

HETS STUDENT LEADERSHIP SHOWCASE

Social Emotional Intelligence

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WELCOME!

Chat

What emoji would you use to describe how you feel today?



• <https://in.pinterest.com/pin/558235316314434901/>

General objectives:

- ✓ Learn strategies of Social Emotional Intelligence and its application in effective communication.
- ✓ Recognize the importance of knowing yourself and others to connect with others.
- ✓ Apply to my daily life the tools to work satisfactorily with Social Emotional Intelligence and Leadership in communication processes.

Specific objectives:

- ✓ Examine your communication style so that you achieve changes in the attitudes, values and success of those around you.
- ✓ Recognize what type of communicator you are so that you become aware of yourself and how others feel when carrying the message to connect.
- ✓ Learn to develop to be an emotionally intelligent leader so that you can lead through emotional social intelligence strategies.



Take a pen and paper

Prologue

My history

Today

Pause and Reload

By learning you learn more...

What is **social emotional intelligence**?

Emotional and Social Intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions effectively in ourselves and in others. It describes the behaviors that sustain people in challenging roles, or as their careers become more demanding, and it captures the qualities that help people deal effectively with change.

Skills

- ✓ Intrapersonals
- ✓ Interpersonals

Skills

- ✓ Intrapersonals: Self-awareness, Self-management & Motivation
- ✓ Interpersonals: Empathy & Social skills

Emotions

- ✓ Afraid
- ✓ Surprise
- ✓ Sadness
- ✓ Joy
- ✓ Others

Don't suppress your emotions

Let it go, expressing what you feel either by screaming in your car, talking to someone, using the Socratic dialogue that is talking to yourself, select the strategy that works for you.
Remember we are not the same.

There is no thought without emotion

Good news

Develop
Stengthen
Practice

Every day

Exercise

In 5 sentences, how would you describe yourself letting yourself be carried away by the skill of self-awareness?

Exercise

Mention 2 limits (the **NON-negotiable** ones) that you are going to establish at home, with your students or at work.

In your work, what type of emotion is most frequent when working in teams with others?

Emotional and Social Competency

Emotional and Social Competences:

Emotional Self-Awareness: Recognizing one's emotions and their effects.

Emotional Self-Control: Keeping disruptive emotions and impulses in check.

Adaptability: Flexibility in handling change.

Achievement Orientation: Striving to improve or meeting a standard of excellence.

Positive Outlook: Persistence in pursuing goals despite obstacles and setbacks.

Empathy: Sensing others' feelings and perspectives, and taking an active interest in their concerns.

Organizational Awareness: Reading a group's emotional currents and power relationships.

Coach and Mentor: Sensing others' development needs and bolstering their abilities.

Inspirational Leadership: Inspiring and guiding individuals and groups.

Influence: Wielding effective tactics for persuasion.

Conflict Management: Negotiating and resolving disagreements.

Teamwork: Working with others toward shared goals. Creating group synergy in pursuing collective goals.

Exercise

In times of stress and anxiety how do you react?

Video

<https://youtu.be/gGa9yieENKM>

“Knowing oneself is the beginning of all wisdom”
Aristóteles

Question(s) or Comment(s)

Contact me:

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La fórmula para convertirte
en el líder que tu joven admira y respeta



Dra. Bárbara Flores Caballero

Thanks for your time and attention!!!

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