

# Emotional Intelligence

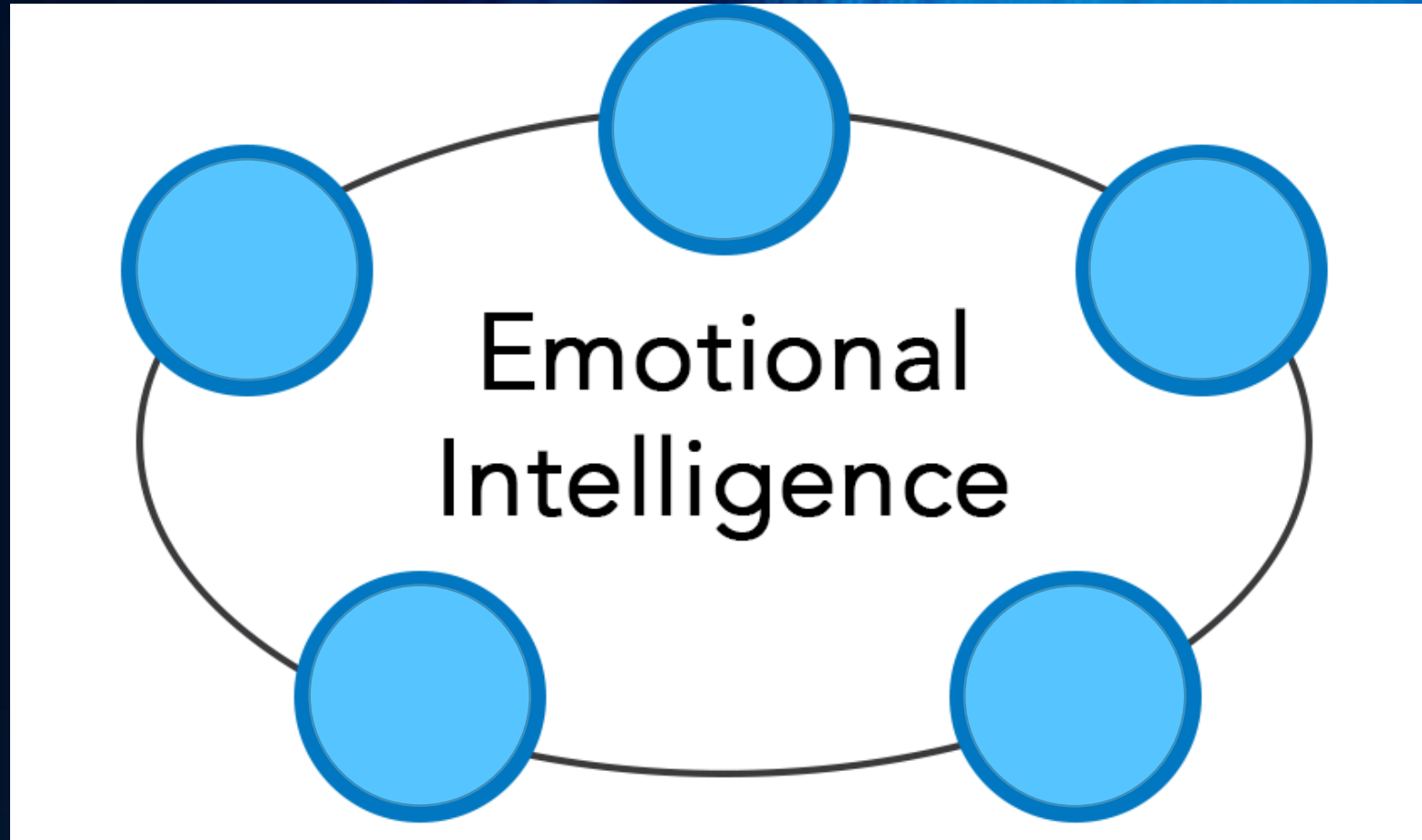
*A GAME CHANGER FOR PERSONAL  
AND PROFESSIONAL SUCCESS*

**IQ**  
**15%**

**EQ**  
**85%**



# *5 DOMAINS OF EI*





KNOWN  
TO OTHERS

BEHAVIOR

SEA LEVEL

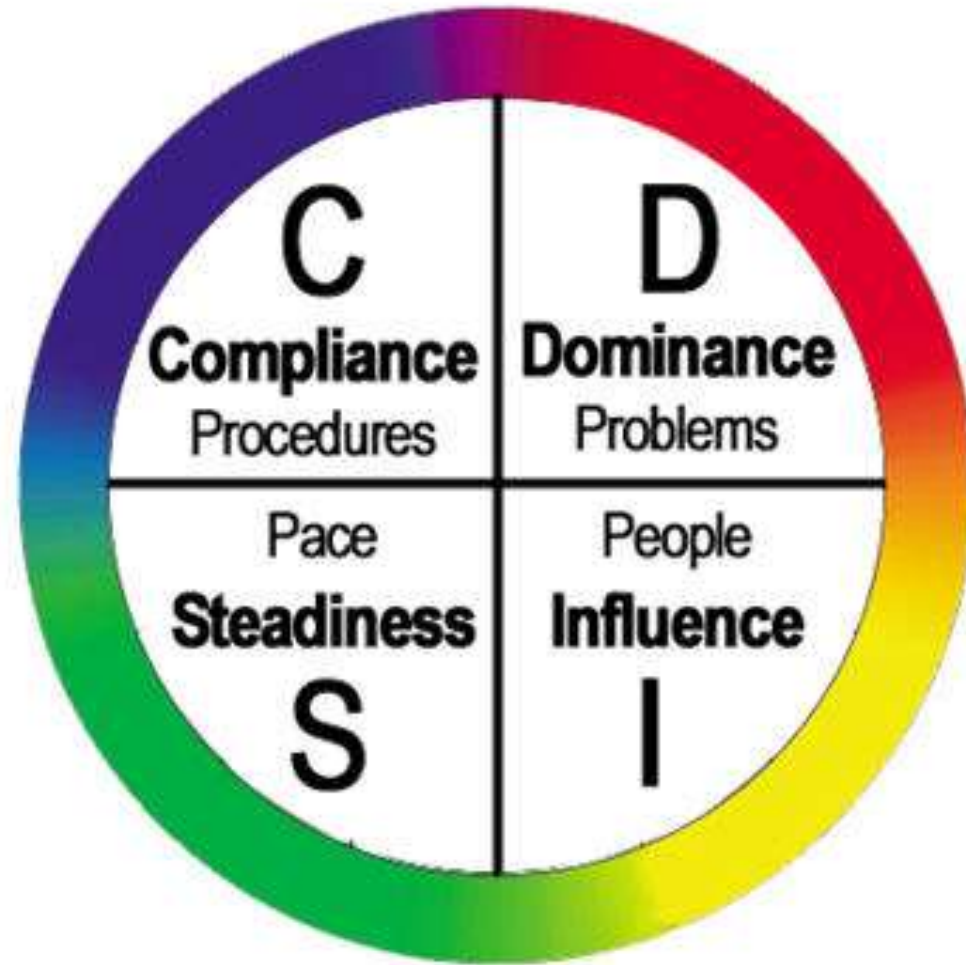
UNKNOWN  
TO OTHERS

↑  
IMPACT



ATTITUDE







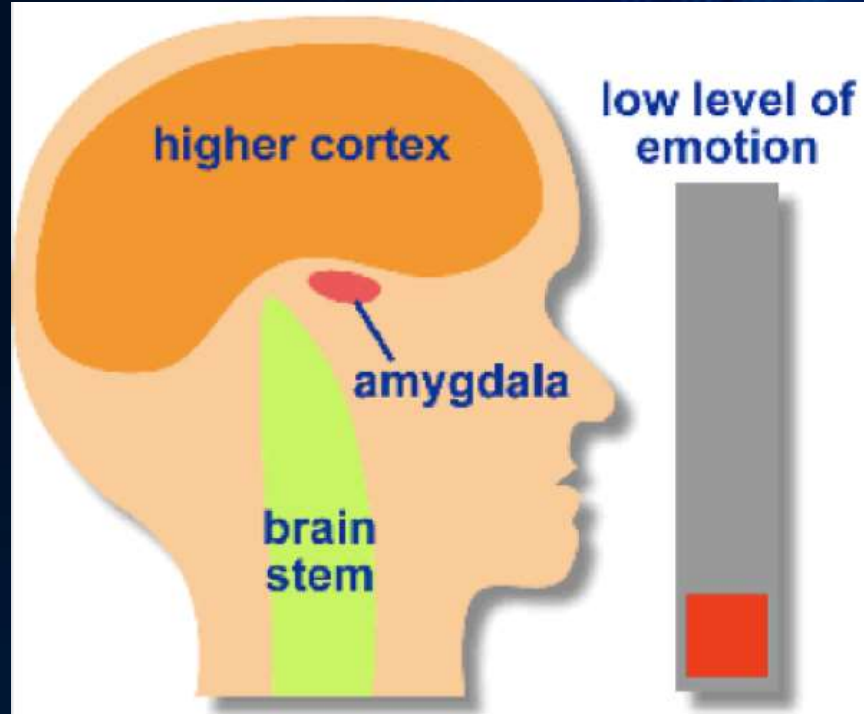
slido

What do other people do that ticks you off?



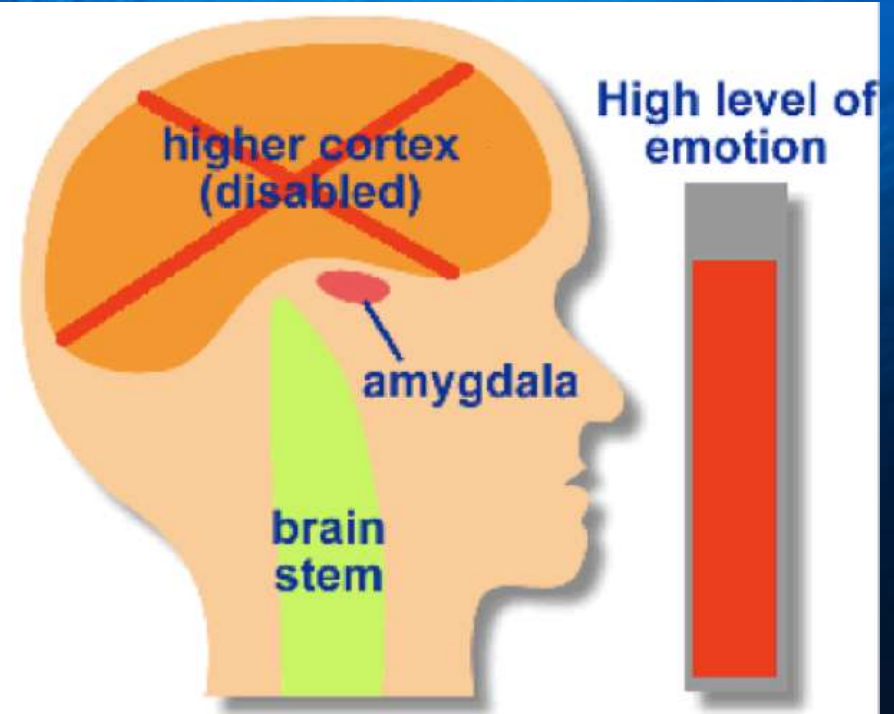
**Above responses collated from delegates in real time during presentation**





**Low emotion**

(calm, relaxed)



**High emotion**

(anger, fear, excitement, love, hate, disgust, frustration)



Why does that bother me?

What happens to me physically?

How does that impact my day?

slido

What do YOU do that ticks others off?



**Above responses collated from delegates in real time during presentation**

Why does that bother them?

How did they respond?

What can I do differently next time?



# R.I.P.E.N. Your EI Skills

**R**eflect

**I**dentify triggers and responses

**P**ractice mindfulness/patience

**E**valuate outcomes

**N**avigate to truth



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