

## WHAT IT IS

Emotional intelligence (EQ) refers to the ability to recognize our own emotions and those of others. It affects group dynamics, individual and group performance, creativity, communication, and motivation. A higher EQ level reduces anxiety and protects against stress. Groups in which people feel valued, cared for, consulted, informed, and understood far outperform those where they do not. Effective leaders can understand other people's motivations and emotions and influence them for good. Leadership also requires you to understand and influence your own emotions and motivations.

## WHO TO USE IT WITH

Students who have had some challenges being successful at college. Students may think being classically intelligent is enough to do well at college, but the reality is college success requires more than just smarts, but also an understanding of how we interact and give/receive information from others.

## QUESTIONS TO ASK

1. What things do you think are important to be successful in class, other than knowing the content covered in the course?
2. In your own words, describe what makes someone effective and successful in their communication with others.

## TEACHING INSIGHTS

- **Self-Awareness:** The focus here is helping the student understand their own emotions, strengths, and weaknesses. They should focus on recognizing their own strengths and weaknesses and equipping themselves to take on board feedback and constructive criticism and make positive changes.
- **Self-Management:** This is the capacity to effectively manage your motives and regulate your behavior. We help the student develop resiliency and the ability to manage stress without being temperamental, allowing them to find opportunities and possibilities that exist even in the face of adversity.
- **Motivation:** This is what drives someone to accomplishment. This is ideally driven internally rather than by external rewards like money and titles.
- **Empathy:** This involves perceiving, understanding, and acknowledging the way others feel and identifying the things that make people feel valued, listened to, cared for, consulted, and understood. Empathy allows you to connect with others on an emotional level and respond authentically and genuinely to their concerns.
- **People Skills:** These are the skills we use to interact with other people. We are more effective when we are good listeners, easy to talk to, charismatic, and attractive to others. This includes adapting to the different ways people communicate and interact with others. We communicate our ideas, information, and requests to others effectively.

These videos are useful for understanding the EQ principles from the founder, Daniel Goleman.

- [Daniel Goleman Introduces Emotional Intelligence](#)
- [Daniel Goleman: Emotional Intelligence is a Superpower](#)