



Webinar Series:

**Staying Strong & Positive
for Ourselves & Our Children**

www.BeStrongFamilies.org

Emotional Intelligence: Path to Cultivating Enhanced Connection to Ourselves and Others

Hosts: Beth Kim and Courtney Thompson-Simpson | Co-host: Katthe Wolf



Ways to Engage

- ☐ If you aren't talking please put your phone on mute.
- ☐ When you're ready to comment, please raise your hand and we'll unmute you and then you will need to unmute yourself to be heard.
- ☐ Please be patient with us.
- ☐ Feel free to type your comments in the group Chat and make sure it's going to "All panelists and attendees".

Agreements

- ❖ Speak From Your Own Experience (Use I statements)
- ❖ Golden Rule: Treat other people the way you want to be treated
- ❖ Full Presence: Please no multi-tasking

Emotional Intelligence



Path to Cultivating Enhanced Connection to Ourselves and Others
SMILE Therapy Services, LLC.

Meet the
Presenters:

Elizabeth Kim
&
Courtney Simpson



What is emotional Intelligence?

Emotional intelligence or EI is the ability to recognize, understand and handle your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they are feeling, what their emotions mean, and how these emotions can affect other people.

Emotional intelligence is the ability to make emotions work for you, instead of against you.

"Life is 10% what happens to me and 90% of how I react to it".

- Charles Swindoll



SELF CHECK-IN

Write a list of how you
are feeling right now?

Body Sensation

Thoughts

Feelings

EI is the
ability to:

- Sense and Understand
- Manage
- Communicate
- To discriminate among emotions and thoughts and use this information to guide future thinking and actions.
- EI does not merely mean “being nice” or submissive. Nor does it mean allowing free rein to your feelings – “letting it all hang out.”

Signs of High Emotional Intelligence

Able to take criticism/ feedback without making it personal

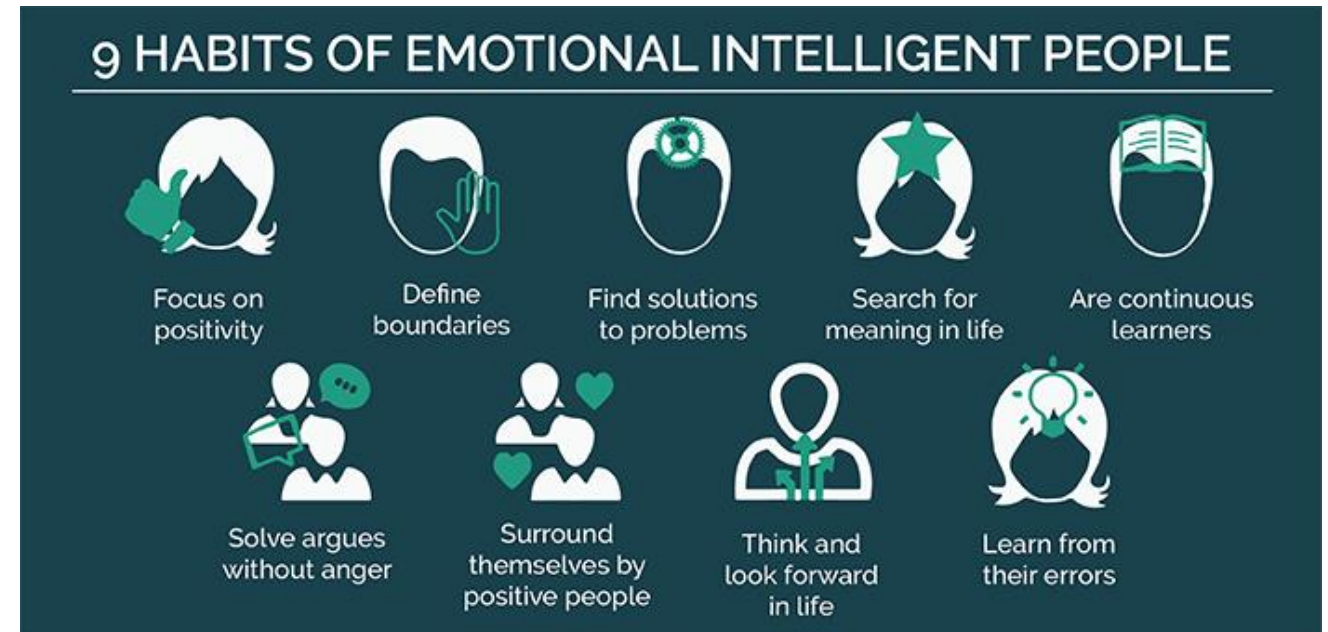
Continues to strive for personal growth or development

Obtaining growth mindset

Doesn't act out of retaliation or pettiness

Feels comfortable with walking away or saying no

Is comfortable with expressing and giving space for their thoughts and feelings



Signs of Deficient/ Low Emotional Intelligence

Having difficulty understanding the emotions of others

Viewing others as overly sensitive and/or belittling their emotions

Being easily offended and/or holding grudges

Being quick to make assumptions

Having the need for “Poker Face”

Being unable to take responsibility



SOCIAL BRAIN



Why we think the way we do?

Biological (Nature)

- Fight/ Flight response triggered by stress or any appearance of threat
- Hardwired for negativity due to our need for survival
- Constant back and forth with our natural on and off switch

Profession (Nurtured)

- As providers we "prime" ourselves to be more conscious to the emotional state of others
- High emotional intelligence may lead to the "always open" which may lead to exhaustion
- Absent-mindedly fall into the tool role instead of resource

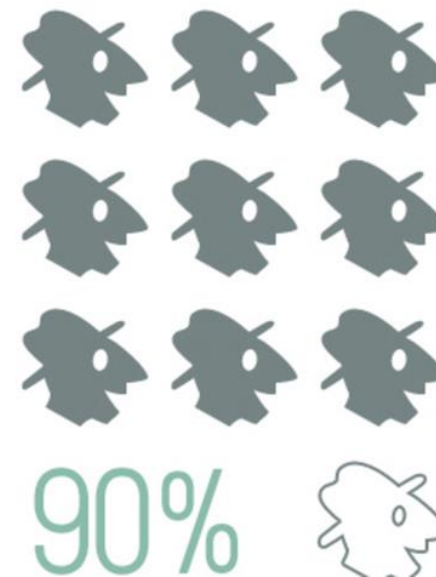


EI is responsible for
58%
of your job performance



\$29.000

People with high EI make
\$29,000 more annually
than their low EI counterparts



of top performers have high EI



THE GOLEMAN
FRAMEWORK:
5 Key elements

Zoom Poll

What is the most important element to you?

Choices:

1. Self Awareness
2. Self -Regulation
3. Motivation
4. Social Skills
5. Empathy



WHAT WERE YOUR
RESULTS?



Self-Awareness

Self-Awareness is the ability to recognize and understand your moods, emotions and drives, as well as their effect on others...

Someone with good Self-Awareness is said to have:

- Self-Confidence

- Realistic Self-assessment. Good grasp on who they are
- Recognizes their areas for growth and shortcomings and isn't willing to be vulnerable and upfront

- Defines and respects their boundaries

HOW TO IMPROVE SELF- AWARENESS:

Be intentional

- Identifying what you want and why you want it without shame

Journal

- A few minutes a day brings you to a higher degree of self-awareness

Slow Down

- When you are quick to anger or have other strong emotions, examine why?

SELF-REGULATION

Self-regulation is the ability to monitor and control our thoughts, emotions and behaviors to remain aligned to our desires/ goals.

Signs of healthy self-regulation are:

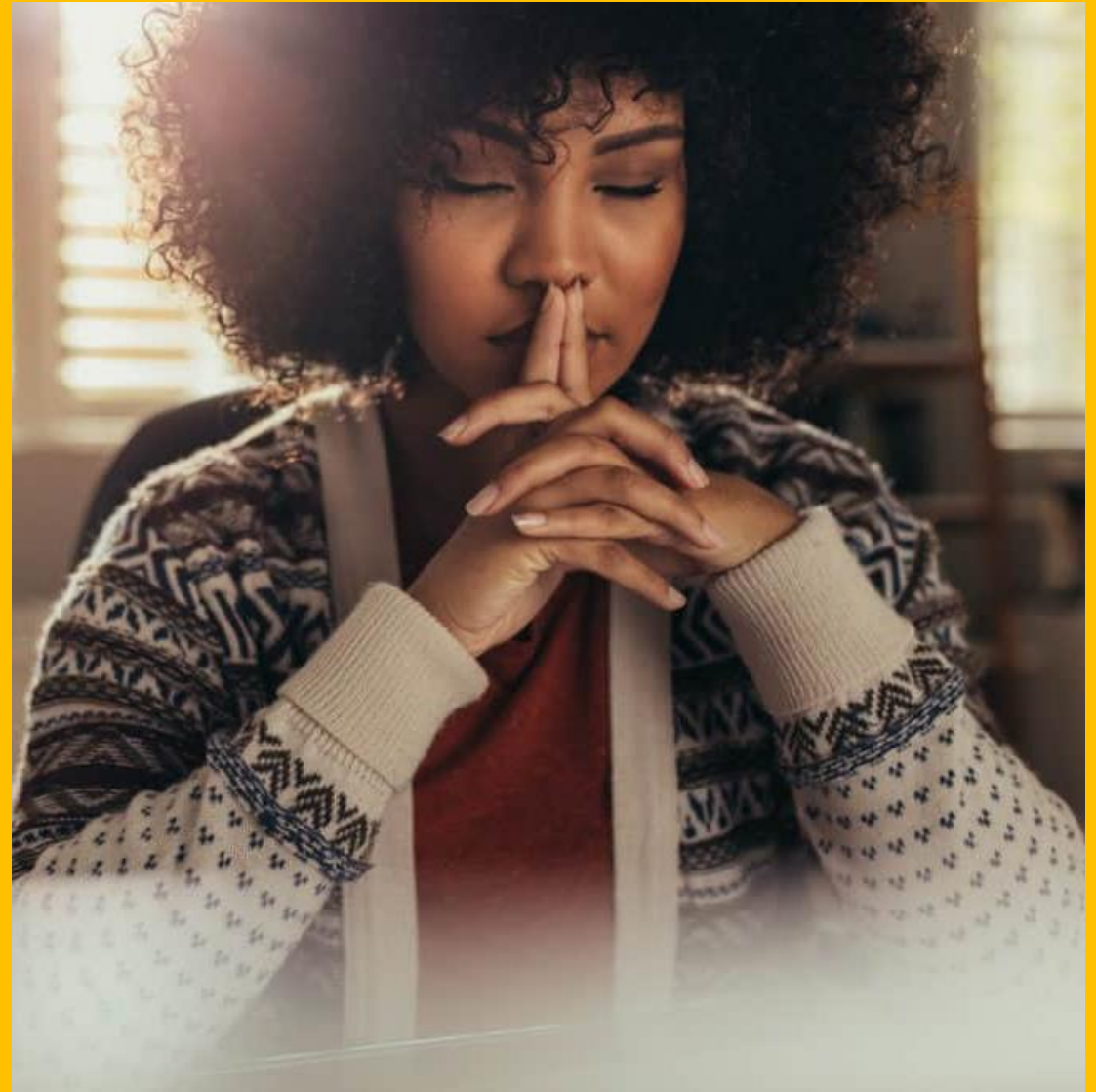
- Thinking before speaking and/or making important decisions

- Staying aligned to your values and core beliefs

- Openness to change (Thermostat vs. Thermometer)

- Practices self-calming/ relaxation

- Growth Mindset



How to improve self- regulation:

Know your values (Don't be afraid to allow them to grown/ change with you)

Be honest about what's most important to you

Be accountable

Admit your mistakes, DON'T JUDGE

Practice being calm

Be aware of your reaction to a challenging situation



Self-Motivation

Self-Motivation is someone's desire to do or achieve something based on their own interest, without outside influence or pressure.

Signs of a Self-Motivated person:

"Self-Starter", takes the initiative without having to be asked

Strong drive to achieve and accomplish goals

Chooses optimism even in the face of failure

Values quality effort in whatever they are working towards

How to improve Self- Motivation

Know

- Know your WHY

Seek

- Always seek to improve and personally develop in any area

Check

- Check your beliefs, identify what limiting beliefs you're holding onto

Surround

- Surround yourself with boosters (i.e. people, places, things, scents)

Celebrate

- Celebrate your wins, Progress not Perfection

Empathy

Empathy is the ability to understand and share the emotions of others

Signs of an empathetic person:

Good listeners, actively listen to others

Often seek to help or be helpful

Response over reacting (they don't make it about them)

Able to work well with others, very attuned to other people and their surrounding

Tend to be very creative

Have a strong inner core (whether they realize it or not)

**There are two types of people –
those who come into a room and
say 'well here am I' and those
who come in and say 'Ah there
you are'**

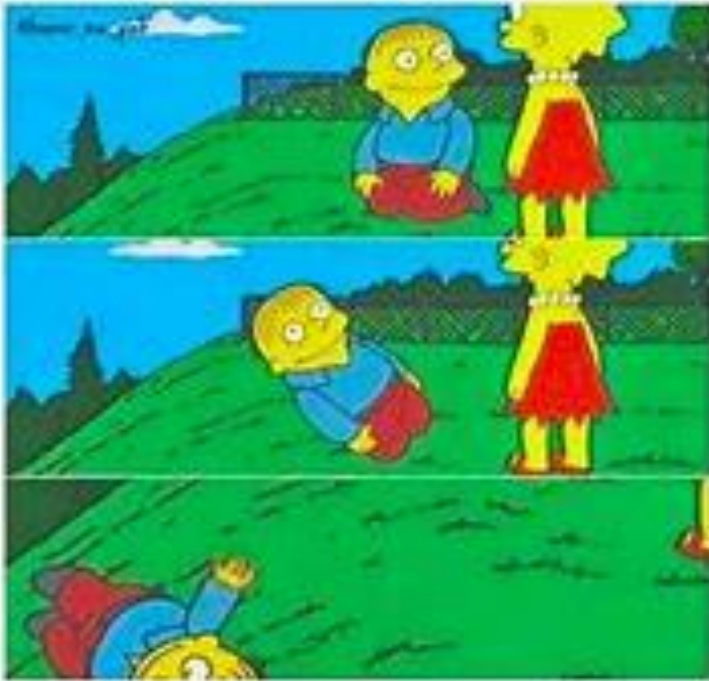


Federick Collins

Practice	Practice looking at situation's from another person's perspective
Listen and ask	Listen and ask questions
Ask	Ask what they need and not necessarily jump to doing
Take	Reflect for yourself and others
Be	Be honest with yourself
Ask	Ask for help

How to be
more
Empathetic

When you don't know how to end
the conversation so you're just like



Social skills

Social skills are behaviors that facilitate successful interactions and communication between people within a given context.

Ability to manage relationships and build networks

Ability to find common ground and build rapport

Adaptive to change

Ability to resolve conflict

Expertise in building and leading others

Recognizing, understanding and respecting boundaries

How to improve Social Skills

Communicate	Revamping communication skills (I.e. greetings, open-ended questions)
Collaborate	Collaborate, seek more opportunities to work with a team
Rapport	Building a rapport (finding your tribe!)
Good Manners	Practicing good manners (kindness is empathy in practice)
Take a step outside	Start Small, just be around people

The Art of Response

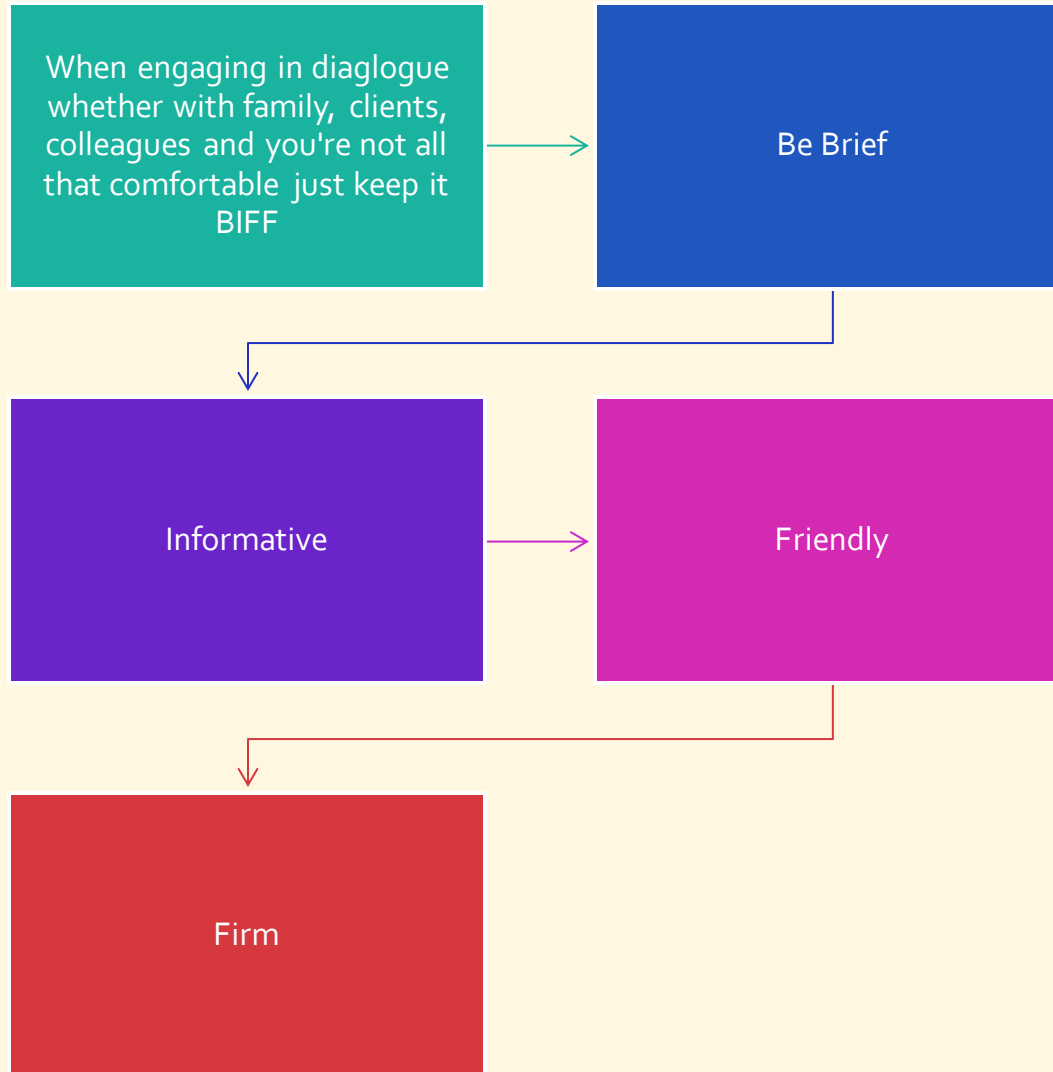
When engaging in dialogue
whether with family, clients,
colleagues and you're not all
that comfortable just keep it
BIFF

Be Brief

Informative

Friendly

Firm



What does it
mean to live
with Emotional
Intelligence?



In Real Life

It's more than "just" feelings. There is no part of life where our emotions are not included. They are vital to our survival and much like our abilities to use our bodies, environment, logical brains, emotional efficiency must be developed and adapted throughout our lifetime.



Living Through a Lens of Emotional Intelligence...

More effective self-regulation and maintaining inner peace

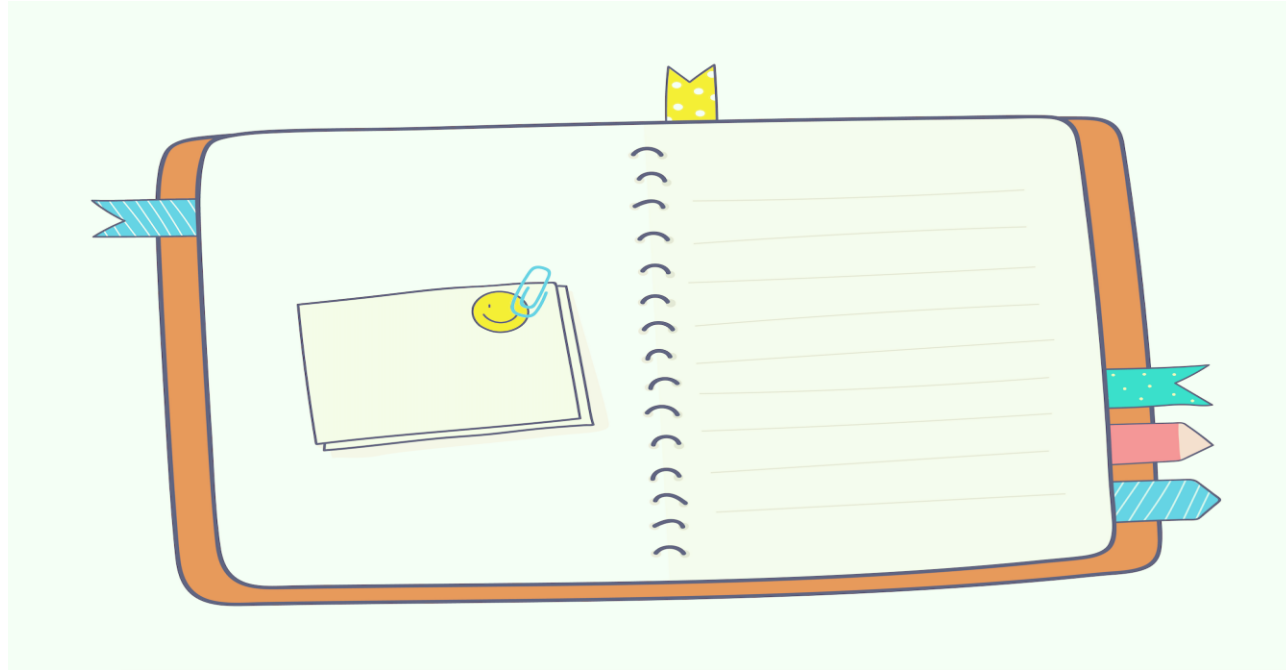
Foster positive, healthy relationships

Higher opportunities for success

Increases resilience and adapting to stress or change

Supports greater sense of self and purpose

Nourishes compassion and strengthens abilities to learn and teach



Time To Plan

Thoughts to Action

I commit to take care of myself
by_____



Resources

1. [Quick Emotional Intelligence](#)
2. [6 Steps to Improve Your Emotional Intelligence | Ramona Hacker | TEDxTUM](#)
3. [What Is Emotional Intelligence, Exactly? Here's the Entire Concept, Summed Up in 1 Sentence](#)
4. [13 Signs of High Emotional Intelligence](#)
5. [What is Emotional Intelligence? +18 Ways To Improve It](#)
6. [Emotional Intelligence Activities for Kids](#)
7. [Emotional Intelligence](#)
8. [The Importance of Emotional Intelligence in Leadership](#)
9. [Unpacking the Connections Between SEL and Attendance](#)
10. [Helping Parents and Children](#)
11. [Why Parents Need Emotional Intelligence](#)

“Therapists are never ‘done’ with growth;
they are simply people who should be
dedicated to learning as much about
themselves and others as they possibly can.

The best therapists are fully human
and engage in the struggles of life.

Our own failures help us to remain open to the
struggles of others; our personal victories give us
the optimism and courage to inspire
those struggling with their lives.

~ Louis Cozolino

www.littlewindow.com.au

Upcoming English Webinars

Daily at 12:00pm CDT



Monday, October 5, 2020, at 12:00pm CDT

[Meeting Yourself Where You Are: Liberating Body and Mind](#)

with Yoli Maya Yeh

Tuesday, October 6, 2020, at 12:00pm CDT

[Emotional Intelligence: Path to Cultivating Enhanced Connection to Ourselves and Others](#) with Courtney

Thompson-Simpson and Beth Kim

Wednesday, October 7, 2020, at 12:00pm CDT

[Be a Helping Hand—Providing a Safe Response to People Impacted by Gender-Based Violence](#) with Mae Reale

Thursday, October 8, 2020, at 12:00pm CDT

[How to Develop a Mindfulness Practice for Whole Health: Spirit, Mind, Body, and Earth](#) with Angela Johnson

Friday, October 9, 2020, at 12:00pm CDT

[Pandemic Fatigue: Surge Capacity and the Limits of Resilience](#)

with Katthe Wolf and Alexandra James

There is also a Spanish-language webinar series. For more information, visit: <https://www.bestrongfamilies.org/covid-19-support>

**Registration Closes
This Thursday Oct 8!**



Strong Families

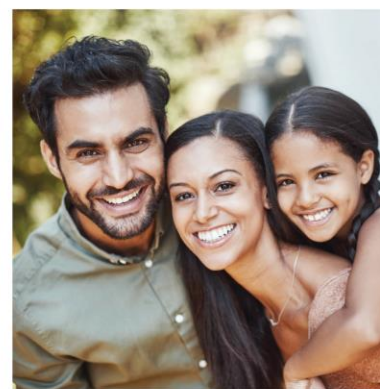


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Ideas into Action

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This week, share on social media about what it means to you to live with emotional intelligence, your actions, or takeaways from this webinar.

Use hashtags #AMPLify_____ and tag @BeStrongFamilies

Email us: COVID-19@bestrongfamilies.net

#AMPLify COMMUNITY

#AMPLify LOVE

#AMPLify JUSTICE

Thank you



If you or your colleagues would like to
host a webinar with us, contact us at:
katthe@bestrongfamilies.net