The 4 Dimensions of Emotional Intelligence
Learning to Manage Your Emotions in Stress and Chaos
What we’ll cover today

• What is Emotional Intelligence?
• Why is EI important to me as a leader?
• Building awareness
• How to effectively manage my emotions
• And more!
What exactly is Emotional Intelligence?
Emotional Intelligence is the ability to identify, assess, and manage the emotions of oneself, and to positively impact those of others, and of groups.
True or False?
Emotions are contagious
EI accounts for 85-90% of the difference between outstanding leaders and their more average peers.

Source: Resonant Leadership; Boyatzis and McKee, 2005
There are Four Dimensions to Emotional Intelligence:
1. Self-Awareness
• Emotional self-awareness
• Accurate self-assessment
• Self-confidence
2. Self-Management
• Emotional self-control
• Transparency
• Adaptability
• Achievement
• Initiative
• Optimism
3. Social-Awareness:
• Empathy
• Organizational awareness
• Service
4. Relationship Management
• Inspirational leadership
• Influence
• Developing Others
• Change Catalyst
• Conflict Management
• Building Bonds
• Teamwork and Collaboration
The goal is for you to build your awareness of how you’re using your emotions today.
Emotional Fitness
Your Habits of Emotion
Anger  Envy  Calm
Fear  Joy  Guilt
Happy  Content  Hope
Frustration  Sadness  Confidence
Self Pity  Fulfillment  Enthusiasm
Belief  Passion  Love
Anger  Envy  Calm
Fear     Joy     Guilt
Happy    Content  Hope
Frustration  Sadness  Confidence
Self Pity  Fulfillment  Enthusiasm
Belief     Passion    Love
Which emotions do I experience consistently?
Are they the emotions I want to experience?
Three Things:
The goal is to find an empowering meaning in your experiences.
Questions to consider...
Where in my life am I in automatic mode?
How does it impact the overall quality of my life?
Am I seen as a leader or a liability?
Mindfulness

being aware of our own inner experience (attuned to self),
and paying attention to what is happening around us
(attuned to others and the world around us).
Review

- EI accounts for 85-90% of the difference between outstanding leaders and their more average peers
- There are 4 dimensions to Emotional Intelligence
- We create our emotions through our focus, meaning, and action
Thank you!
Questions?
Contact me for more info

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