

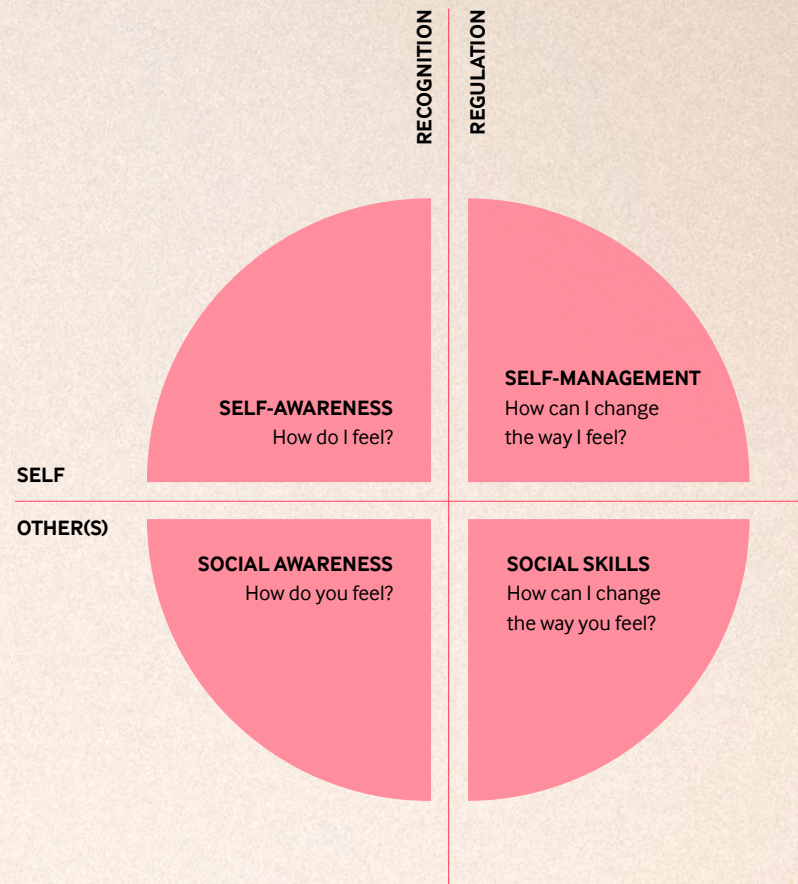
CURVE

emotional
intelligence

17TH MAY//2023

EMOTIONS DRIVE every decision that we make, whether we realise it or not... and much of the time we don't! Emotional Intelligence (EI) is a skill that helps you work with emotions and can be really valuable in the workplace. It's all about understanding your own emotions and those of your colleagues, and being able to handle them in a smart way. That means better communication, better relationships, and better performance.

To help you get your head around EI and use it to your advantage, our friend and collaborator, **Prof Jochen Menges** from Zurich University has created a 2x2 matrix tool. It's got four quadrants: self-recognition, self-regulation, others-recognition, and others-regulation.

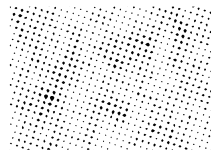


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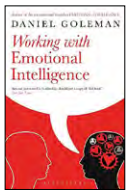


You can use the matrix to work out how to react to different situations at work. If your team-mate is upset about something that happened, you can use your other-recognition skills to understand how they're feeling and your other-regulation skills to help them feel better.

To get started, think about your own EI and what you need to work on. Then, use the matrix to help you navigate different scenarios at work. In the beginning it can be useful to sketch out the matrix and fill it out, and as you get more practised and confident it will become second nature.

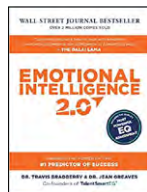


IF YOU'RE interested in diving deeper into Emotional Intelligence, there are some great books out there that can help. Here are a few recommendations:



Working with Emotional Intelligence
by Daniel Goleman

This book, written by the author who first popularised the concept of EI, provides insights into how EI can be applied in the workplace. It covers topics such as self-awareness, empathy, and social skills, and includes case studies and practical advice for developing your EI skills.



Emotional Intelligence 2.0
by Travis Bradberry and Jean Greaves

This book provides a practical, step-by-step approach to improving your EI skills. It includes a self-assessment tool and strategies for developing your emotional intelligence in the areas of self-awareness, self-management, social awareness, and relationship management.



The EQ Edge: Emotional Intelligence and Your Success
by Steven Stein and Howard Book

This book offers a comprehensive look at EI and its impact on personal and professional success. It includes a variety of exercises and tools to help you develop your EI skills, and also covers topics such as leadership, teamwork, and communication.

EMOTIONAL INTELLIGENCE WORKSHOP

Emotional Intelligence is one of our skills workshops; a highly engaging and inspiring 2-hour online workshops for teams. To find out more contact hello@curve.cc

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Curve is a leadership development organisation. Through facilitation and coaching, we empower leaders to develop the skillsets and mindsets to create the change they need, and build more humane and sustainable organisations.

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