



# EMOTIONAL INTELLIGENCE

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RELENTLESS MINDSET

Emotional Intelligence is the ability to understand/work with other people.

**Objective:** Help students utilize the Focus 5 Emotional Intelligence elements by selecting one and applying it.

**Facilitator  
Aides**

## Lesson Outline

**Ideal Lesson Time: 60 min.**

**Introduction**

**MP 1. Focus 5 Discussion**

**MP 2. “Whys” of Emotional Intelligence**

**Conclusion**

**Boot Stomp**



Not everyone is born with emotional intelligence, but unlike IQ, emotional intelligence can be acquired and improved with practice.

## Introduction

**Power of Mind Activity:** Start the introduction with an activity to energize the brain for optimal engagement.

1. Participants divide into small groups (approximately 8-10). One at a time, each participant takes the washer on the fishing line, pinches the fishing line with their thumb and index finger, leaving about 3' of fishing line between the thumb and washer.
2. Participants are to ensure their fingers are pointed downward and their elbows are bent and arm is relaxed. Participants are instructed to focus on the washer and say the words in their head "back and forth" repeatedly until the washer starts moving back and forth.
3. Once the washer starts moving, participants are instructed to raise their hand. Once all have been able to move their washer, the instructor asks, "How do you think that happened?"
4. Answer for discussion: Because you told it to, your brain sent out signals to move the washer back and forth. The signals ping-ponged around in your body until it decided to contract the very tiny muscles in the tip of the fingers to move the washer back and forth. You did not even know this was happening but it was. Why is this important? Everything your brain thinks, your body reacts. You are in control of your thoughts which means you are in control of how the washer moves.

**Overview:** Today we are going to discuss Emotional Intelligence, to include self-awareness, self-regulation, motivation, empathy, and social skills.

## MP 1. Focus 5 Discussion

**LOQ:** Self-Awareness, why would this be an emotional intelligence element?

**Summary:** This is the ability to recognize ourselves and our emotions as they occur. It is foundational to our emotional intelligence. It requires tuning in to our true feelings. If we evaluate our thoughts and feelings, we can manage them. The elements of self-awareness are emotional awareness and self-confidence. Emotional awareness is the ability to recognize our emotions and the effects. Self-confidence is the sureness we have about our self-worth and capabilities. This week you can choose to identify times you were able to tune in to yourself and what you discovered.

**LOQ:** What would self-regulation look like?

**Summary:** There are times when we do not have control over experiencing emotions. However, we can utilize skills to alleviate negative or uncomfortable emotions such as anger, anxiety, or depression. These skills include seeing a situation with a better perception or taking a mental pause. Self-regulation includes self-control, trustworthiness, taking responsibility for ourselves, being flexible, and being open to new ideas. This week you can identify emotions you struggled with and techniques you used to overcome them.

## Anticipated Replies and Side Notes

Anticipated Responses: Unconscious Energy

Anticipated Responses: Confidence Tuning In Paying Attention

Anticipated Responses: Calm Not Getting Upset Military Bearing

**LOQ:** How is motivation part of emotional intelligence?

**Summary:** To motivate yourself is to have clear goals and a positive attitude. This week you can focus on a goal to work on. Motivation is made up of achievement drive, commitment, initiative, and optimism.

**LOQ:** What is empathy?

**Summary:** The ability to recognize how people feel is important to success in your life and career. The more skillful you are at identifying the feelings behind what people are expressing, the better you can control how you express yourself. An empathetic person excels at meeting the needs of others, developing people, leveraging diversity, political awareness, understanding people. This week, find a time each day to be empathetic with another person.

**LOQ:** What are examples of healthy social skills?

**Summary:** The development of good interpersonal skills is so important in our professional and personal lives. We must possess high emotional intelligence to better understand, empathize, and negotiate with others. The most useful social skills are influence, communication, leadership, managing change, conflict management, building relationships, collaboration, and team building. Choose a social skill to practice each day this week.

## MP 2. “Whys” of Emotional Intelligence

Instruct students to partner with the person to their left to come up with three “whys” for emotional intelligence.

**Conclusion:** Today we discussed the Focus 5 for Emotional Intelligence; Self-Awareness, Self-Regulation, Motivation, Empathy, and Social Skills. We discussed how they impact your professional and personal lives and how it applies to Airmanship. Your task for the week is to choose one element to work on each day.

### Anticipated Replies and Side Notes

Anticipated  
Responses:  
Goals  
Determination  
Not Lazy

Anticipated  
Responses:  
Caring  
Concern  
Worry

Anticipated  
Responses:  
Communication  
Kindness  
Listening

Anticipated  
Responses:  
Airmanship  
Good Leader  
Improve Skills  
Better Person

**ASSESSMENT QUESTION:** Do the participants have a deeper understanding of emotional intelligence?