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

- Hypothalamus: homeostasis
- Thalamus: relays information
- Prefrontal Cortex
- Amygdala: emotion
- Hippocampus: memory conversion
Importance of Emotions
Self Recognition/Awareness

**Self Awareness**
- Emotional Self Awareness
- Accurate Self Assessment
- Self Confidence

**Social Awareness**
- Empathy
- Organizational Awareness
- Service

**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

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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?