



Mind Fitness

How do you show up at your best?



What stops you being at your best?



What is Emotional Intelligence?

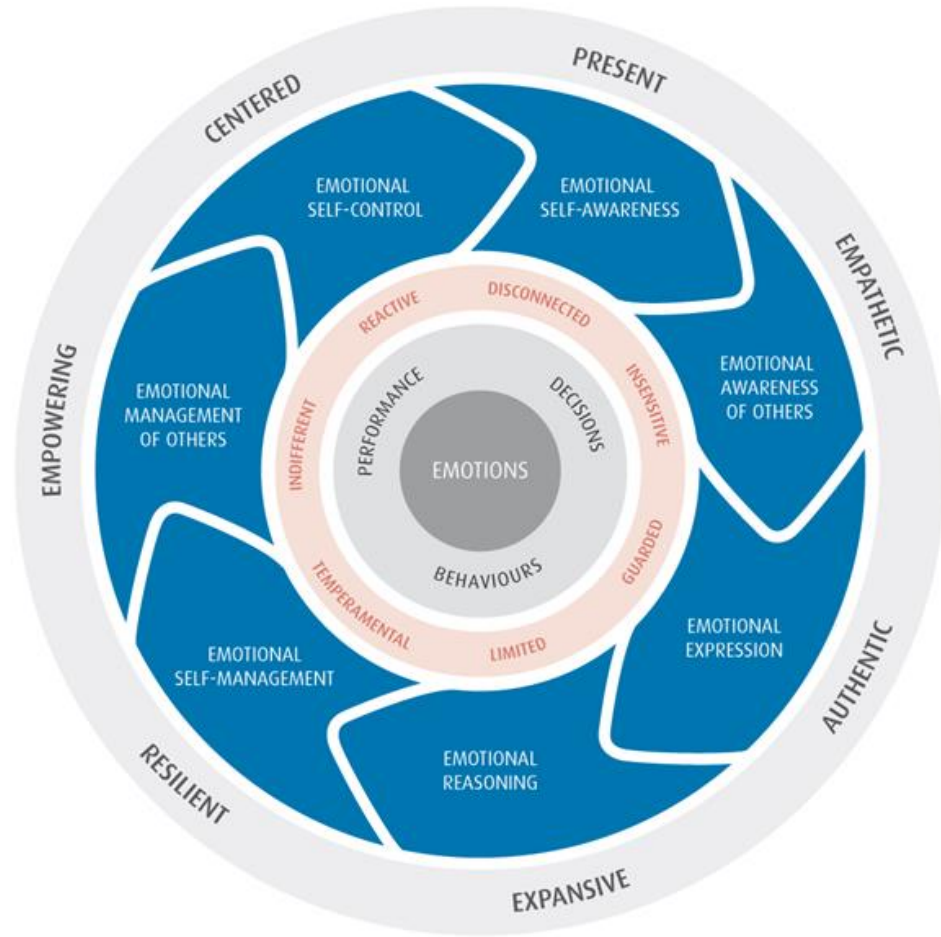
‘A set of abilities to do with emotions and the processing of emotional information.’

Salovey & Mayer 1990

‘The skill with which one perceives, expresses, reasons with and manages their own and others emotions.’

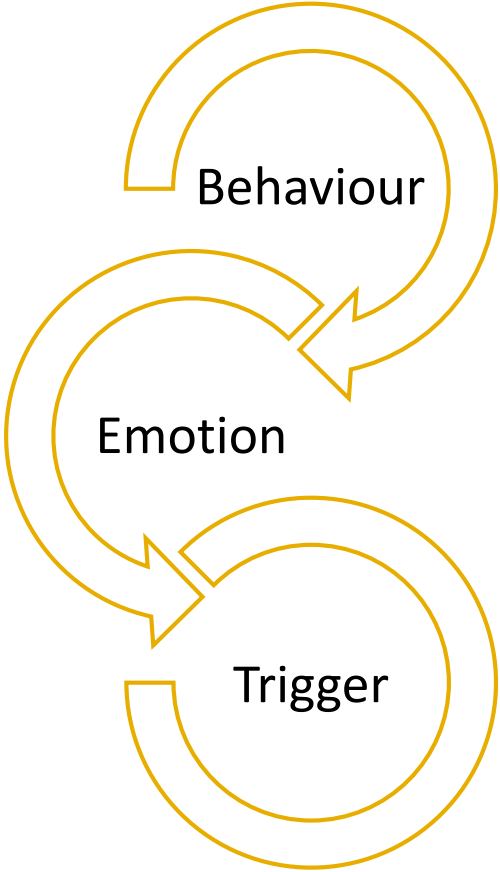
Palmer, Stough & Gignac 2007

A Model of Emotional Intelligence

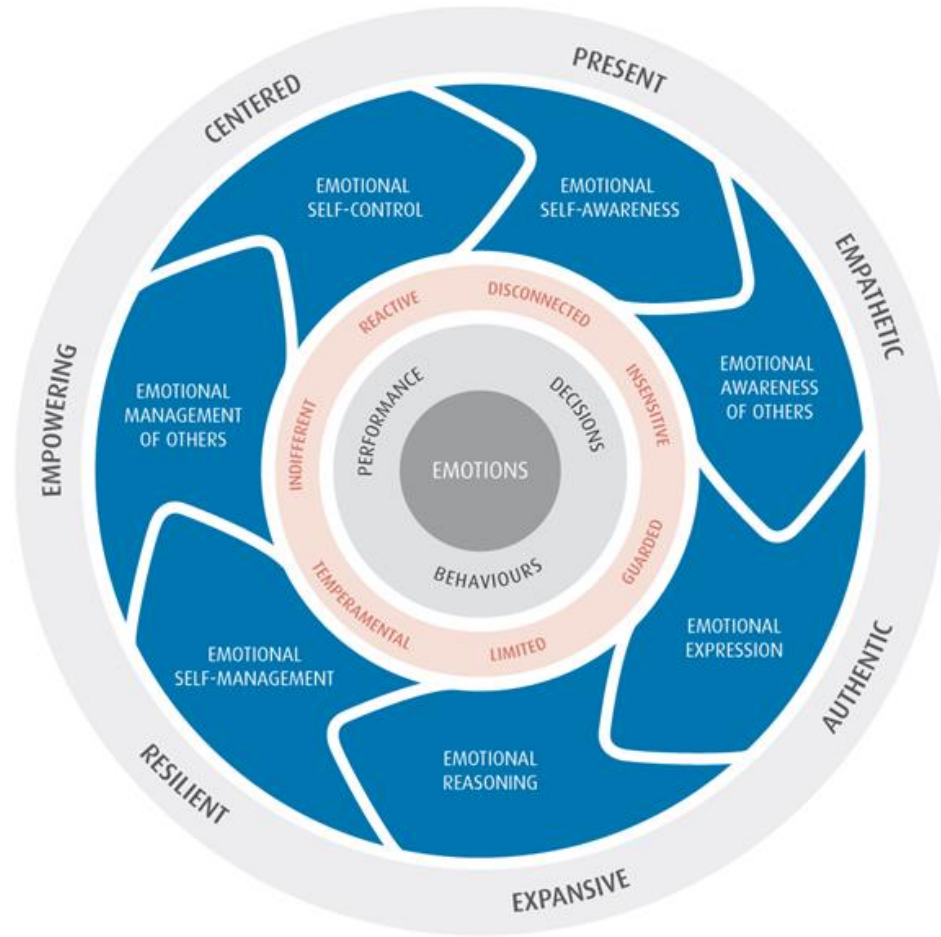


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Self Awareness & Awareness of Others



A Model of Emotional Intelligence



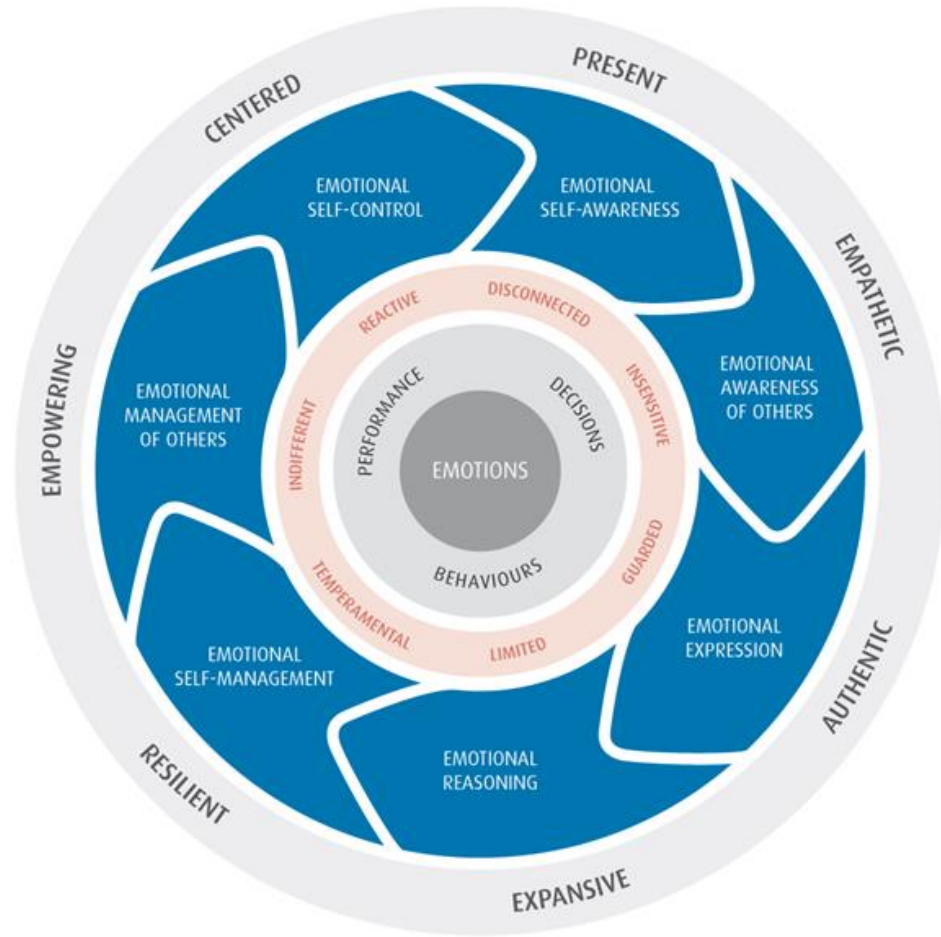
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Emotional Expression

- Do I think first before I speak?
- Do I say what I mean?
- Do people get me?
- How many times in a week do I regret what I've said, the way I've said it or who I've said it too?

Expressing my emotion to the right person, at the right time, to the right amount

A Model of Emotional Intelligence



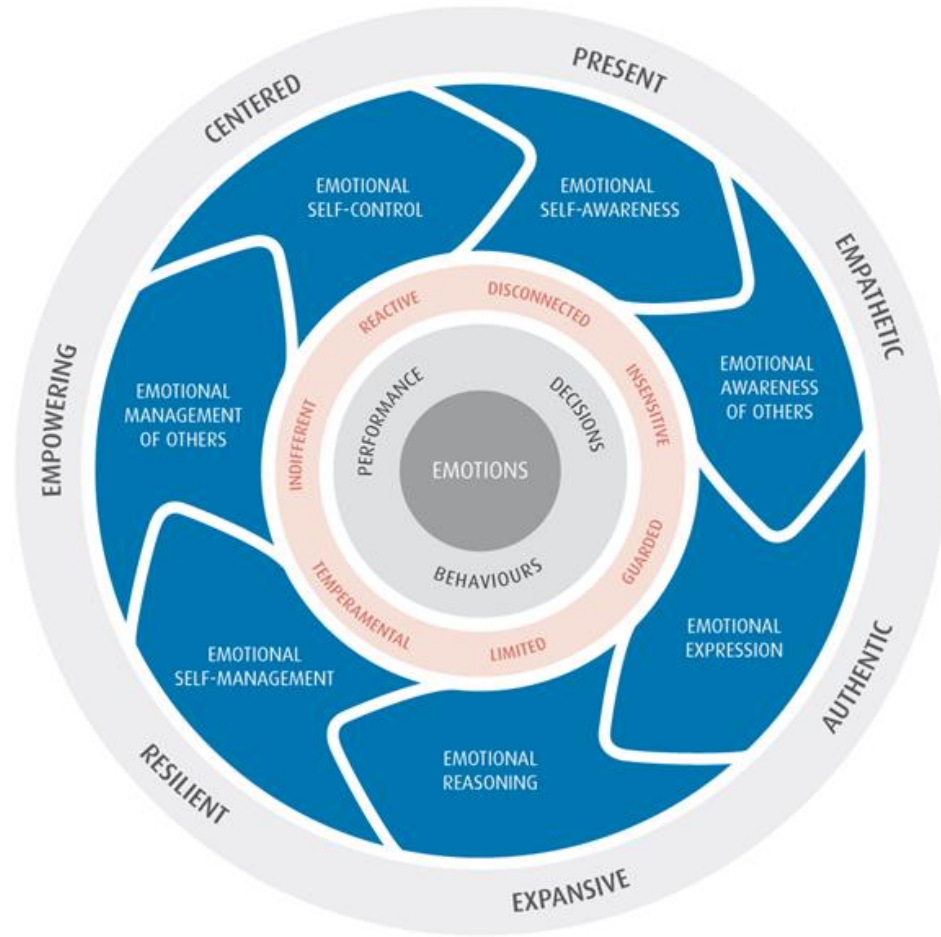
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Emotional Reasoning

- Is how I'm feeling influencing my decision?
- Is how someone else is feeling influencing my decision?
- How will this decision impact others? What action do I need to take now?
- Do I explain why I make a decision and what information I took into account?

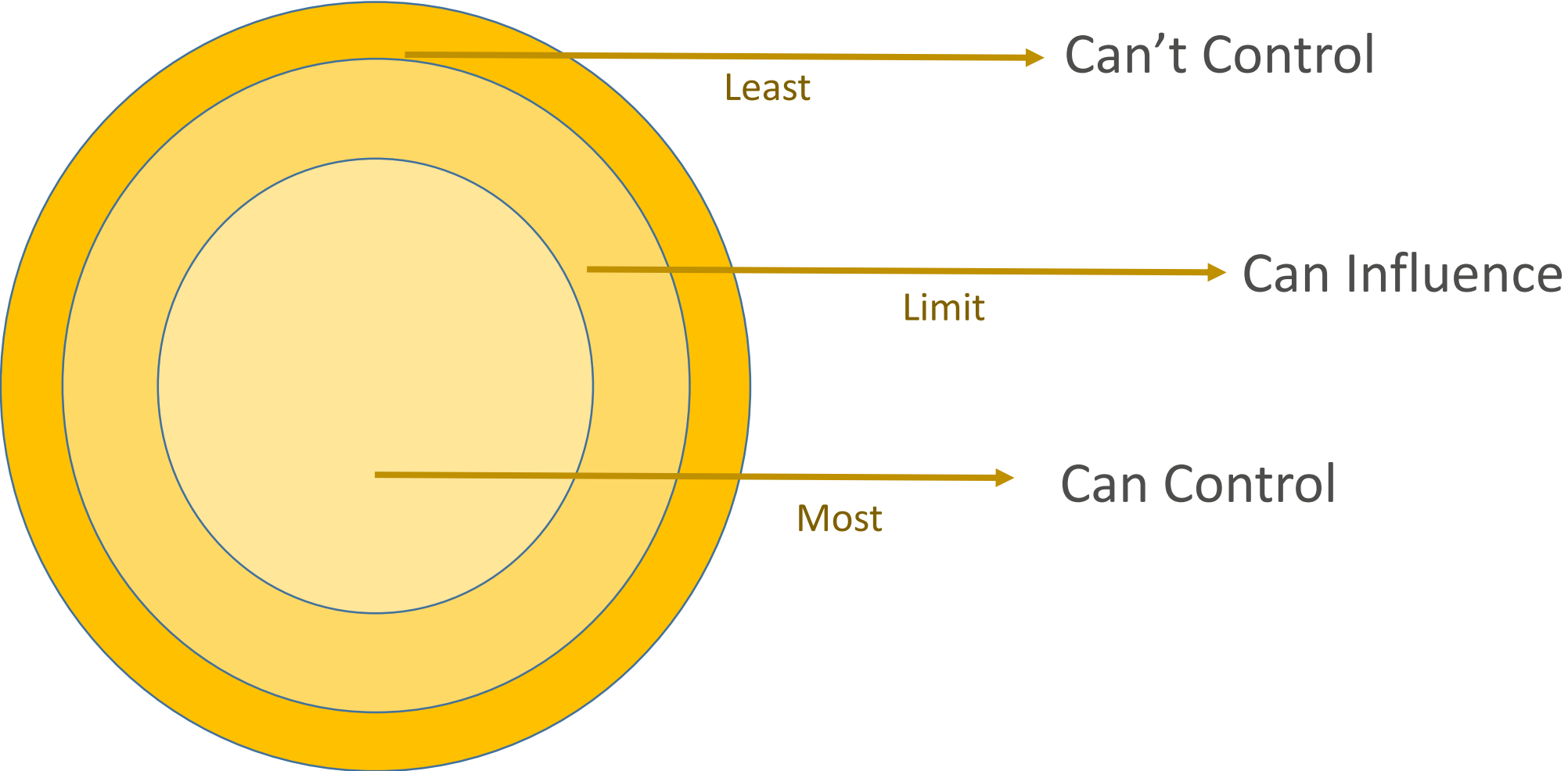
Using emotions intelligently in the decision making process

A Model of Emotional Intelligence



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Where do I spend my mental, physical & emotional energy?



My Actions - Mud map

Which EI Competency will I choose to focus on first?

What 3 actions would help me develop this competency?



Thank you for allowing me to live my purpose today!