

# EMOTIONAL INTELLIGENCE WORKSHOP

SHELLEY FIRST SCHOOL – WEDNESDAY 4<sup>TH</sup> MAY 2022

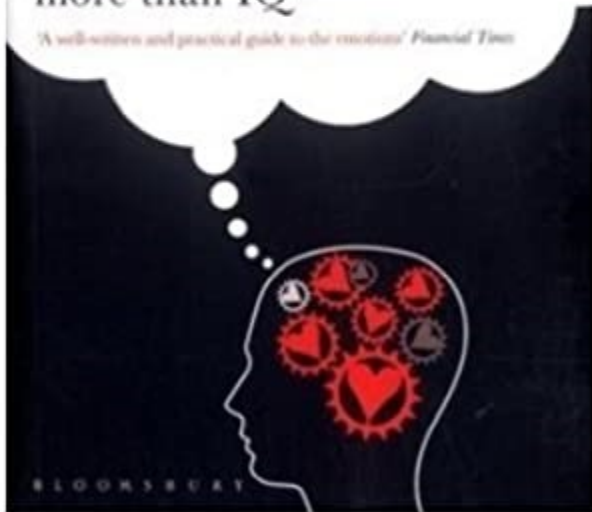


THE INTERNATIONAL NUMBER ONE BESTSELLER  
DANIEL GOLEMAN

# Emotional Intelligence

Why it can matter more than IQ

*'A well-written and practical guide to the emotions' Financial Times*



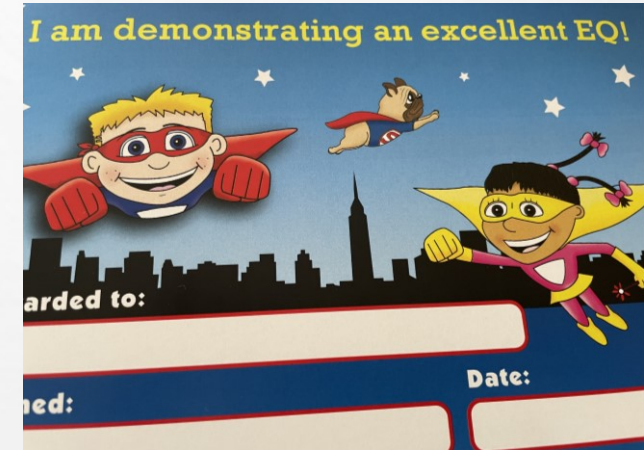
## THE GLOBAL PHENOMENON THAT REDEFINES INTELLIGENCE AND SUCCESS

Does IQ define our destiny? In this groundbreaking bestseller, Daniel Goleman argues that our view of intelligence is far too narrow. It is not IQ, but emotional intelligence that plays a major role in thought, decision-making and success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness: all are qualities that mark people who excel. With a new introduction and in-depth insight into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.

**'A revolutionary, paradigm-shattering idea'**  
*Harvard Business Review*

**'A well-written and practical guide to the emotions'** *Financial Times*

**'Anyone interested in leadership should get a copy of this book'** *New York Times Book Review*





**Emotional intelligence skills help kids manage conflict and develop deeper friendships. Adults with high levels of emotional intelligence also report better relationships in their personal and professional lives. Childhood EQ is linked to higher success during adulthood.**

**TED TALK Time!**

# Moving on from a bad situation.....

**How can we help our children cope with stress?**

**1. Encourage children to express their feelings. ...**

**2. Try to lower expectations and avoid putting children under too much pressure.**

**3. Offer children proper nutrition and plenty of rest. ...**

**4. Use books as a way for children to see characters in stressful situations and learn to cope.**

*"Always remember you are braver than you believe, stronger than you seem, and smarter than you think."*

*-Christopher Robin*

*thoughts above.com*

# Being responsible.....

## Let's take charge!

### How can I teach my child to be responsible?

**Set age-appropriate tasks. Think of something you know your child can do without too much difficulty, so that he's likely to succeed at it. ...**

**Show and tell. ...**

**Work, then play. ...**

**Make chores fun. ...**

**Avoid threats. ...**

**Set a good example. ...**

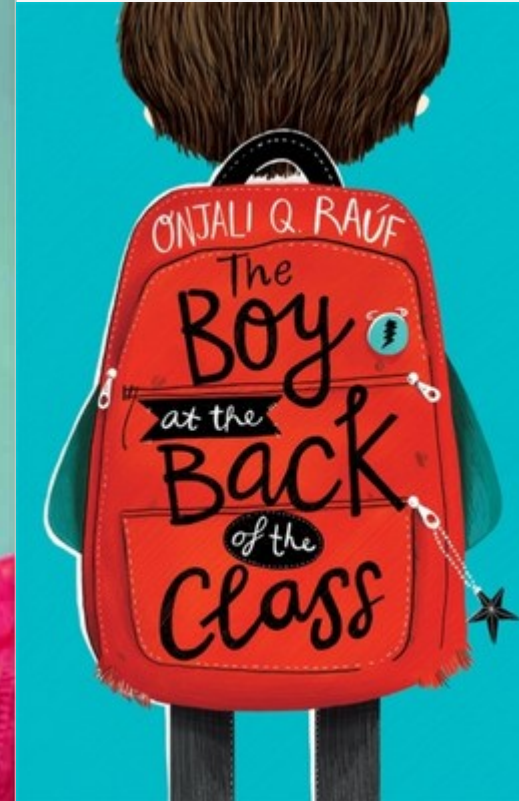
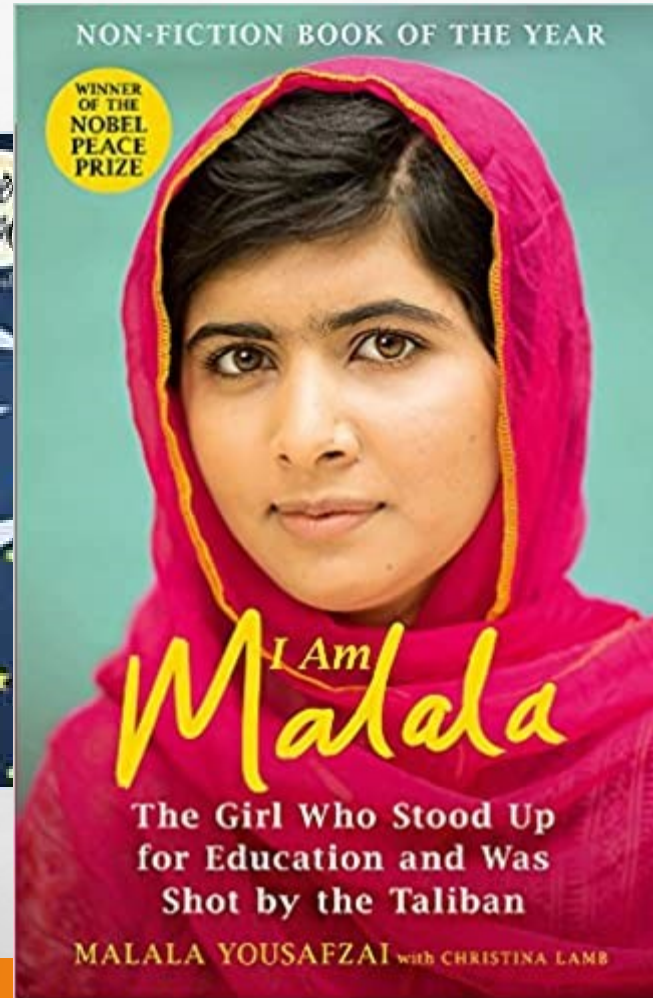
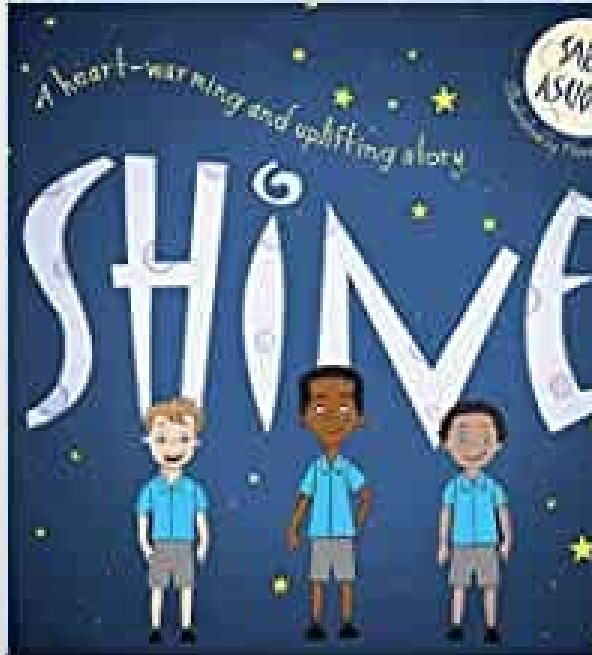
**Focus on effort, not results. ...**

**Be realistic.**

CHILDREN NEED TO  
LEARN TO TAKE  
RESPONSIBILITY FOR  
THEIR ACTIONS SO  
THAT THEY DO NOT  
BECOME ADULTS  
BELIEVING THAT  
NOTHING IS EVER THEIR  
FAULT.



## Walking in someone else's shoes.....



# **Integrity.....**

**Integrity is doing the right thing even when it's hard or when no one is looking. Many people only do what they are supposed to because they know that an authority figure is watching. If someone is watching them, then they do what they are supposed to only because they don't want to get in trouble. That's not sincere.**



# **A good apology.....**

**1. I am sorry it was me**

**2. This was my fault**

**3. What can I do to make it right?**





# Coming out of your comfort zone.....

Help your child develop a growth mindset.

**Stanford psychologist Carol Dweck distinguishes between two types of mindsets about learning: a fixed mindset, where mistakes are evidence of your underlying, innate limitations; and a growth mindset, where mistakes instead are an inevitable part of the learning process. As you can imagine, it's your job as a parent to encourage the latter. This means when your kid says they stink at cross country and want to quit, or that they're terrible at art and don't want to continue in the program, it's your job to provide perspective. Praise their hard work, their effort, their perseverance.**



“Scared is what you’re feeling.  
Brave is what you’re doing.”

- EMMA DONOGHUE

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