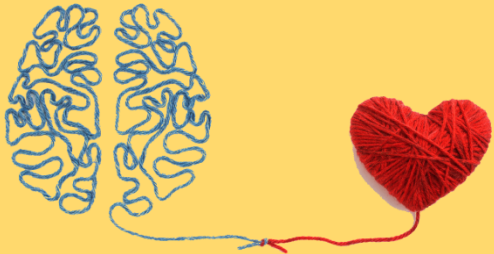


- You must be able use your emotions to make constructive decisions about your behavior
- Make choices that allow you to control impulsive feelings and behaviors
- Manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances

Skill 2 :

Self-

awareness

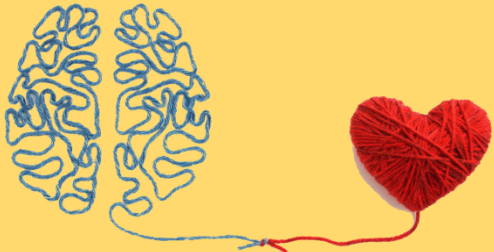


- A thought diary is a foundational place to begin increasing self-awareness
- Track your level of emotion to the stimulus
- Starting a mindfulness practice is another way to increase self-awareness
- Asking a friend to clarify your strengths and weaknesses can be a significant pathway to self-awareness

Skill 3 :

Social

awareness

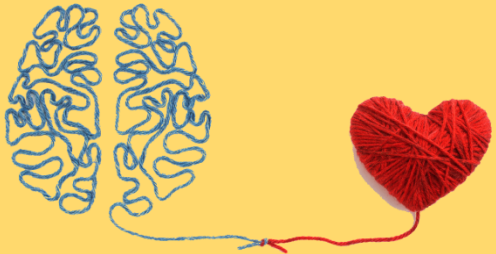


- Learn to identify which types of situations make you uncomfortable
- Take ownership for your behaviour and be willing to apologize for lapses or errors in judgment
- Ask others for their honest feedback about the way you interact with them
- Be aware of you body language.
- Maximize your positive personality traits and use them to your advantage when interacting with others

Skill 4 :

Relationship

Management



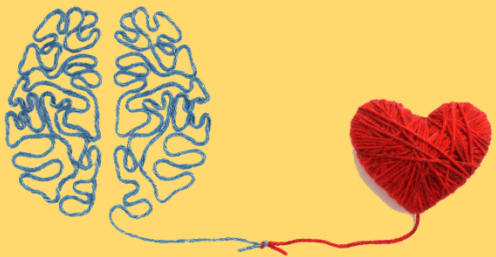
- Build a Culture of Listening
- Learn to Recognize Emotion in Others
- Set Clear Expectations
- Ask Questions
- Develop Shared Values
- Use Praise

3.

Strategies for
Teaching Children
Emotional
Intelligence



**What Do We
Know about EI
and Academic
Achievement?**



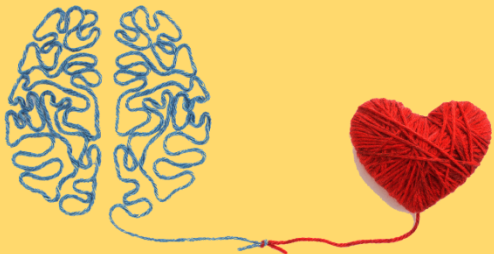
- ❑ In one study of education students at university, Self-Emotion Appraisal and Understanding of Emotion were revealed to have positive significant linkages with their academic performance on assessments (Mohzan et al., 2013)
- ❑ There is also empirical evidence to suggest that teens with EI are better able to make the transition from high school to higher education

Emotional

Intelligence:

Implications

for Students?

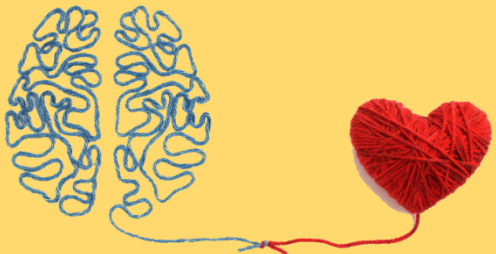


- Practice Active Listening
- Embed social and emotional learning into your teaching practices
- Engage students in problem-solving
- Instill perseverance and determination
- Encourage students to develop and share opinions
- Promote resilience
- Make and encourage healthy boundaries

3 Emotional

Intelligence

Lesson Plans

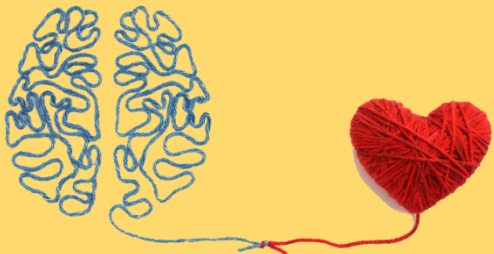


Self Talk: How Thoughts Affect Feelings and Behavior

Facilitating Mindfulness

Social Communication Skill: Assertiveness

What we are doing in our School



This session is
completely confidential

Flowchart



One-on-one
Interactive
Session

WHAT?

This is a pilot project started 3 years ago for 12th grade students, which is based on the question-answer format

WHY?

The main objective of this session is to build Resilience through Emotional Intelligence as well as enhance informed decision making in the world of expertise

HOW?

It gives children the confidence to communicate directly with the highest authority

1.

Form Analysis

2.

More direct questions to test his /her emotional intelligence.

3.

Play a Quiz and win an Amazon Voucher worth Rs 200

OR

Draw a question out of 100 questions designed by the London-based organization 'The School of Life'

REFERENCES

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- ❖ Improving Emotional Intelligence (EQ) - <https://www.helpguide.org/>
- ❖ Strategies for Teaching Children - <https://www.verywellfamily.com/>
- ❖ Tips for Building Relationship Management Skills - <https://www.physicianleaders.org>
- ❖ Social Awareness meets Emotional Intelligence - <https://www.change-management-coach.com/>





THANK YOU !!

