Mediate with Emotional Intelligence

Presented By:
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DRW LIFE SKILLS INSTITUTE
www.DRWinsitute.org
How do you feel?

Emotional Intelligence  Basic-Language
About Dr. W

BS
Chemistry
• Anatomy & Physiology
• Biochemistry
• Chemistry of the Immune System
• pH, O₂

MBA
Accounting
• Project Management
• Certified in Emotional Intelligence

PhD
Holistic Health
• Energy Medicine
• LMT #49285
• Master in Sexuality
• Certified Coach
• Family Mediator
• Author Book: “Why am I not Happy?”
• Author Model: Holistic-EQ
What is Emotional Intelligence?
What is Emotional Intelligence?

- Emotional Intelligence is a set of skills that influence the way we
  - perceive and express ourselves,
  - develop and maintain social relationships,
  - cope with challenges,
  - and use emotional information in an effective and meaningful way.
What is Emotional Intelligence?

“The ability to Listen, Accept, Respect and Honor your emotions and those of others in a healthier and balanced way” - DrW
What is Emotional Intelligence?

“The art and science to manage our e-motions in a healthy way”

-DrW
Aristotle once said, “Educating the mind without educating the heart is no education at all.” It would be 2,300 years before Daniel Goleman would write a best-selling book about the concept.
Emotional Intelligence Background

1990  The term Emotional Intelligence was established by Drs. Peter Salovey and John Mayer.
Emotional Intelligence Background

- 1995  Daniel Goleman’s book: Emotional Intelligence
Emotional Intelligence Background

- Decade 1995-2005
- Assessments & Models
  - David Caruso with Salovey and Mayer, created an assessment for measuring Emotional Intelligence: MSCEIT (Mayer, Salovey-Caruso Emotional Intelligence Test)
Emotional Intelligence Background

- Decade 1995-2005
  - Assessments & Models
    - Israeli psychologist Reuven BarOn created another model of EI and used it to establish his Emotional Quotient Inventory, or EQ-i.
Emotional Intelligence Background

- Decade 1995-2005
  - Assessments & Models
    - Goleman and his co-author Richard Boyatzis created a competency model of EI, which focused on how emotional competency led to excellent performance in a business environment.
Emotional Intelligence Background

- Decade 2005-2015
  - Assessments & Models
    - Harvard University
      - Dr. Helen Reiss
    - Empathetics
      - For Physicians
Emotional Intelligence Background

- Decade 2005-2015
  - Assessments & Models
    - Yale University
      - Dr. Marc Brackett
        - Ruler
        - Schools
Emotional Intelligence Background

- Decade 2005-2015
  - Assessments & Models
    - University of Malaga, Spain
      - Dr. Pablo Fernandez-Berrocal
    - Emotions Lab
    - Graduate Studies
Emotional Intelligence Background

- Decade 2005-2015
  - Assessments & Models
  - DRW Life Skills Institute
    - Dr. Wanda Bonet-Gascot
      - Holistic-Emotional Intelligence Model
Holistic-Emotional Intelligence Model

DRW Emotional Intelligence Model

- Individual Health “I am”
- Emotional Health “I Feel”
  - Intellectual Health “I Know”
  - Mental Health “I Understand”
  - Physical Health “I Behave”
- Social Health “I Interact”
- Financial Health “I Exchange”
- Spiritual Health “I Believe”

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Mediate with Emotional Intelligence
Emotional Intelligence Skills

- **Self-Perception**
  - Self-Regard is respecting oneself while understanding and accepting one’s strengths and weaknesses.
  - Self-Regard is often associated with feelings of inner strength and self-confidence.
Emotional Intelligence Skills

- **Self-Perception**
  - Self-Actualization is the willingness to persistently try to improve oneself and engage in the pursuit of personally relevant and meaningful objectives that lead to a rich and enjoyable life.
Emotional Intelligence Skills

- **Self-Perception**

  Emotional Self-Awareness includes recognizing and understanding one’s own emotions. This includes the ability to differentiate between subtleties in one’s own emotions while understanding the cause of these emotions and the impact they have on one’s own thoughts and actions and those of others.
Emotional Intelligence Skills

- Self-Expression

- Emotional Expression is openly expressing one’s feeling verbally and non-verbally.
Emotional Intelligence Skills

- **Self-Expression**
  
  Assertiveness involves communicating feelings, beliefs and thoughts openly, and defending personal rights and values in a socially acceptable, non-offensive, and non-destructive manner.
Emotional Intelligence Skills

- **Self-Expression**
  - Independence is the ability to be self-directed and free from emotional dependency on others.
  - Decision-making, planning, and daily tasks are completed autonomously.
Emotional Intelligence Skills

- **Stress Management**
  - Flexibility is adapting emotions, thoughts and behaviors to unfamiliar, unpredictable, and dynamic circumstances or ideas.
Emotional Intelligence Skills

- **Stress Management**
  - Stress Tolerance involves coping with stressful or difficult situations and believing that one can manage or influence situations in a positive manner.
Emotional Intelligence Skills

- **Stress Management**
  - Optimism is an indicator of one’s positive attitude and outlook on life.
  - It involves remaining hopeful and resilient, despite occasional setbacks.
Emotional Intelligence Skills

- Decision Making

- Problem Solving is the ability to find solutions to problems in situations where emotions are involved.

- Problem solving includes the ability to understand how emotions impact decision making.
Emotional Intelligence Skills

- **Decision Making**
  - Reality Testing is the capacity to remain objective by seeing things as they really are.
  - This capacity involves recognizing when emotions or personal bias can cause one to be less objective.
Emotional Intelligence Skills

Decision Making

- Impulse Control is the ability to resist or delay an impulse, drive or temptation to act and involves avoiding rash behaviors and decision making.
Emotional Intelligence Skills

- **Interpersonal**
  - Interpersonal Relationships refers to the skill of developing and maintaining mutually satisfying relationships that are characterized by trust and compassion.
Emotional Intelligence Skills

- **Interpersonal**
  - Empathy is recognizing, understanding and appreciating how other people feel.
  - Empathy involves being able to articulate your understanding of another’s perspective and behaving in a way that respects others’ feelings.
Emotional Intelligence Skills

- Interpersonal

  - Social Responsibility is willingly contributing to society, to one’s social groups, and generally to the welfare of others.

  - Social Responsibility involves acting responsibly, having social consciousness, and showing concern to the greater community.
Recommendations

- Take the EQ-i 2.0 Assessment to compare your self-assessment with the actual scientifically validated emotional intelligence tool.
- Join the Society of Emotional Intelligence Orlando Chapter
  - www.emotionalintelligenceorlando.com
- Learn Emotional Intelligence at DRW Life Skills Institute
  - Workshops
  - Certifications
    - Holistic-Emotional Intelligence
    - Chief Emotional Officer
- One-on-One EQ-Coaching Session
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