



Leading with Emotional Intelligence: Become an Emotion Scientist

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How are you feeling today?

No, how are you really feeling?





Self Assessment





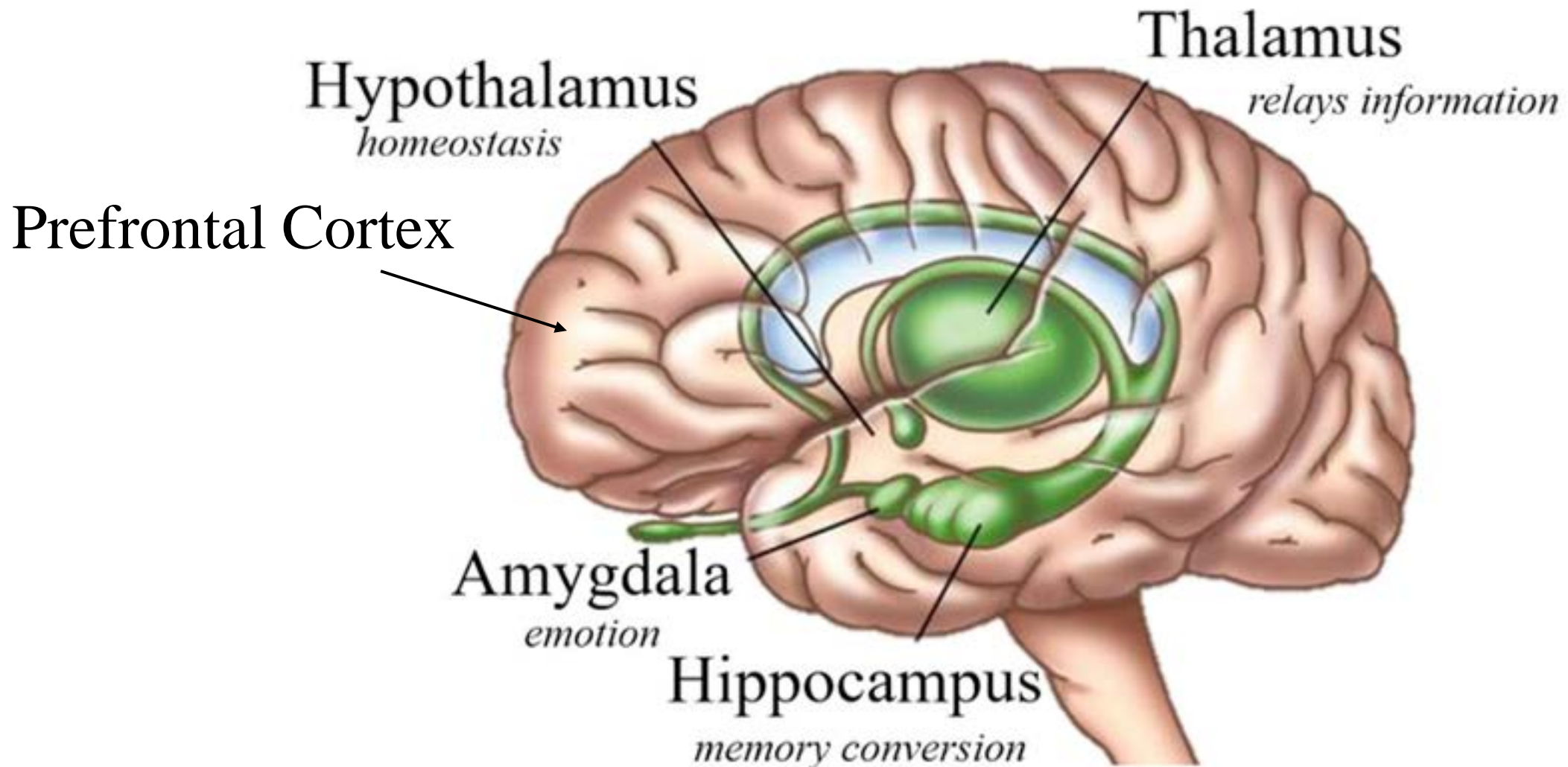
Science of Emotions

Classic View

Basic Core Emotions

Theory of Constructed Emotions

The Limbic System





Importance of Emotions





Recognition/Awareness

Self Awareness

Emotional Self Awareness
Accurate Self Assessment
Self Confidence

Social Awareness

Empathy
Organizational Awareness
Service

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Self Management

Emotional Self Control
Transparency
Adaptability
Achievement
Initiative
Optimism

Relationship Management

Influence
Inspirational Leadership
Developing Others
Change Catalyst
Building Bonds
Conflict Management
Teamwork & Collaboration

Regulation/Control



Self Awareness





RULER

Recognizing

Understanding

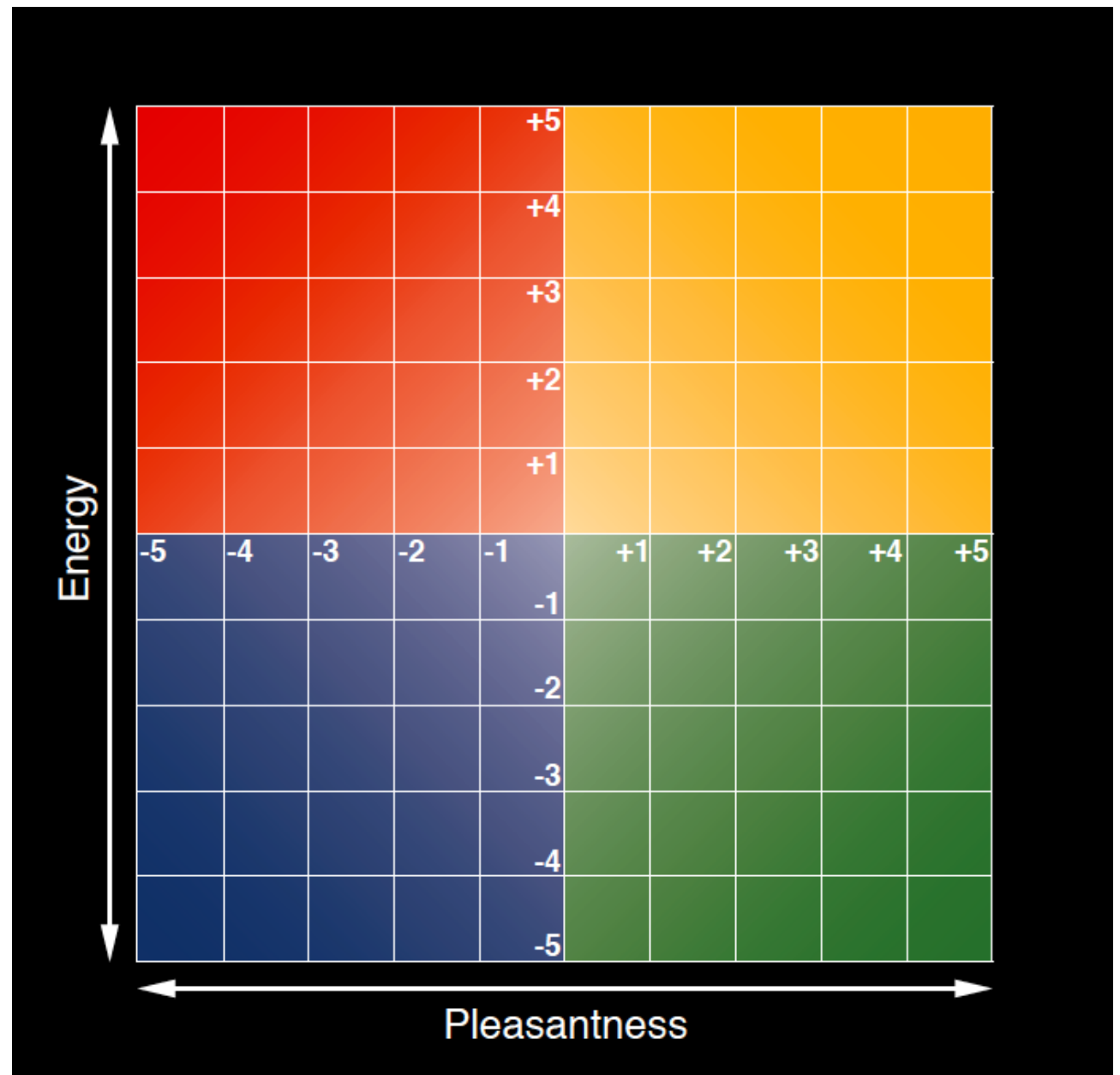
Labeling

Expressing

Regulating

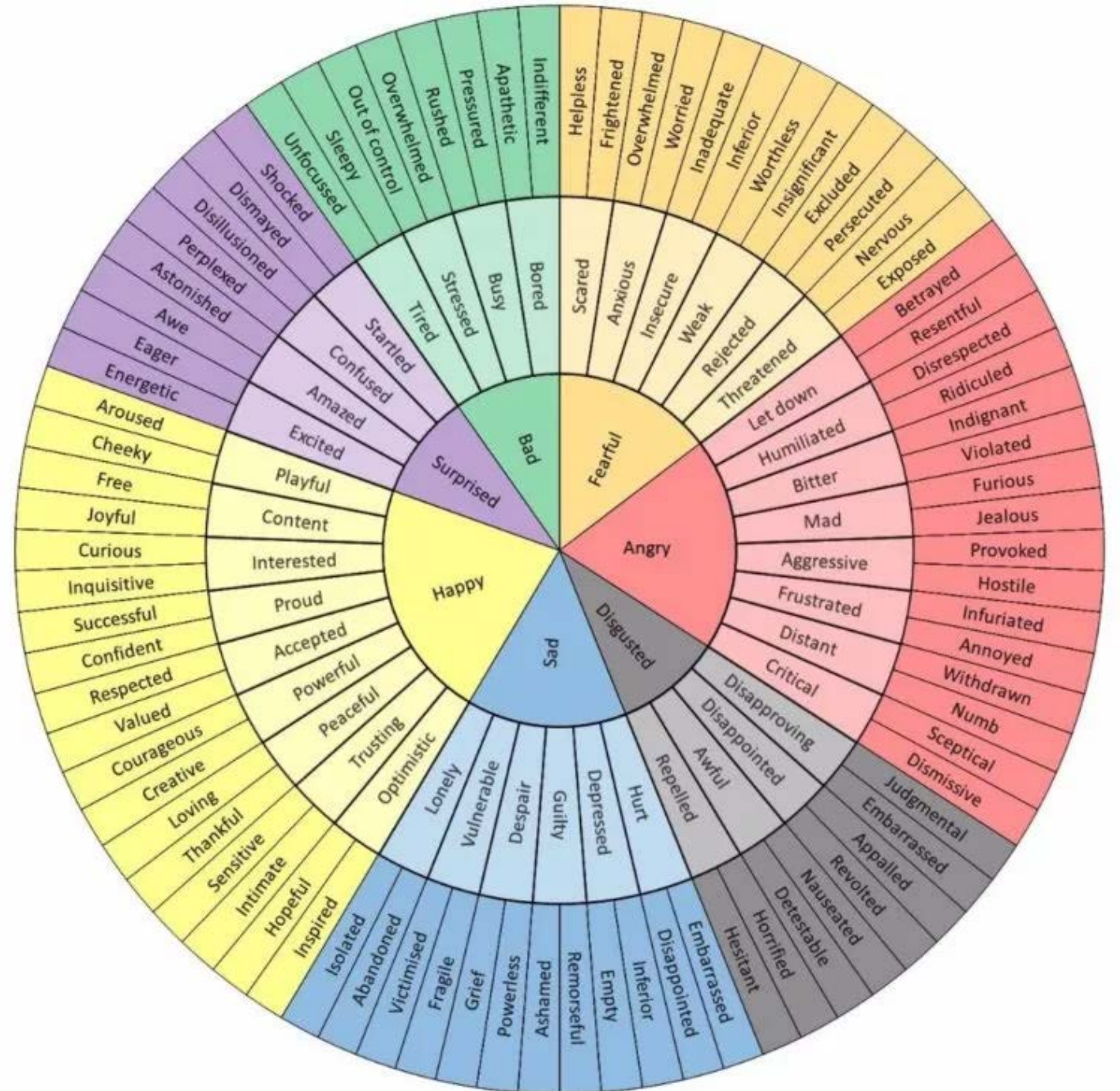
Mood Meter

<http://moodmeterapp.com/>



<https://www.marcbrackett.com/the-colors-of-our-emotions/>

Mood Wheel





Self Management





Meta Moment

Here is what I feel and why

Here is what I want to happen next

Here is what I need from you right
now

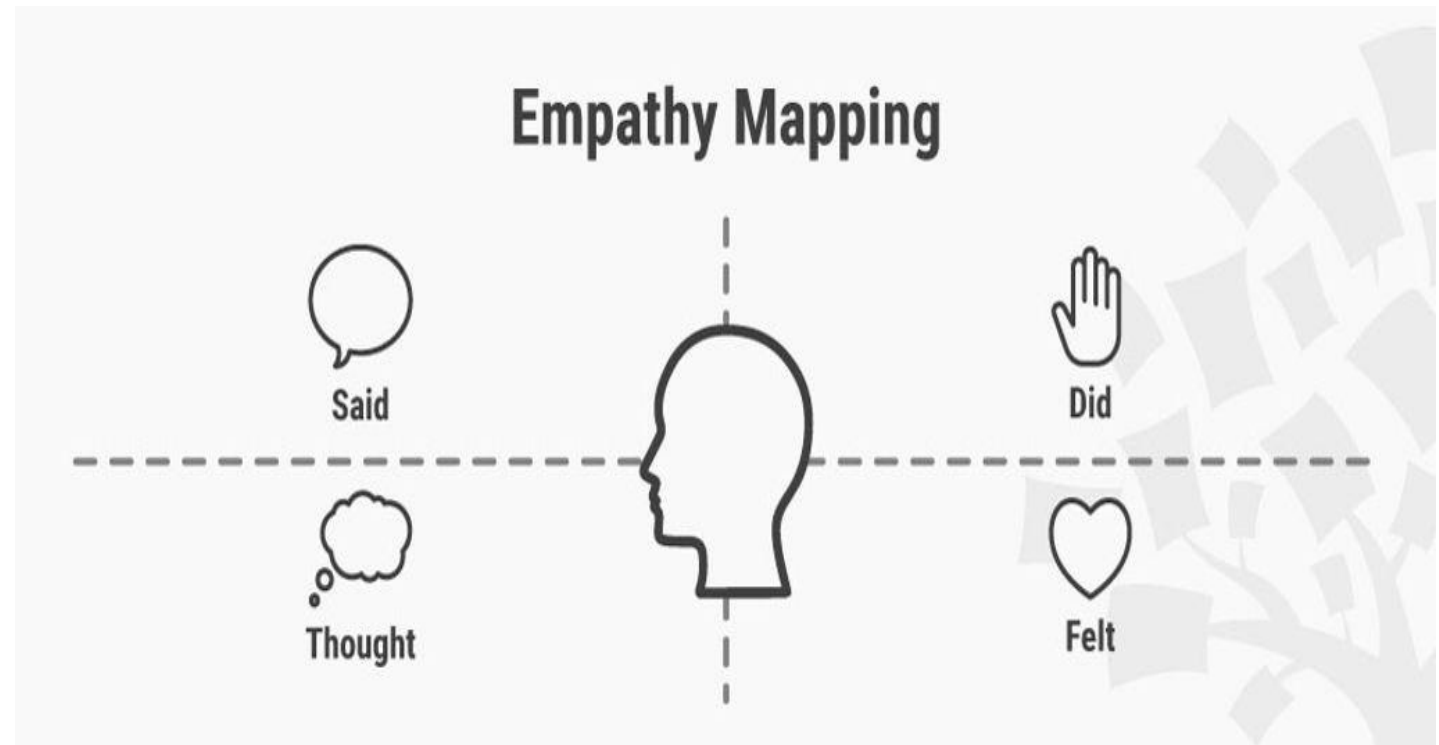


Social Awareness





Empathy Map



<https://www.interaction-design.org/literature/article/empathy-map-why-and-how-to-use-it>



Relationship Management



Listening and Asserting Skills

Listening Skills

Releasing

Attending

Amplifying

Reflecting

Asserting Skills

Clarifying Intentions

Remaining Centered

Expressing

Supporting

Persisting



Scenario

You are facilitating a meeting with library staff from across Colorado, and one member is bullying other members.

You do not know any of the attendees well.

How would you use your strongest Core Element to address this behavior, either during the meeting, or after the meeting with the bully, or with the person being bullied, or both?





Using Emotional Intelligence





EQ Action Plan

Select a Core Element you want to work on in the next month.

Pick a strategy or 2 you can commit to practicing over the next month.

Think of someone you work with that excels in the skill you are wanting to work on and set a date to meet.



Questions?

