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# **The 4 Dimensions of Emotional Intelligence**

## **Learning to Manage Your Emotions in Stress and Chaos**



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## 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!



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# What exactly is Emotional Intelligence?



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**Emotional Intelligence is the ability to identify, assess, and manage the emotions of oneself, and to positively impact those of others, and of groups.**



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# True or False?

## Emotions are contagious



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**EI accounts for 85-90% of the difference between outstanding leaders and their more average peers.**

*Source: Resonant Leadership; Boyatzis and McKee, 2005*



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# There are Four Dimensions to Emotional Intelligence:



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# 1. Self-Awareness





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- Emotional self-awareness
- Accurate self-assessment
- Self-confidence



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## 2. Self-Management



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- Emotional self-control
- Transparency
- Adaptability
- Achievement
- Initiative
- Optimism



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# 3. Social-Awareness:



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- Empathy
- Organizational awareness
- Service



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# 4. Relationship Management



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- Inspirational leadership
- Influence
- Developing Others
- Change Catalyst
- Conflict Management
- Building Bonds
- Teamwork and Collaboration



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**The goal is for you to build your awareness of how you're using your emotions today.**





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# Emotional Fitness



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# Your Habits of Emotion





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**Anger**

**Fear**

**Happy**

**Frustration**

**Self Pity**

**Belief**

**Envy**

**Joy**

**Content**

**Sadness**

**Fulfillment**

**Passion**

**Calm**

**Guilt**

**Hope**

**Confidence**

**Enthusiasm**

**Love**



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**Which emotions do I experience consistently?**

**Are they the emotions I *want* to experience?**



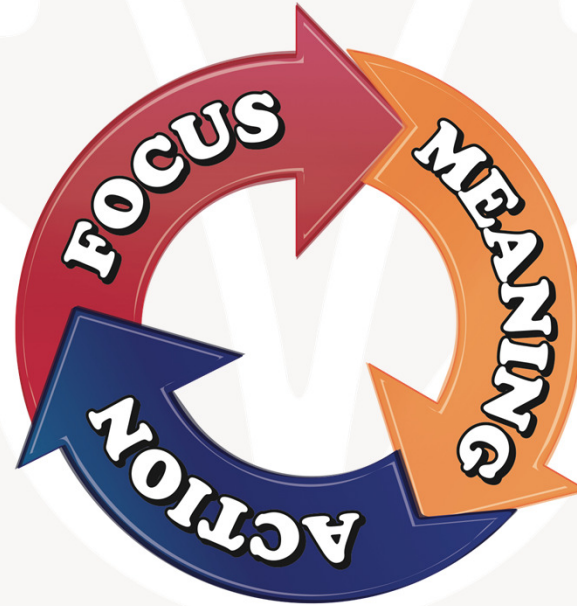
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# Three Things:





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**The goal is to find an  
empowering meaning in  
your experiences.**



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# Questions to consider...





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# Where in my life am I in automatic mode?



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**How does it impact  
the overall quality of  
my life?**



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**Am I seen as a leader  
or a liability?**



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# 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).



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# 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



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# Thank you!

# Questions?



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