



Monica Batiste
www.monicabatiste.com.au

What is Emotional Intelligence?

*Excerpt from educators book: 'Growing Emotional Intelligence with Virtues'
by Monica Batiste*

Emotional intelligence (EIQ) is the capacity to recognise your emotions, to have the ability to make healthy choices based on those emotions, and the resilience or intelligence to keep growing in a positive way.

Emotional intelligence is a key factor for a successful and happy life.

Emotionally intelligent children communicate effectively with each other, giving them an advantage in achieving their goals, and at the same time supporting the emotional needs of others.

Emotionally intelligent children don't depend on others to solve their problems, and they accept personal responsibility for how they feel.

Emotional intelligence builds confidence and intuition, which leads to higher intelligence in other areas.

The Five Aspects of Emotional Intelligence

The five aspects of emotional intelligence are self-awareness, self-regulation, motivation, empathy and social skills.

Self-awareness

Self-awareness is the ability to recognise emotions, moods and their effect on self and others. Children can be helped to understand emotions through the adult naming the virtue they are demonstrating. Adults learn to understand and recognise their emotions in the same way a child does, however an adult can use self-reflection and focus, to find their own virtues.

Naming virtues and becoming aware of how feelings affect behaviour, helps develop self-awareness.

Drawing or writing about emotions and virtues, helps the brain consolidate learning into long-term memory and can assist in behaviour modification.

Self-regulation

Self-regulation is the process of recognising emotions and acting on them in an appropriate way. Teaching children to become aware of how they feel, and to understand their virtues, allows children to develop the ability to recognise their emotions and regulate behaviour for healthier outcomes.



Monica Batiste
www.monicabatiste.com.au

An adult can become aware of their feelings by ‘checking in’ to see how they feel, and then using this as the basis to choose behaviour that is most appropriate.

An example of self-regulation is when you are feel angry, detach yourself from the anger, and choose an appropriate behaviour. For instance, a parent might be angry with their child for their behaviour, but rather than lashing out with feelings, the parent could detach, take a deep breath and choose an appropriate consequence for the child that would help the child grow in a positive way.

Remind yourself that all feelings are okay; it’s what you do with feelings that are important.

Using detachment and appropriate behaviour develops self-regulation and builds trust, self-acceptance and confidence. Self-acceptance leads to non-judgment, acceptance and empathy towards others.

Motivation

Motivation is the ability to become excited about, and to take action towards achieving goals and enjoying life.

Motivation occurs when there is a belief that goals are possible.

Belief grows when there is faith that appropriate action will be taken to achieve goals.

As small goals are achieved the confidence to take action towards bigger goals improves.

Like a perpetuating cycle, ideas turn into goals and goals are fuelled by motivation and belief, which leads to confidence, action, and faith in fulfilment. This is often followed by another idea.

Skills and virtues are developed through experience. This means that if you develop a virtue in one area, you can use that virtue in another. For example, practicing oral presentations in school grows confidence in speaking, which leads to the confidence to speak to a potential employee or public presentations.

Acknowledging virtues in yourself and others grows a strong sense of belief in yourself in other situations.

The opposite is also true; if you tell yourself you’ve made a mistake, you can’t do it, what if you fail, your motivation shrinks. If you tell someone (including yourself) they are bad, or will make a mistake, then this person will lose faith in themselves, and will have low motivation to achieve.



Monica Batiste
www.monicabatiste.com.au

To improve motivation encourage yourself to accept there is no right or wrong, only choices that lead to consequences, and some things will work out and some things won't.

If you make a choice that leads to something you *don't* like, make a new choice towards something you do like, and take away the pain of making a mistake. This will free you to try new things.

When you make choices that lead you to something you *do* want, take the time to name your virtues and congratulate yourself (this imprints your brain to success).

Feel the enthusiasm of your success (this will consolidate the habit of success and lead you towards the next positive step).

This shift from 'right or wrong' will motivate you in powerful and positive ways. You will take advantage of opportunities, embrace success and expect positive outcomes.

The stress on being 'right or wrong' causes changes in the brain that lead to resistance to try new things. Success can only occur if you are willing to take chances and make changes.

By encouraging a non-competitive self-accepting attitude, judgement is relaxed and community is embraced.

This doesn't mean there is no correction or encouragement to improve- there is, but adults and children are more likely to stay motivated and grow empathy when they are engaged in making empowered decisions.

Empathy

Empathy is the ability to 'walk in another person's shoes' it's the ability to know what another person is feeling. When you have empathy, you care about what the other person is feeling, and make choices to support their growth.

Empathy is developed when we seek to find virtues in others. As people learn to tune in to others, connections grow, which leads to unity, compassion and empathy.

Using the language of the virtues helps dissolve cultural and racial barriers, as virtues exist in all languages, cultures and races. If you look for them, virtues can be found everywhere.

Encourage children and adults to pay attention to how another is feeling in order to foster teamwork.

Notice colleagues at work and look for hidden virtues. These small acts of compassion will lead to greater motivation in the workplace and increase positive feelings and empathy.



Monica Batiste
www.monicabatiste.com.au

Social skills

Social skills include the ability to connect with and communicate with others by using language, body language, facial expression, the reading of inflections, and other non-verbal cues.

Social skills evolve when people communicate and support one another to achieve their goals.

When you have strong social skills, you are adept at communicating your needs, and adept at eliciting desired responses from others.

The social networker can influence others towards a common goal. A strong leader has strong social skills; they know how to influence, motivate and encourage others, and have the skills to negotiate and resolve conflict.

Social skills build bonds with friends and colleagues. The social networker has empathy to offer support, guidance or correction when needed, and the intelligence to recognise the emotional or sensory language of others in order to communicate in the method that is suitable.

Adults and children with emotional intelligence achieve goals, avert bullies, and become strong leaders.

With emotional intelligence and self-esteem, you can achieve anything your heart desires.

***Emotional intelligence** is the key to successful schooling, business and personal relationships. Emotional intelligence teaches you how to apply yourself in a kind and assertive way, to ensure outcomes are win-win. With emotional intelligence you set goals that make your heart sing, and lead in a way that supports the wellbeing of others.*

***Virtues** are the language of the soul. Growing virtues builds self-esteem, self-awareness, motivation and social skills, which are the corner stones of resilience and Emotional IQ.*

Growing Emotional Intelligence using Virtues offers simple but powerful tools to grow emotional intelligence, and how to set goals for yourself, your family and your colleagues to support a wonderful, joy-filled life, attracting positive experiences and helping the planet along the way. Includes 136 virtues and their meanings.