Emotional Intelligence 101
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Ignite Knowledge Sessions (IKS)
RECLAIM NURSING:

What....?
The capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and others.

Source: Primal Leadership, by Daniel Goleman, Ph.D.
So What?
Emotional Intelligence is a greater predictor of leader effectiveness, career success, life success and overall adjustment than IQ.
RECLAIM NURSING:

Impact and Effects...

Patient Care

Self Care

Leadership
Do What?
Developing Your Emotional Intelligence Quotient

Can EIQ be Learned?

**YES!**

(somewhat)

With...

1. Motivation
2. Practice
3. Feedback

**IQ vs. EQ**

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Using Self-Awareness Skills You Can:
- Practice Responding Rather than Reacting
- Practice Active Listening
- Develop Accurate Self Assessment
- Recognize and Celebrate Positive Emotions and Outcomes

Leading to:
- Decreased Stress
- Improved Decision Making
- Increased Personal Well-Being
- Increased Team Performance

**Self Awareness is Foundational!**
Identify Your Feelings
Observe Your Behavior
Seek Feedback