



# BEYOND EL THERE'S EQ

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EQ

What?

Why?

How?



**WHAT MAKES AN EFFECTIVE LEADER?**

THE COAST-TO-COAST  
#1 BESTSELLER

THE  
GROUNDBREAKING  
BOOK THAT REDEFINES  
WHAT IT MEANS  
TO BE SMART

# Emotional Intelligence

Why it can matter  
more than IQ

Daniel Goleman

Author of VITAL LIES, SIMPLE TRUTHS

**HISTORY: 1995**

**SIX SECONDS'  
DEFINITION**

Emotional intelligence is:

effectively blending

thinking & feeling

to make optimal decisions.

WHY 6 SECONDS?



## IQ VS EQ

IQ is fixed, EQ is flexible

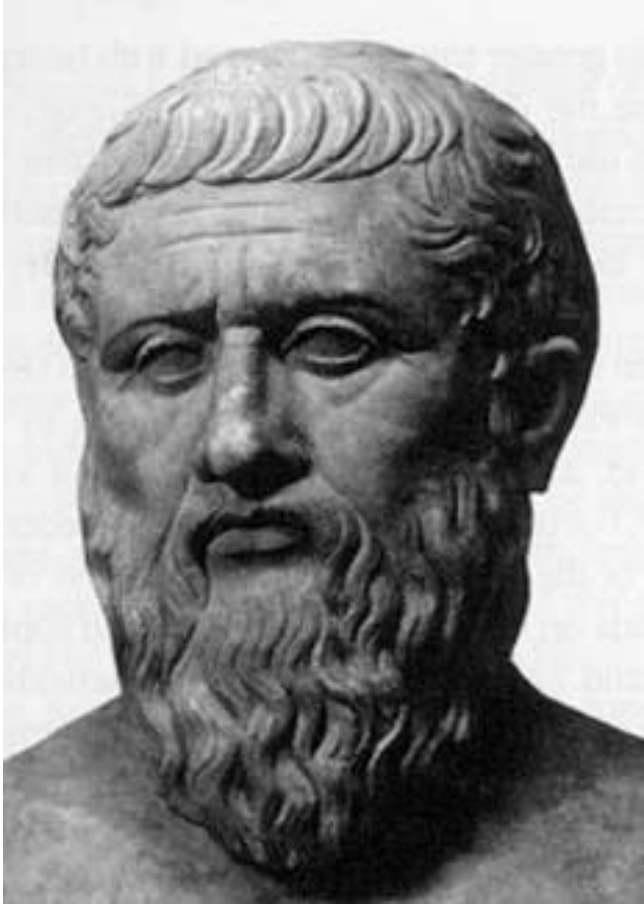
IQ only accounts for 4-25% of how people will perform (various studies)

Harvard business grad study showed high EQ students progressed further

90% of high performers are high in EQ across a range of industries

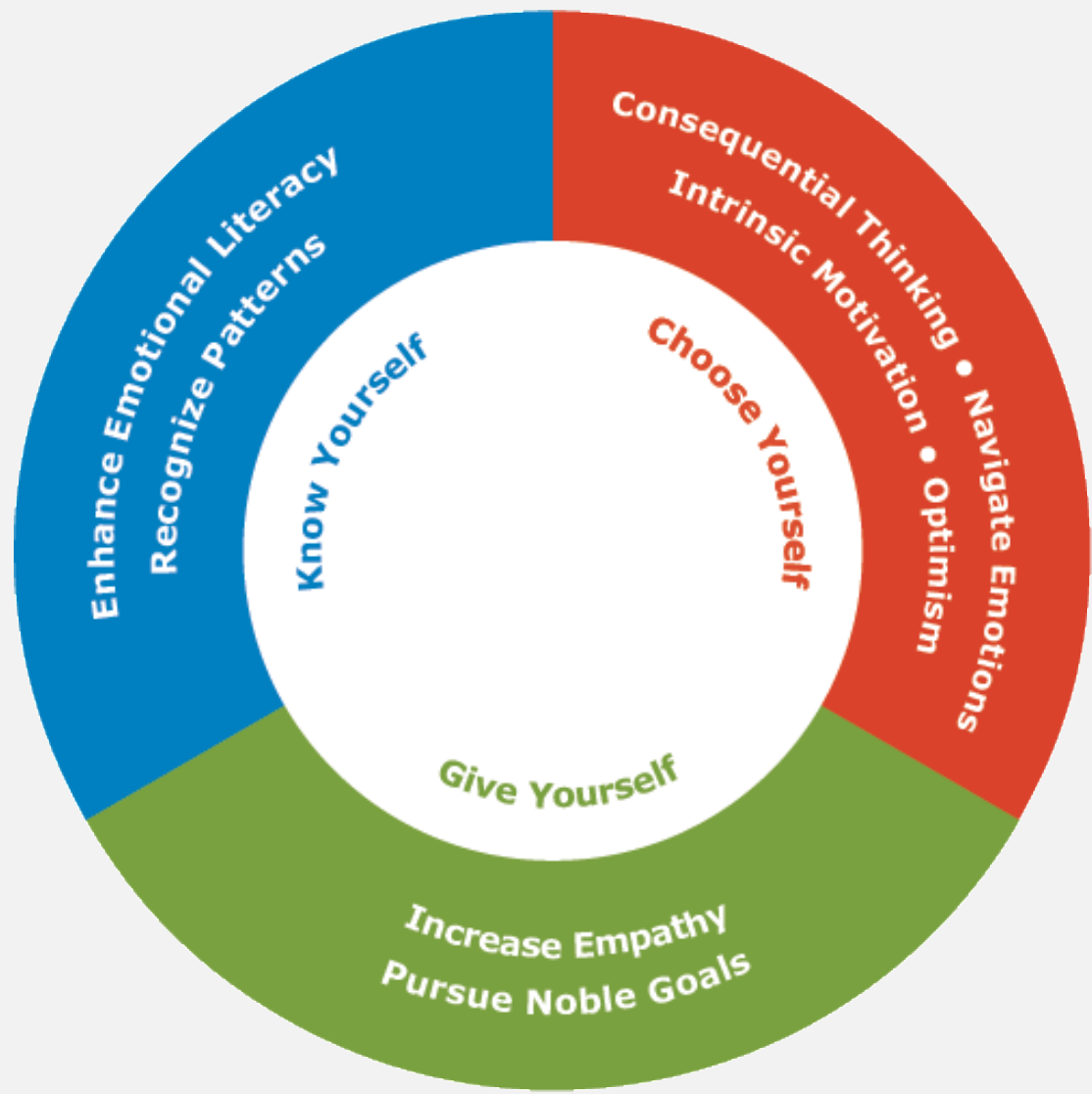
Value of EQ rises the more cognitively demanding the job

EQ is not being “emotional” and IQ is not being “logical”



**“ALL LEARNING HAS AN  
EMOTIONAL BASE.”  
- PLATO**





# Emotions are PUFI

Pervasive

Universal

Functional

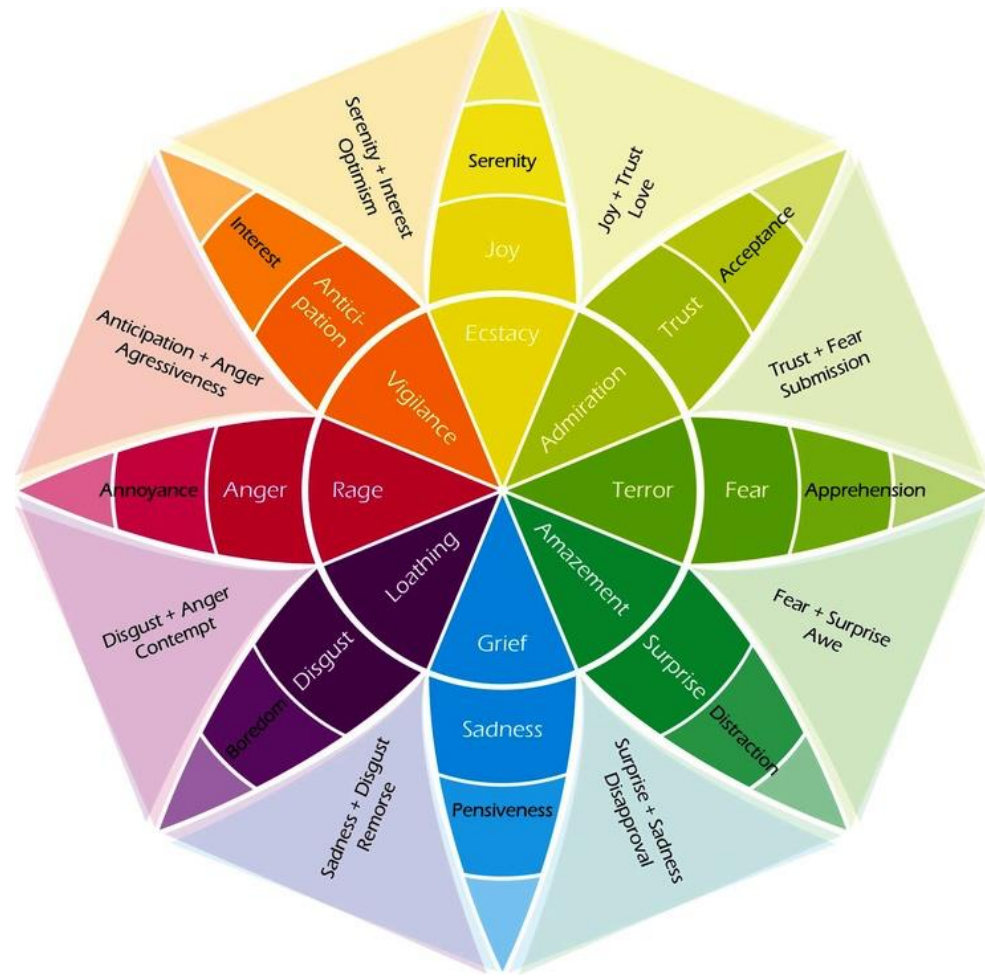
Infectious

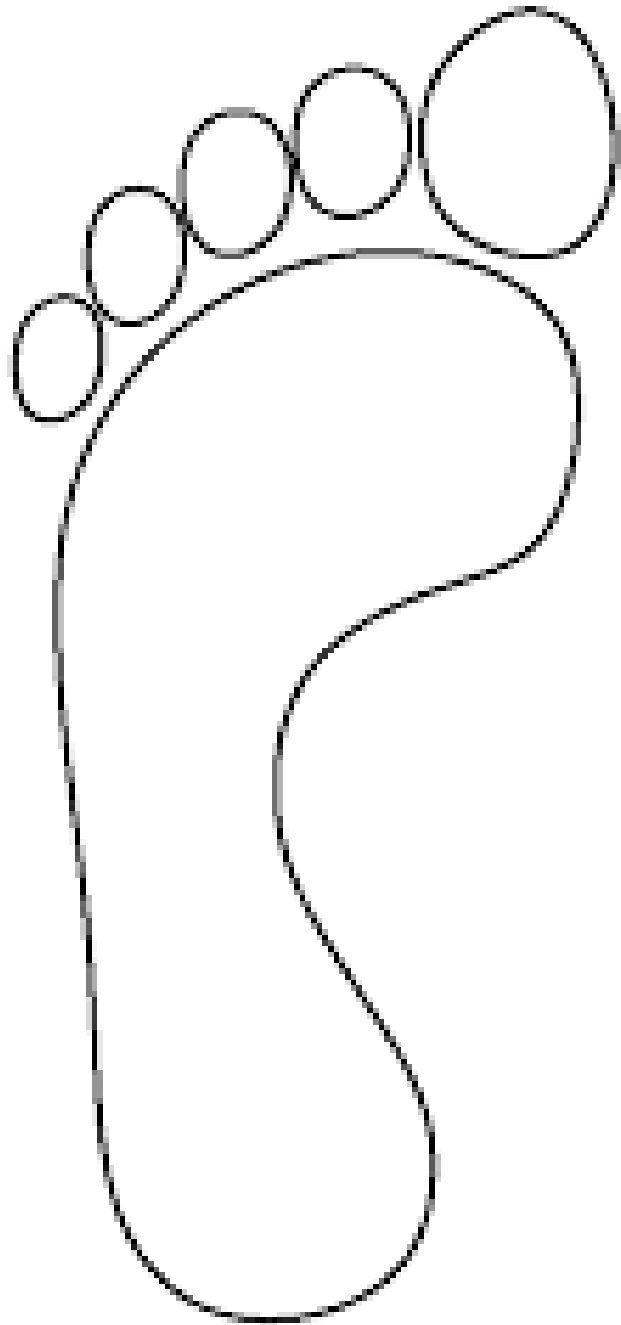




Name it and claim it!

How many emotions can you name in 1 minute?



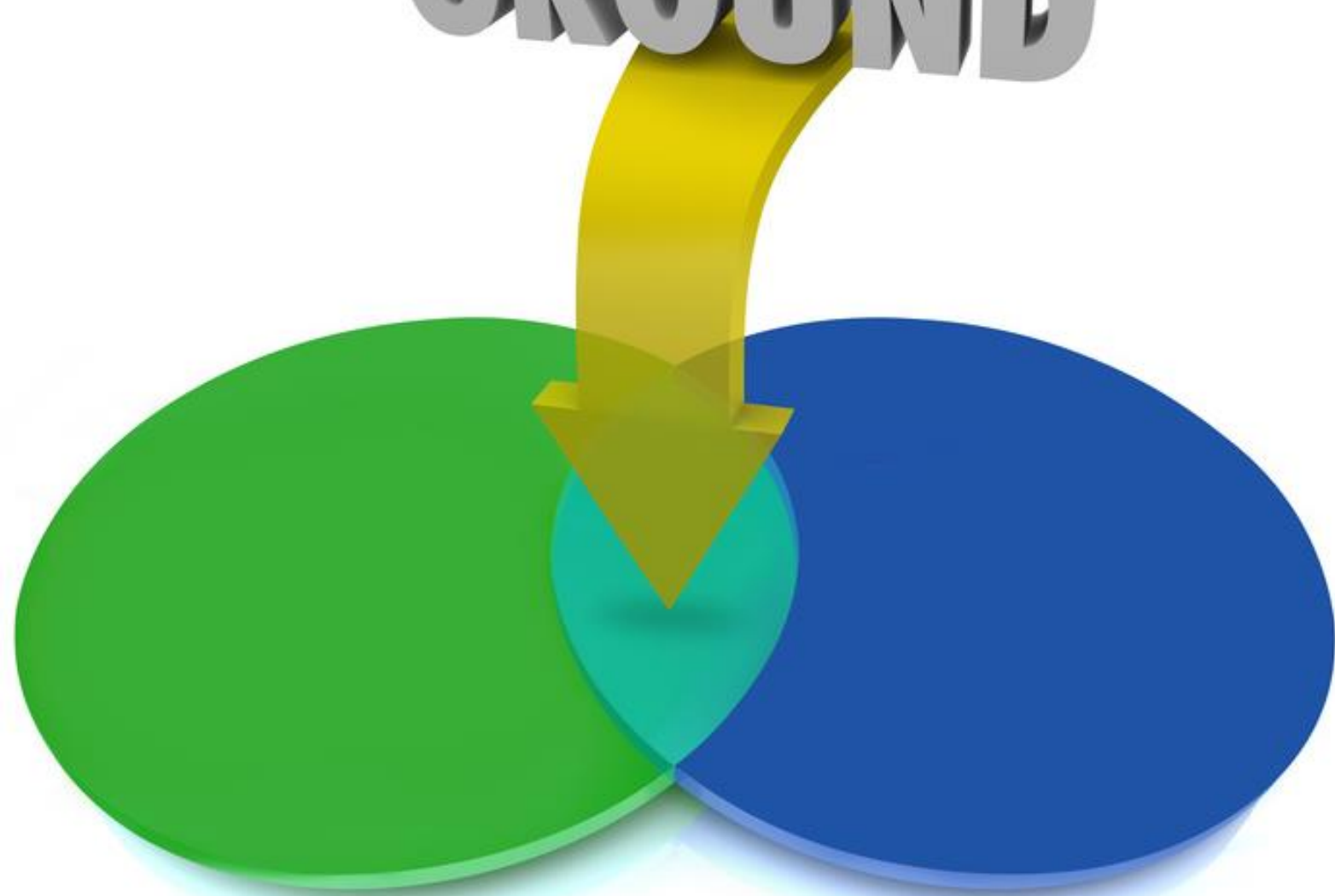


FOOTPRINTS IN THE  
SAND



FOX AND RABBIT

**COMMON  
GROUND**



COMMON  
GROUND

## Bio Poem

Line 1: Your first name

Line 2: Four words that describe you

Line 3: Relative of...

Line 4: Lover of...

Line 5: Who feels...

Line 6: Who needs...

Line 7: Who gives...

Line 8: Who fears...

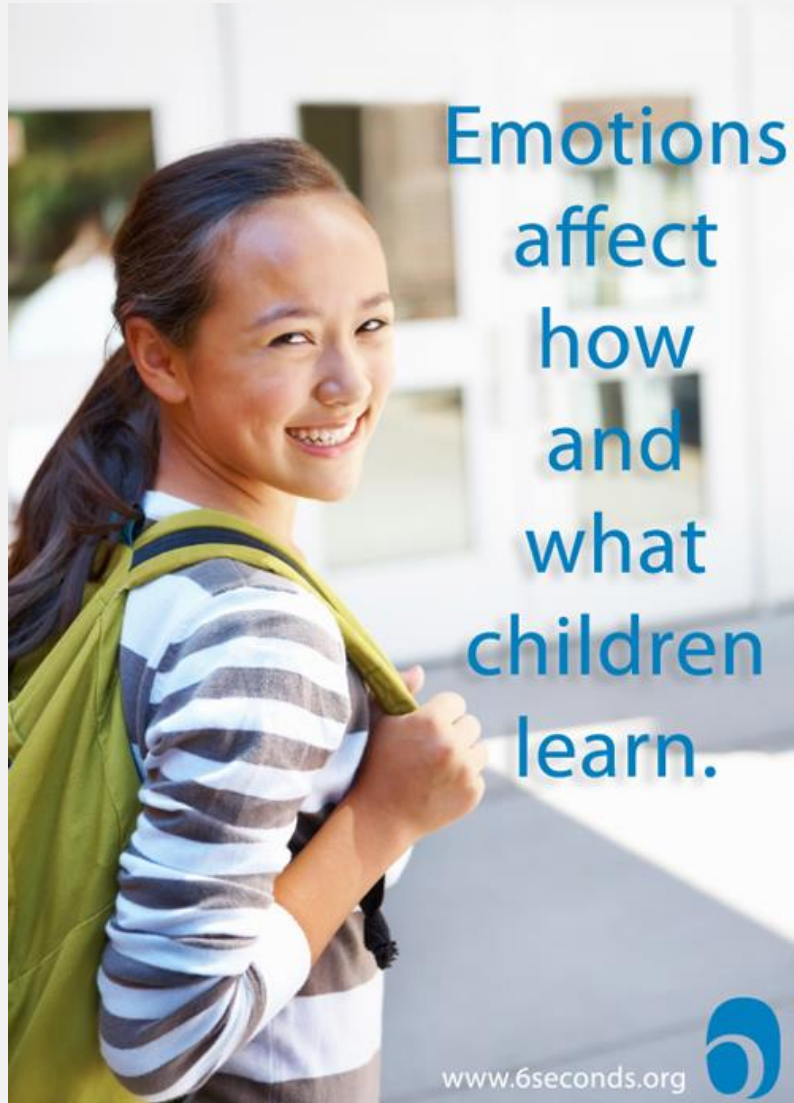
Line 9: Who would like to see...

Line 10: Resident of...

Line 11: Your last name







Circle time

Story time

Anonymous accomplishment board

A person you respect

TFA journals

3 positive things

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THANK YOU

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