

What's in a number? The balance between EQ & IQ during uncertainty

Dr Be Pannell in conversation with Virginia Mansell

23 July 2020

A few tips to guide our session:

- Please keep your microphone on mute until you are in the breakout rooms
- We encourage you to share questions and comments in the chat function
- Please use the 'raise hand' reaction icon if you would like to make comment or question during the group discussion

WHAT IS EMOTIONAL INTELLIGENCE (EQ)?

“The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically”

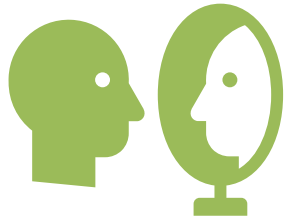
EQ DURING COVID-19

GROUP DISCUSSION:

What is your understanding of EQ in the COVID environment and why is it so important?



DANIEL GOLEMAN'S 5 ELEMENTS OF EQ



Self-
awareness



Self-
regulation



Motivation



Empathy



Social Skill

GROUP DISCUSSION:

Which element of EQ will you focus on developing?





Thank you

Please join us for our future sessions.
Dates and topics coming soon.

LEARNING
LAB
CONVERSATIONS

