

Building Social Emotional Awareness with your Teams

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The Four Quadrant Model of Emotional Intelligence



Compass Points - Activity

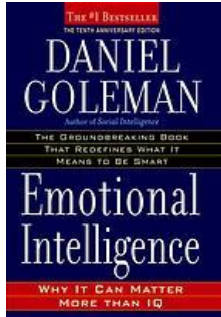
	North <i>Acting – “Let’s do it;” Likes to act, try things, plunge in.</i>	
West <i>Paying attention to detail —likes to know the who, what, when, where and why before acting.</i>		East <i>Speculating – likes to look at the big picture and the possibilities before acting.</i>
	South <i>Caring – likes to know that everyone’s feelings have been taken into consideration and that their voices have been heard before acting.</i>	

Compass Points Activity - Discussion

1. Of these four, what is your most common work style?
2. What are some strengths and limitations of your style? (Self-Awareness and Self-Management)
3. How aware are you of the work styles of the people on your team? (Social Awareness)
4. What steps do you take to effectively work with people on your team whose work styles are different from yours? (Relationship Management)

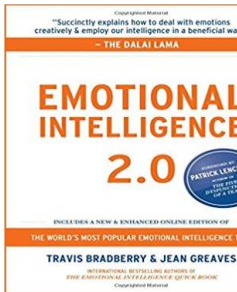
Additional Activities

1. Emotional Intelligence Vocabulary
2. Calvin & Hobbs - Describe Calvin's Emotions
3. Emotional Card Game



Emotional Intelligence

Goleman, Daniel. (2006) *Emotional intelligence* New York : Bantam Books



Emotional Intelligence 2.0

Bradberry, T, Greaves, J. (2009) *Emotional intelligence 2.0* / San Diego : Talent Smart

Thank you!