


## Leveraging Emotional Intelligence for Team Success

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May 13, 2021

### What is emotional intelligence (EQ)?

▲ *“...the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.”*



2



## 4 Areas of Emotional Intelligence:

- ▲ Self Awareness
- ▲ Self Management
- ▲ Social Awareness
- ▲ Social Management

3



The practical impact of being smart about emotions, and start you on the path to getting even smarter.

4

Take the next five minutes to write a paragraph on a humiliating experience you've had.



5

RULER is an acronym for the five skills of emotional intelligence:

- ▲ Recognizing emotions in oneself and others
- ▲ Understanding the causes and consequences of emotions
- ▲ Labeling emotions with a nuanced vocabulary
- ▲ Expressing emotions in accordance with cultural norms and social context
- ▲ Regulating emotions with helpful strategies



6



## The Impact of EQ

- ▲ Attention, memory, and learning
- ▲ Decision making
- ▲ Creativity
- ▲ Mental and physical wellbeing
- ▲ Ability to form and maintain positive relationships
- ▲ Academic and workplace performance

7



## Labelling

- ▲ Labeling our emotion gives us a way to think about the emotion.
- ▲ It allows us to communicate our feelings to others, and ask them for support or help.
- ▲ It gives us a foundation for helping others who are experiencing difficult emotions.
- ▲ It gives us a way to connect with other people, whose emotionality becomes understandable and recognizable to us.

8

*You are on your way to  
emotional genius!*



## Jake

- ▲ “disengaged”
- ▲ “insensitive”
- ▲ “doesn’t realize the impact his tone of voice”
- ▲ “he can come off as dismissive”



11

▲ “Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”

- Viktor Frankl



12



## Questions and Discussion