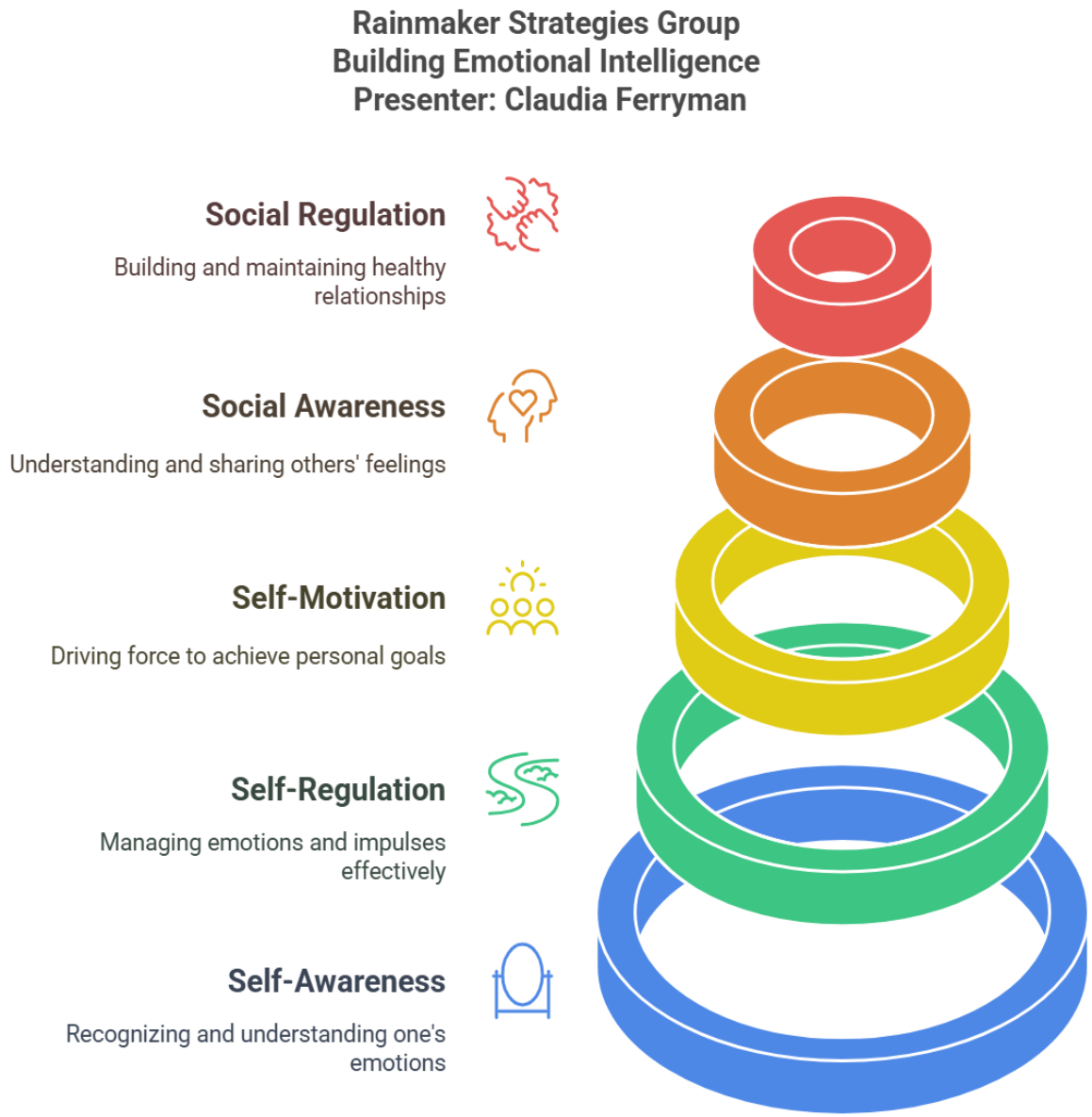
Five Factors of Emotional Intelligence and Tools



Five Factors of Emotional Intelligence and Tools

1. Self-awareness
    a. Emotional Check in with: PASTA, Above and below the line, Green-Yellow-Red Zones
    b. Self-Reflection and Journaling
2. Self-regulation
    a. Use your body with High Power Pose or Victory Pose
    b. 10 Deep Breaths
    c. Mindfulness with Take Five or Hand on Heart
3. Self-motivation
    a. SMART Goal Setting
    b. Keep Goals Visible
4. Social Awareness
    a. Empathy – Get into the other person's shoes
    b. Active Listening
5. Social Regulation
    a. Facts – Compassionate Questions – Think of the best outcome
    b. Adapt your communication
    c. STEBAH Feedback = Specific – Timely – Emotions - Behavioural – Actionable – Helpful