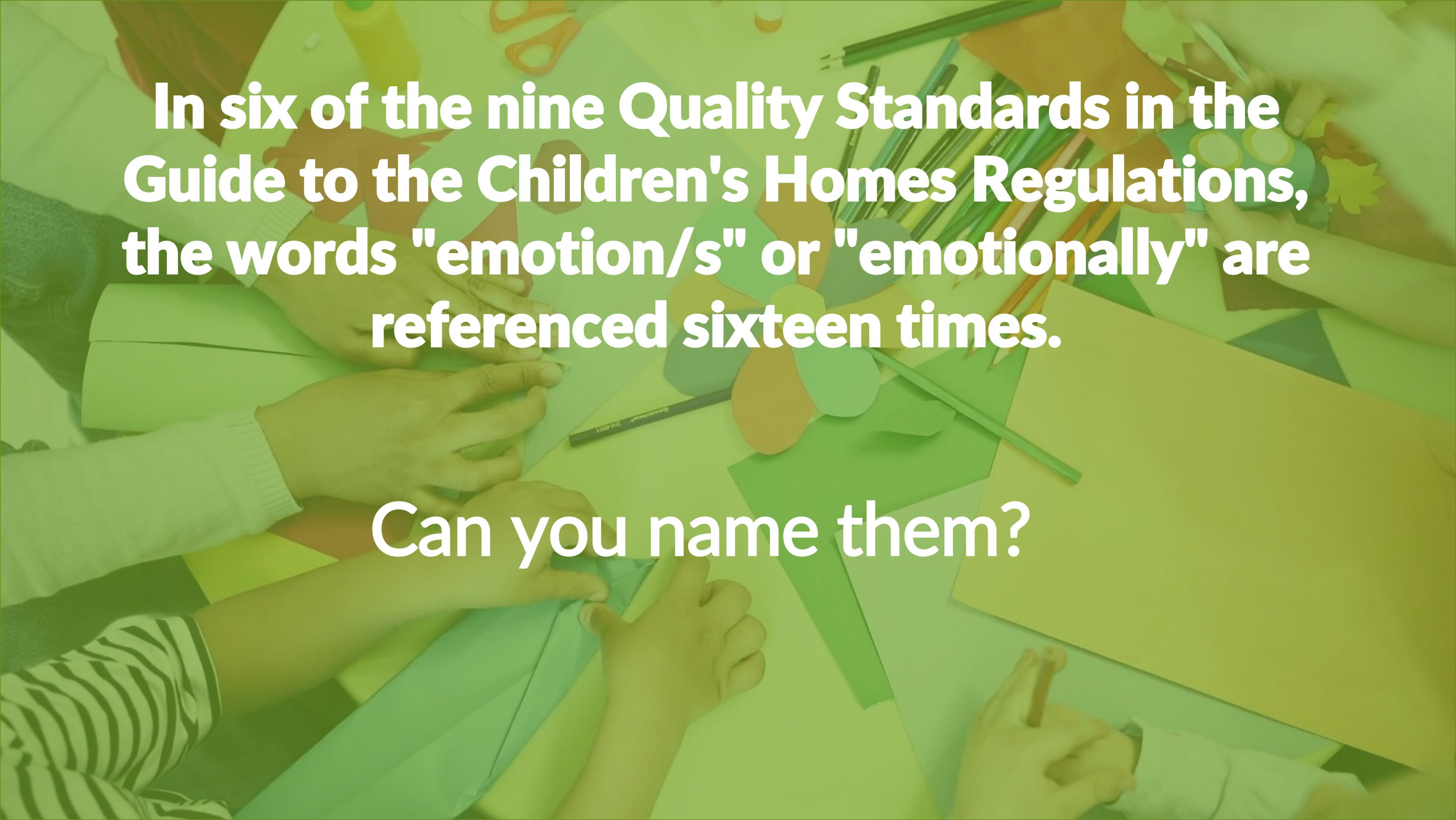




Emotional Intelligence

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In six of the nine Quality Standards in the Guide to the Children's Homes Regulations, the words "emotion/s" or "emotionally" are referenced sixteen times.

Can you name them?

- The quality and purpose of care standard (Reg 6)
- The enjoyment and achievement standard (Reg 9)
- The health and well-being standard (Reg 10)
- The positive relationships standard (Reg 11)
- The protection of children standard (Reg 12)
- The care planning standard (Reg 14)

Which ones are missing ?

- The education standard (Reg 8)
- The children's wishes and feelings standard (Reg 7) - Children should be emotionally engaged with by staff, and their wishes and feelings taken into consideration

Residential childcare – key principle

Children in residential childcare should be loved, happy, healthy, safe from harm and able to develop, thrive and fulfil their potential

Emotions and the Brain

“Emotions are Data, not Directives”

Susan David, Emotional Agility

Feelings are a reaction to how your body is feeling. For example: If you feel scared your body is telling you to react, you might scream or run away. Your body is very clever!

You are the boss of your body and your emotions. You choose how you react.

What is Emotional intelligence?

(also referred to as EQ (emotional quotient))

“ Is the ability to manage ourselves and our relationships with others so that we can live our intentions and reach our goals”

Lynn A., The EQ Difference: A Powerful Plan to putting Emotional Intelligence to Work 2004



what is **EI?**

Emotional Intelligence (EI) is utilizing your emotions to determine the:

- right response
- right time
- right person

Emotional Intelligence (EI) is NOT:

- just being nice
- suppressing emotions
- giving free rein to emotions
- attempting to be a robot
- being passive

“

“IQ, cognitive abilities are basically hardwired. They don't really change that much through life... On the other hand, emotional intelligence is learned and learnable, and you can upgrade it at any point in life.”



Daniel Goleman, Working with Emotional Intelligence

The Five Domains

Intrapersonal
SELF

Self-awareness

Self-management

Self-motivational

Interpersonal
SOCIAL

Empathy

Managing
relationships

Self-Awareness

is about understanding what it is that drives us and seeing ourselves as others see us.



Knowing our goals and what it is that we want to achieve in life, whilst also being aware of our limiting beliefs and how we can adapt them to progress.

Self-awareness underpins all that Emotional Intelligence is about. You must be aware of your habitual patterns and personal emotions if you are going to be able to do anything about them. It is also true to say that if you cannot recognise your own emotions you will be unlikely to spot them in others.

Mindfulness

Mindfulness meditation is a practice that involves focusing your awareness on the present moment with a nonjudgmental attitude

One of the four fundamental components of emotional intelligence is the ability to recognise and comprehend one's own feelings (Davies, Stankov, & Roberts, 1998).

Emotional intelligence can be developed through paying attention to current emotional experiences with awareness, much as intellectual intelligence is expressed via reading and learning.

Mindfulness

This exercise invites you to become aware of your emotions. It's your chance to really get to know your emotions. By practicing emotional awareness in this way, you can build your emotional intelligence

Write about your experience in as much detail as possible. Writing about your experience of this emotion will enhance your understanding and familiarity with it.

7 Practical Ways to Improve Your Emotional Intelligence



- 1. Practice Observing How You Feel**
- 2. Pay Attention to How You Behave**
- 3. Take Responsibility for Your Feelings and Behaviour**
- 4. Practice Responding, rather than reacting**
- 5. Practice Empathising with Yourself and Others**
- 6. Create A Positive Environment**
- 7. Remember Emotional Intelligence is a Lifetime Process**

Connection between Emotional Intelligence and Kindness

Kindness: loaning someone your strength instead of reminding them of their weakness

Kindness presents as an action between two or more people. One person extends a kindness action, and one or more people receive it. The action reflects kindness when it is done in order to support the welfare of another person as an end in itself

Three of the Emotional Intelligence qualities focus on the interaction between people and therefore influence kindness!!!

“Our connection with others can only be as deep as our connection with ourselves. If I don’t know and understand who I am and what I need, want, and believe, I can’t share myself with you”

Atlas of the Heart by Brené Brown

