

EXPLORING EMOTIONAL INTELLIGENCE (EI)

Exploring how EI can help us understand and manage our emotions, build stronger relationships, and navigate challenges with confidence - empowering us to thrive in any environment.



MICRO LEARNING

TAKE 30 MINUTES TO WATCH THESE TWO SHORT VIDEOS ON EMOTIONAL INTELLIGENCE



WHAT IS EMOTIONAL INTELLIGENCE?

What is it? And Do I have it?



EMOTIONAL QUOTIENT (EQ) AND EI

What is EQ & Why Does it Matter?

REFLECTION QUESTIONS

- How can self-awareness increase our ability to regulate our emotions, and teach these skills to others within the Global GirlUp Community?
- Why is empathy important in emotional intelligence, relationship building, and self-compassion?
- What allows me to feel safe in social situations to show up as my authentic self?

EQ ACTIVITY: MAPPING EMOTIONAL EXPERIENCES

- Take a few moments to review the emotions wheel.
- As you move through your day, track the emotions you feel in different situations and write down the following:
 - Situation or Event: *Eg. Late for Class*
 - Name of Emotion(s): *Eg. Panicked, Mortified*
 - Where you Feel it in Your Body: *Eg. Stomach & Chest*
 - Color, Image, or Characteristic of Emotion: *Eg. Orange*
- Create a "Map" of your emotional experiences.