



EI and Inspiration

- ◆ An aspect of **managing** emotions is being able to inspire others
- ◆ Interactive with audience on EI and how to inspire



Film Clip

- ◆ Emotional Intelligence and politics in the workplace
- ◆ Tick the box after looking at face of the person
 - happy
 - sad

 - puzzled
 - clear

 - appreciated
 - patronised

Clip 1

- Happy
- Sad



Clip 2

- puzzled
- clear


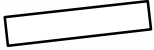



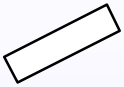


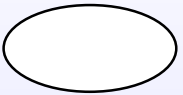



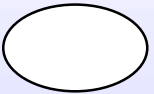



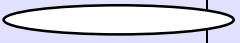

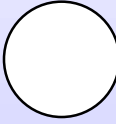

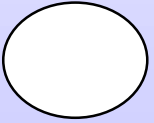


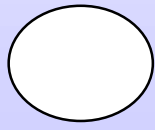


Clip 3

- ❑ appreciated
- ❑ patronised



How to Recognise Emotions

	Eyes	Brows	Nose	Mouth
Sadness				
Anger				
Happiness				
Fear				
Disgust				
Surprise				





Recognising Emotions

- ◆ Accurate recognition of emotions is the ability most closely aligned with good leadership.
- ◆ Increasing your emotional intelligence ability will assist to develop your leadership in the workplace
- ◆ Coaching accelerates leadership development

Summing Up EI



- ◆ What are 3 things you have learnt about emotional intelligence that you can take away and practice?
- ◆ Use the card provided to work on one thing for the next 30 days