

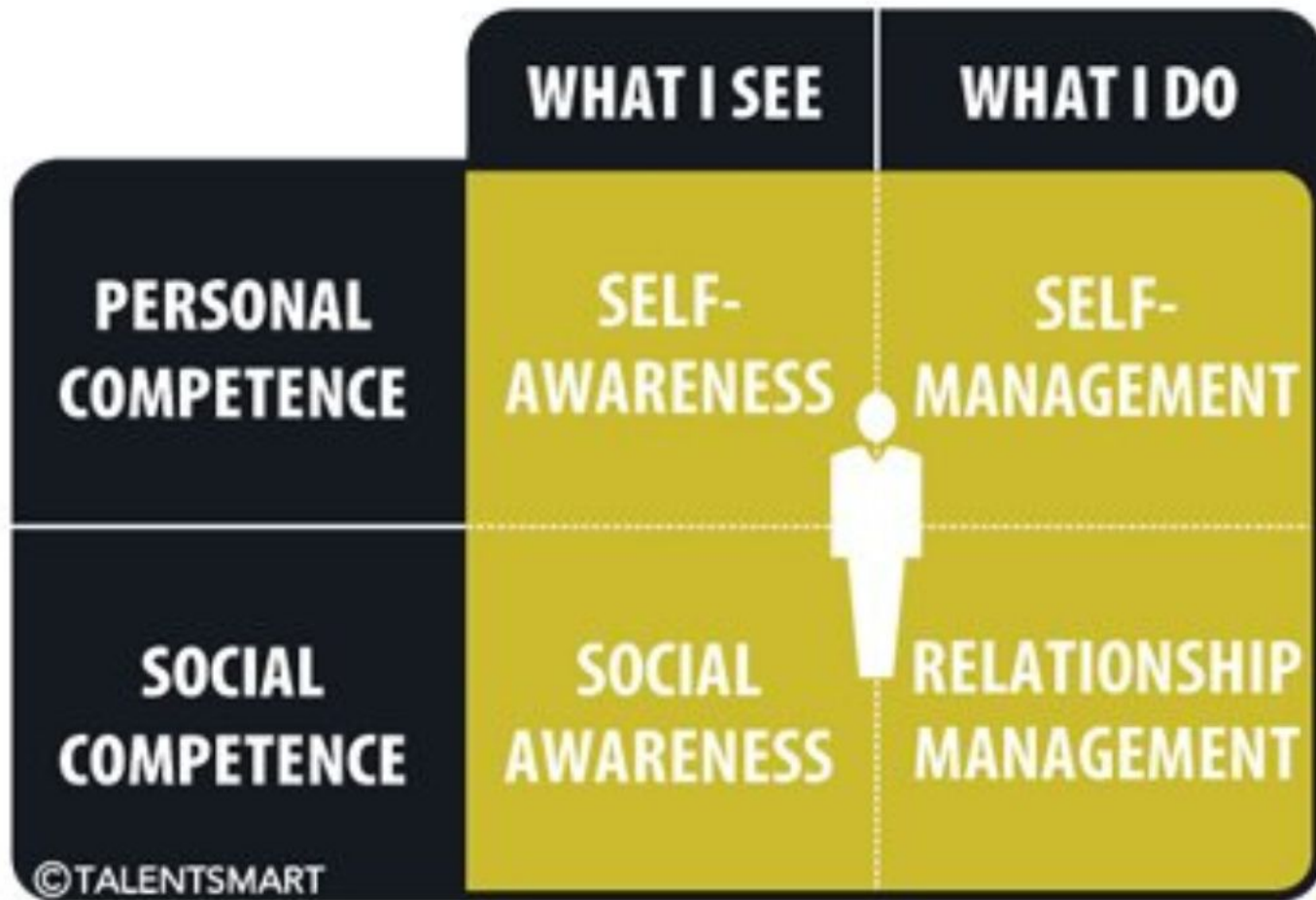
What is success?

What makes successful people
different? What do they have **that**
others don't?

Speaking of personal life and
career,
what **skills or abilities** you need to
succeed?

What does your **success** depend
on?

Why You Need Emotional Intelligence To Succeed



EQ?

EQ?

- **IQ — intelligence quotient** 'kwəʊʃənt

- <https://globalleadershipfoundation.com/geit/eitest.html>

A Read the article below. In general, do you agree or disagree with these statements? Check (✓) the boxes.

EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to manage your own and other people's emotions. Emotionally intelligent people can express their feelings clearly and appropriately, and they are generally optimistic and positive, with high self-esteem. They would agree with these statements. Do you?

SELF-AWARENESS

AGREE DISAGREE

- | | | |
|--|--------------------------|--------------------------|
| 1. I'm decisive . I know what I want. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I'm not impulsive . I think before I act. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Jealousy is not part of my life. I am not a jealous person. | <input type="checkbox"/> | <input type="checkbox"/> |

MANAGING EMOTIONS

- | | | |
|--|--------------------------|--------------------------|
| 4. I don't feel guilty or ashamed about things I've done in the past. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Aggressive people don't upset me. I can cope with their aggression . | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I don't get angry and upset if people disagree with me. | <input type="checkbox"/> | <input type="checkbox"/> |

MOTIVATION

- | | | |
|--|--------------------------|--------------------------|
| 7. I'm very motivated , and I set realistic goals for myself. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I have the confidence , determination , and self-discipline to achieve my goals. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. My main motivation in life is to be happy and to make a difference for others. | <input type="checkbox"/> | <input type="checkbox"/> |

EMPATHY

- | | | |
|--|--------------------------|--------------------------|
| 10. I know when my friends feel sad or depressed . | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. I'm very sympathetic when a friend has a problem. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. I think it's important to be sensitive to how other people are feeling. | <input type="checkbox"/> | <input type="checkbox"/> |

SOCIAL SKILLS

- | | | |
|--|--------------------------|--------------------------|
| 13. If friends want to do things I don't want to do, I try to be flexible . | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. I think it's good to express emotions like grief , hate , and anger , but in private. | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Honesty is important to me. I'm honest with people unless it will upset them. | <input type="checkbox"/> | <input type="checkbox"/> |

8. I have the **confidence, determination, and self-discipline** to achieve my goals.

9. My main **motivation** in life is to be **happy** and to make a difference for others.

EMPATHY

10. I know when my friends feel **sad** or **depressed**.

11. I'm very **sympathetic** when a friend has a problem.

12. I think it's important to be **sensitive** to how other people are feeling.

SOCIAL SKILLS

13. If friends want to do things I don't want to do, I try to be **flexible**.

14. I think it's good to express emotions like **grief, hate, and anger**, but in private.

15. **Honesty** is important to me. I'm **honest** with people unless it will upset them.

About
you

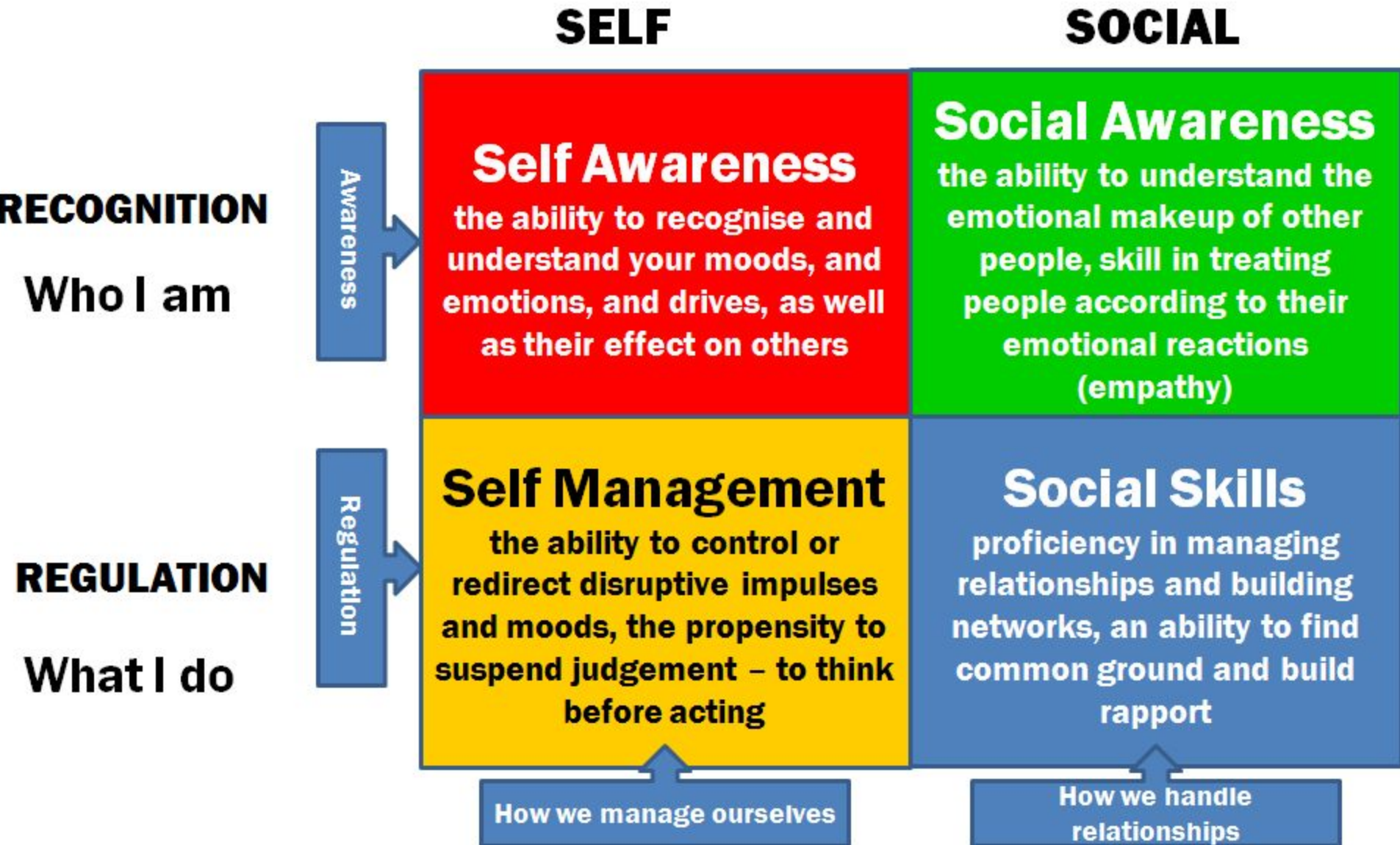
B Can you make the statements above more accurate for you by adding frequency adverbs? For example, you can say *I'm usually decisive*. Compare with a partner.

Word
sort

C Complete the chart with nouns and adjectives from the article. Then choose five words, and make true sentences about people you know to tell a partner.

noun	adjective	noun	adjective	noun	adjective
aggression	aggressive	guilt		realism	
	angry	happiness		sadness	
	confident	honesty			self-disciplined
depression			intelligent	sensitivity	
	determined	jealousy		shame	
flexibility			motivated	sympathy	

Emotional Intelligence



- <http://www.talentsmart.com/articles/Why-You-Need-Emotional-Intelligence-To-Succeed-389993854-p-1.html>

1. What is self-awareness?
2. Self-management?
3. Social awareness?
4. Relationship management?

5. Is emotional Intelligence connected to IQ?
6. How much impact does EQ have on your professional success?
7. Can you develop your EQ?
8. According to the text, what is a way to develop your EQ?

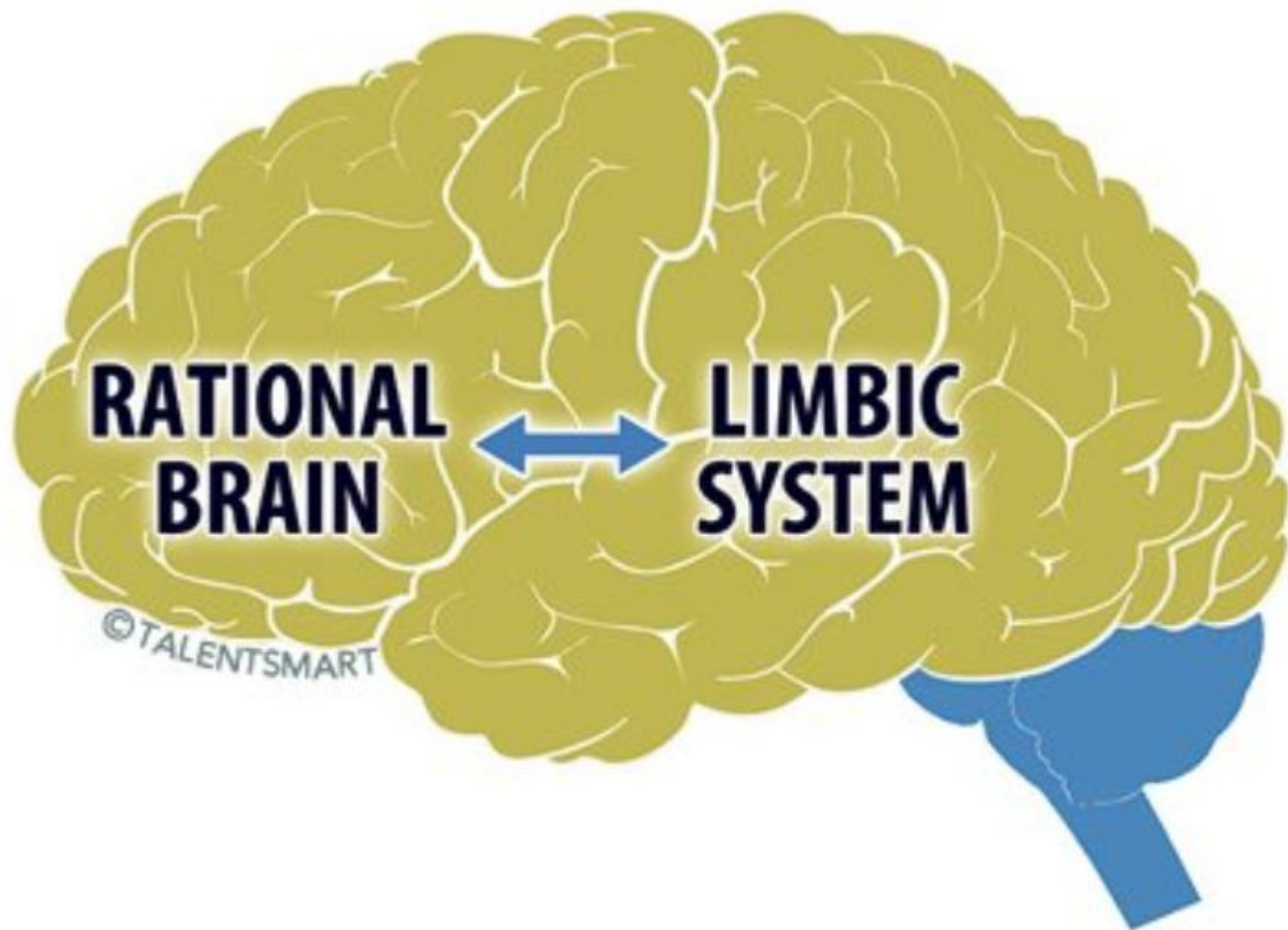
- When emotional intelligence first appeared to the masses, it served as the missing link in a peculiar finding: people with average IQs outperform those with the highest IQs 70% of the time. This anomaly threw a massive wrench into what many people had always assumed was the sole source of success—IQ. Decades of research now point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack.
- Emotional intelligence is the “something” in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities, and make personal decisions that achieve positive results. Emotional intelligence is made up of four core skills that pair up under two primary competencies: personal competence and social competence.



Emotional intelligence is an essential part of the whole person.



Emotional intelligence is the foundation for critical skills.



Emotional intelligence is a balance between the rational and emotional brain.

EQ: Sheldon vs. Penny



- <https://www.youtube.com/watch?v=LzZD5akvxYw>
- In your opinion, is EQ taught at school? (=uni)
- According to the video, what are the differences between the behaviour of a person with low EQ and with high EQ?
According to the video, what should you do to develop:
Self-awareness?
Self-management?
Social awareness?
Relationship management?