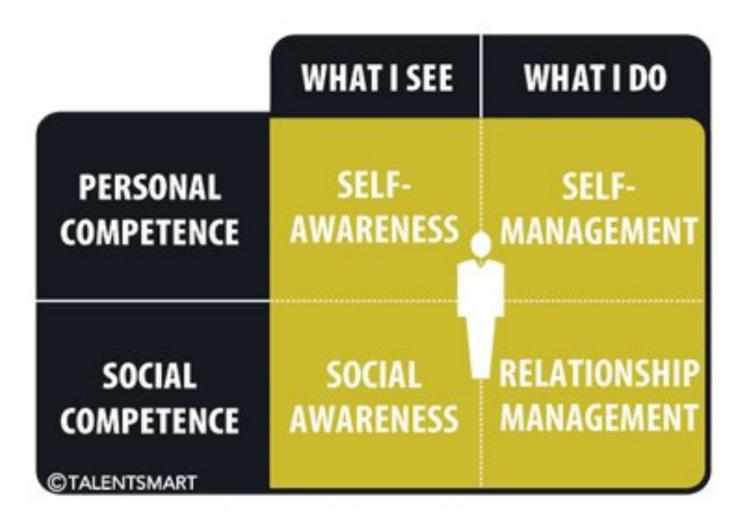
What is success?

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?

• IQ — intelligence quotient ˈkwəʊʃənt

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

Dununiy vocabulary

A Read the article below. In general, do you agree or disagree with these statements? Check (1) 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.		
2. I'm not impulsive. I think before I act.		
3. Jealousy is not part of my life. I am not a jealous person.		
MANAGING EMOTIONS		
4. I don't feel guilty or ashamed about things I've done in the past.		
5. Aggressive people don't upset me. I can cope with their aggression.		
6. I don't get angry and upset if people disagree with me.		
MOTIVATION		
7. I'm very motivated, and I set realistic goals for myself.		
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.	ī	Ē
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.		



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About you

Word

sort

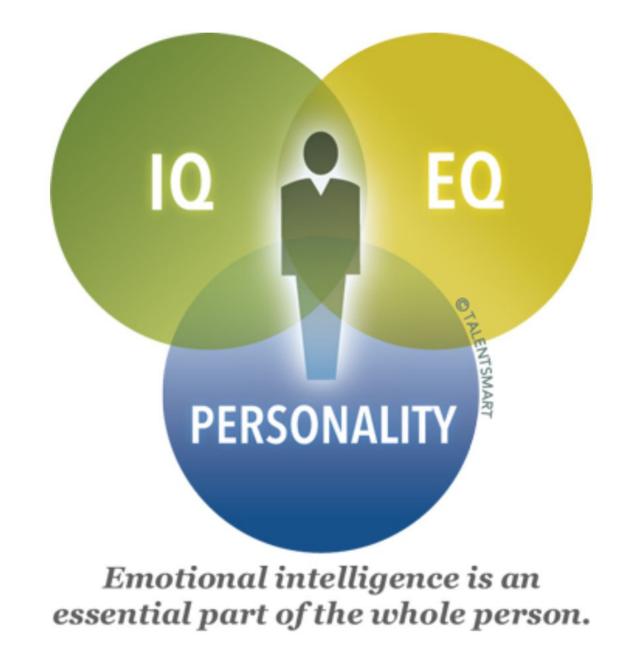
B Can you make the statements above more accurate for you by adding frequency adverbs? For example, you can say *I'm usually decisive*. Compare with a partner.

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.

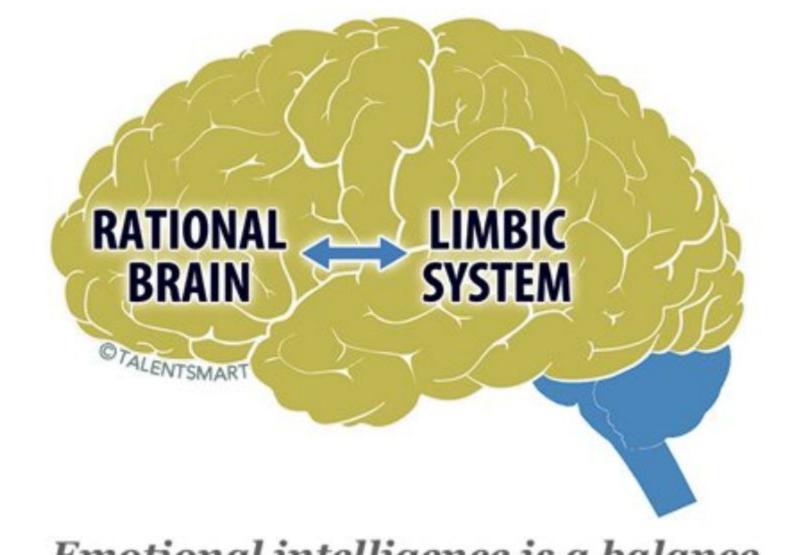
noun	adjective	noun	adjective	noun	adjective
aggression	aggressive	guilt		realism	
	angry	happiness		sadness	
	confident	honesty		U DALEALENIA	self-disciplined
depression			intelligent	sensitivity	
	determined	jealousy		shame	
flexibility		A Date of the local	motivated	sympathy	

 <u>http://www.talentsmart.com/articles/Why-Yo</u> <u>u-Need-Emotional-%20Intelligence-To-Succee</u> <u>d-389993854-p-1.html</u>

- 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 <u>manage</u> <u>behavior</u>, <u>navigate social complexities</u>, <u>and make</u> <u>personal decisions that achieve positive results</u>. Emotional intelligence is made up of four core skills that pair up under <u>two primary competencies</u>: <u>personal</u> <u>competence and social competence</u>.







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

Emotional Intelligence

RECOGNITION

Who I am



SELF

Self Awareness

the ability to recognise and understand your moods, and emotions, and drives, as well as their effect on others

SOCIAL

Social Awareness

the ability to understand the emotional makeup of other people, skill in treating people according to their emotional reactions (empathy)

REGULATION

What I do



Self Management

the ability to control or redirect disruptive impulses and moods, the propensity to suspend judgement – to think before acting

Social Skills

proficiency in managing relationships and building networks, an ability to find common ground and build rapport

How we manage ourselves

How we handle relationships

The project

Blah blah fact¹ blah blah ...

Tah tah not my idea² tah tah

1) Satalkar, B. (2010, July 15). Water aerobics. Retrieved from http://www.buzzle.com

2) Satalkar, B. (2010, July 15). Water aerobics. Retrieved from http://www.buzzle.com

How to Cite an Website

Structure:

Last, F. M. (Year, Month Date Published). Article title. Retrieved from URL

Example:

Satalkar, B. (2010, July 15). Water aerobics. Retrieved from http://www.buzzle.com

Criteria

• 1. Content (relevant/irrelevant)

2. Product (format, presentation, slides, pictures, questions for the audience)

- 3. Language (Grammar, Accuracy, Cohesion & Coherence)
- 4. Pronunciation (clarity of speech, intonation)5. Preparedness (staging, meeting deadlines, role distribution, paper work)

Stages

- Preparation grouping, brainstorming, assigning roles.
- Send your peers the complex voc. from your presentation
- Presentation in class. (Slides, Infographics) Recording your presentations.
- Questions to the audience (on paper printed), questions to the speaker, note taking.
- Writing a summary of what you've heard, your conclusions for yourself, consulting specialists
- Feedback on your peers' presentation on Canvas according to criteria

- What is self-awareness?
 Self-management?
 Social awareness?
 Relationship management?
 - Is emotional Intelligence connected to IQ? How much impact does EQ have on your professional success? Can you develop your EQ? According to the text, what is a way to develop your EQ?

- 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?