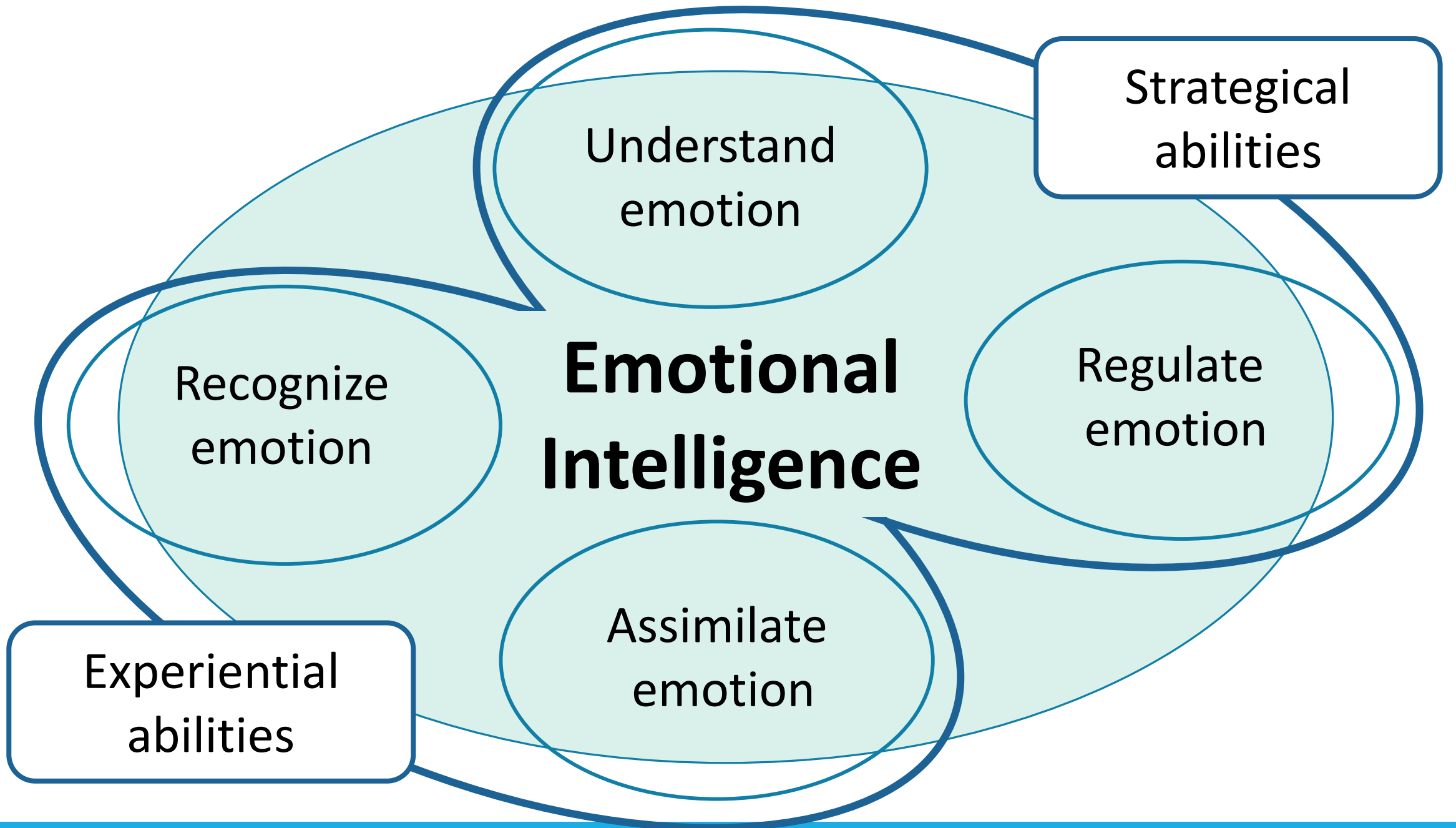


Emotional Intelligence

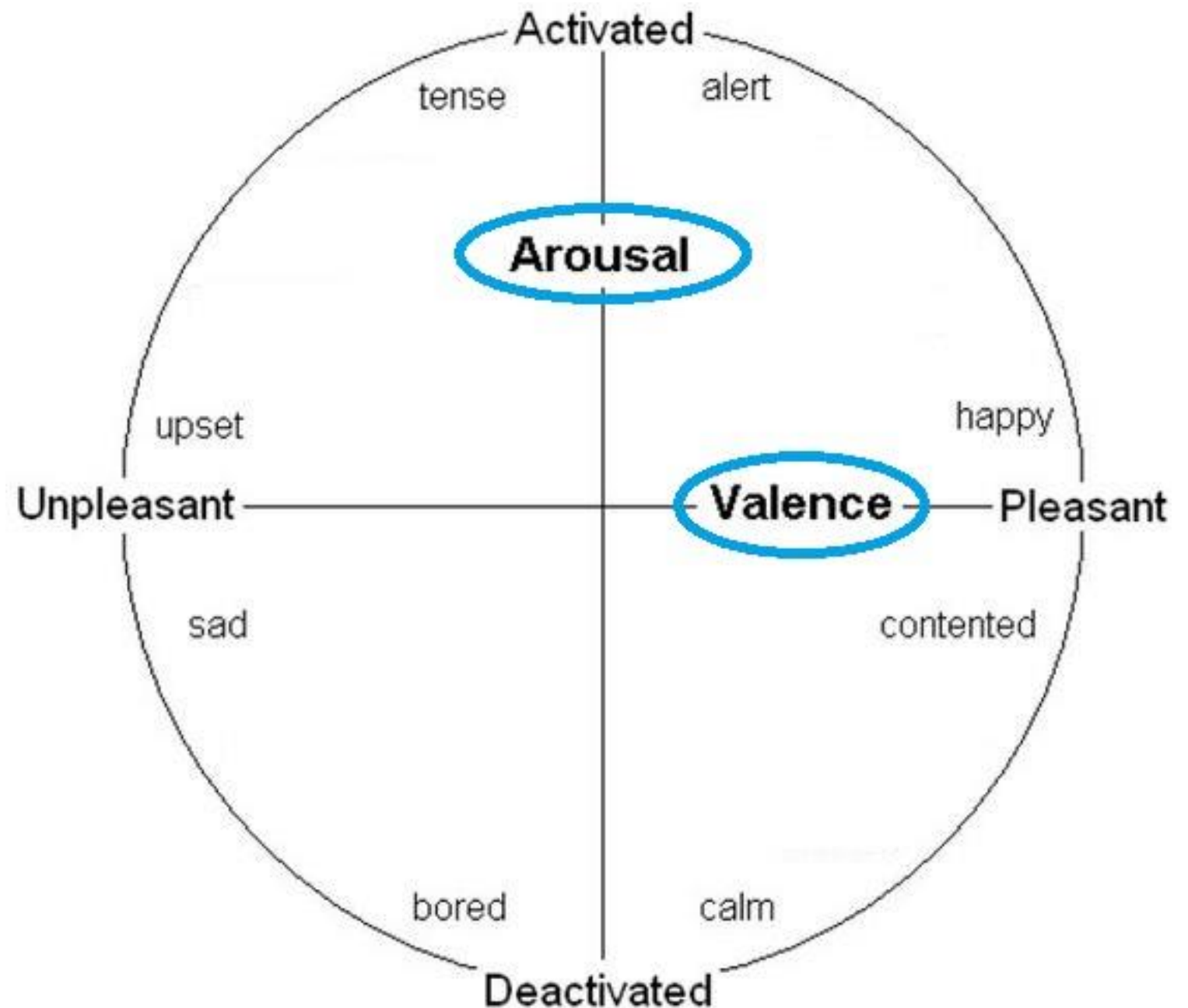
DARE - Demistifying Fears & Failures to take Actions

Elsa Rouanet 05 mars 2020

ViaBrachy



1. Recognize Emotion



1. Recognize Emotion

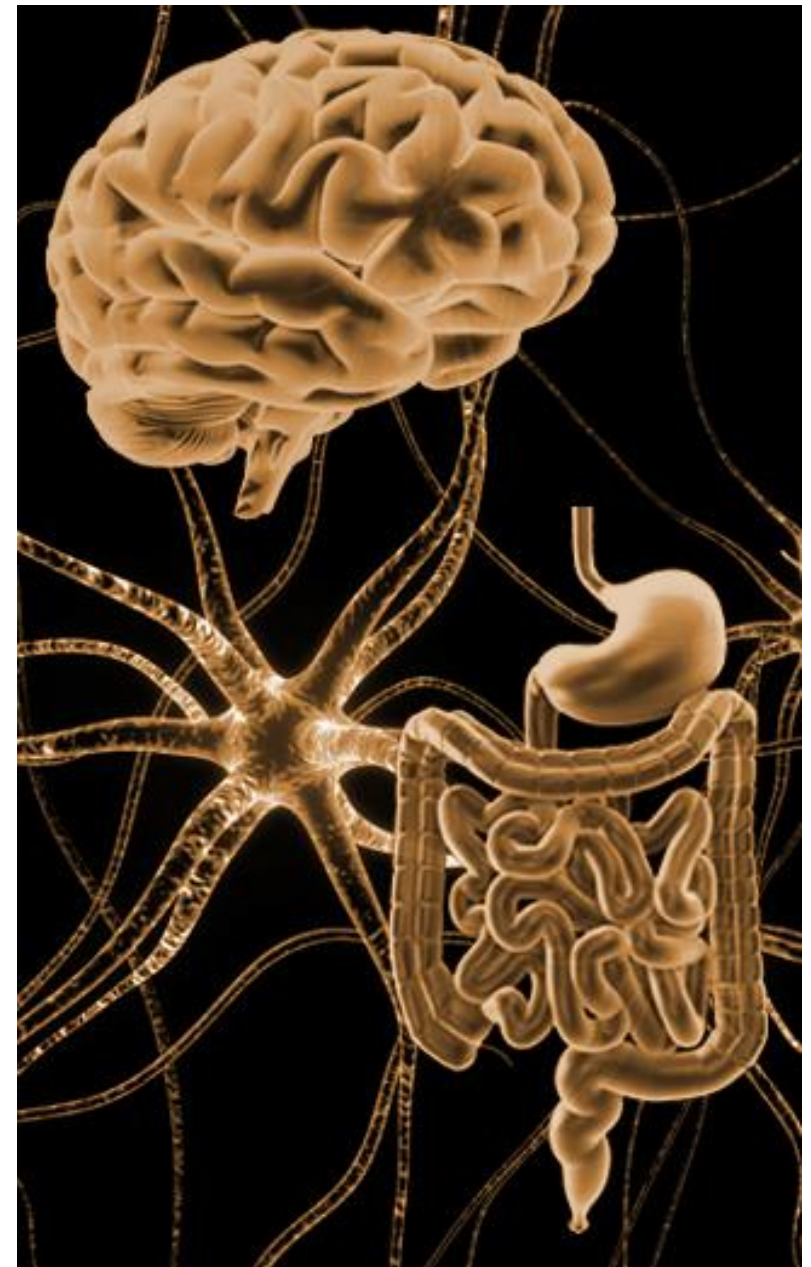
Unknown feeling ? Name it 😊

2. Understand Emotion

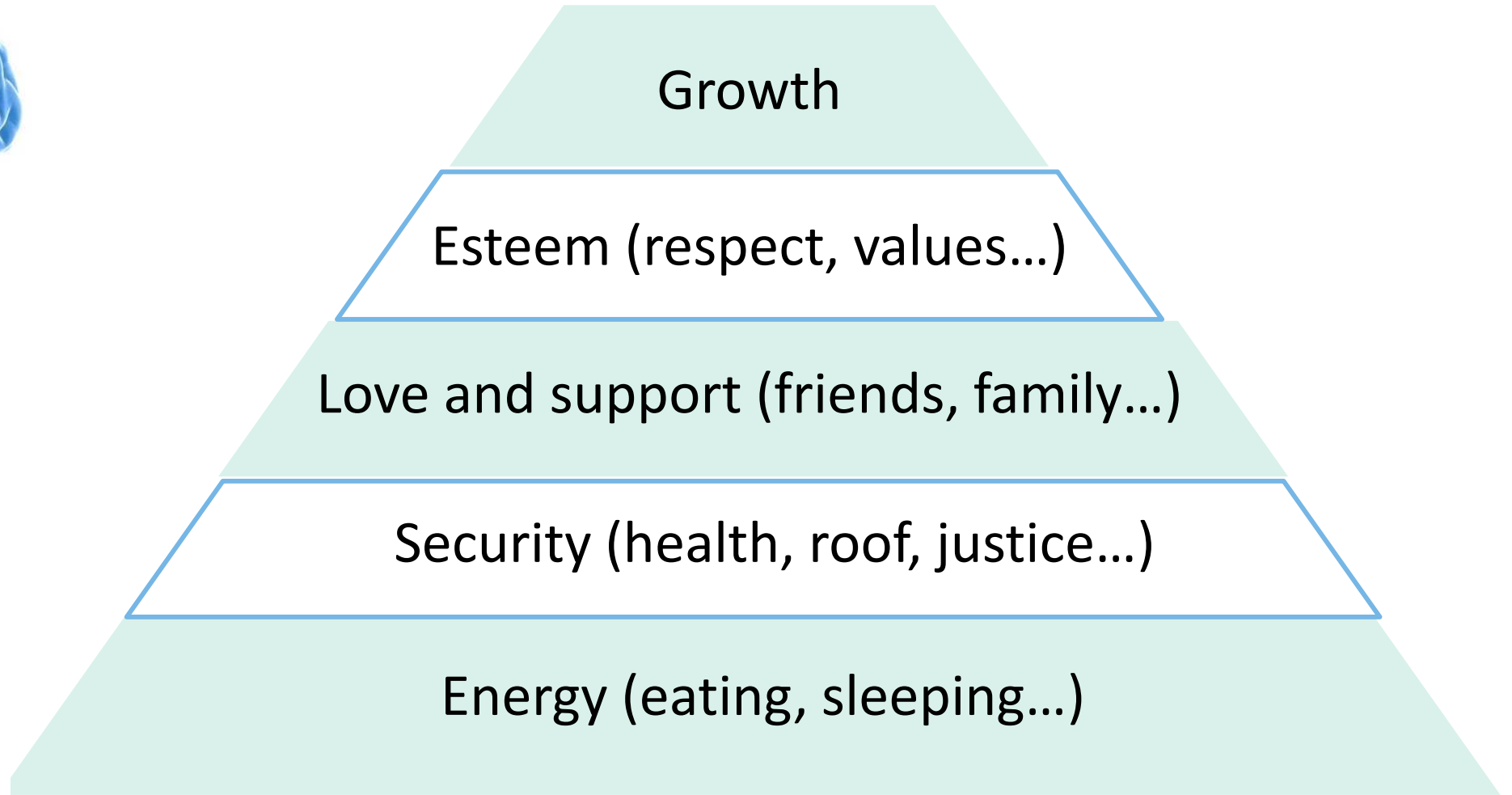
Physiological reaction

In response to something from

- Outside environment
- Inner environment



2. Understand Emotion



2. Understand Emotion

Where does it come from ?

What is the message ?

- One of your goal/need is threatened
- One of your goal/need is fulfilled

3. Assimilate Emotion

Observe

Consider

4. Regulate Emotion

« to increase, decrease or maintain a positive or negative emotion in order to help the achievement of a goal »

4. Regulate Emotion

- Work on the antecedent
 - Focusing on something else
 - Compare to another situation
- Work on the reaction
 - Initiate a behavior

Attention

Thoughts

Behavior