

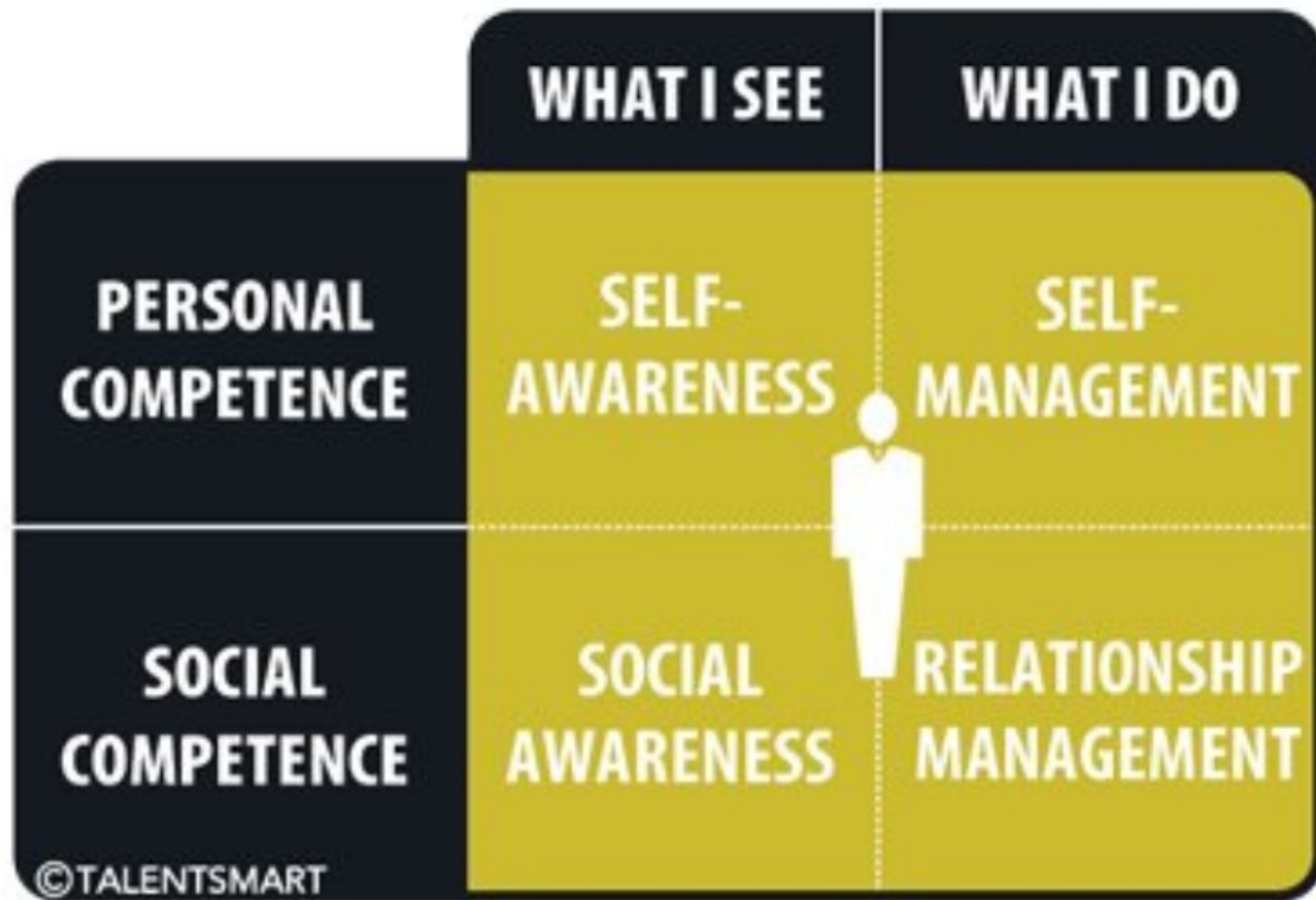
What is success?

What makes successful people  
different? What do they have that  
others don't?

Speaking of personal life and  
career,  
what skills or abilities you need to  
succeed?

What does your success depend  
on?

# ***Why You Need Emotional Intelligence To Succeed***



EQ?

# EQ?

- **IQ — intelligence quotient** 'kwəʊʃənt

- <https://globalleadershipfoundation.com/geit/eitest.html>

**A** Read the article below. In general, do you agree or disagree with these statements? Check (✓) the boxes.

## EMOTIONAL INTELLIGENCE

*Emotional intelligence* is the ability to manage your own and other people's emotions. Emotionally intelligent people can express their feelings clearly and appropriately, and they are generally optimistic and positive, with high self-esteem. They would agree with these statements. Do you?

### SELF-AWARENESS

AGREE DISAGREE

1. I'm **decisive**. I know what I want.

☐
☐

2. I'm not **impulsive**. I think before I act.

☐
☐

3. **Jealousy** is not part of my life. I am not a **jealous** person.

☐
☐

### MANAGING EMOTIONS

4. I don't feel **guilty** or **ashamed** about things I've done in the past.

☐
☐

5. **Aggressive** people don't **upset** me. I can cope with their **aggression**.

☐
☐

6. I don't get **angry** and **upset** if people disagree with me.

☐
☐

### MOTIVATION

7. I'm very **motivated**, and I set **realistic** goals for myself.

☐
☐

8. I have the **confidence**, **determination**, and **self-discipline** to achieve my goals.

☐
☐

9. My main **motivation** in life is to be **happy** and to make a difference for others.

☐
☐

### EMPATHY

10. I know when my friends feel **sad** or **depressed**.

☐
☐

11. I'm very **sympathetic** when a friend has a problem.

☐
☐

12. I think it's important to be **sensitive** to how other people are feeling.

☐
☐

### SOCIAL SKILLS

13. If friends want to do things I don't want to do, I try to be **flexible**.

☐
☐

14. I think it's good to express emotions like **grief**, **hate**, and **anger**, but in private.

☐
☐

15. **Honesty** is important to me. I'm **honest** with people unless it will upset them.

☐
☐



8. I have the **confidence, determination, and self-discipline** to achieve my goals. ☐ ☐
9. My main **motivation** in life is to be **happy** and to make a difference for others. ☐ ☐

### EMPATHY

10. I know when my friends feel **sad or depressed**. ☐ ☐
11. I'm very **sympathetic** when a friend has a problem. ☐ ☐
12. I think it's important to be **sensitive** to how other people are feeling. ☐ ☐

### SOCIAL SKILLS

13. If friends want to do things I don't want to do, I try to be **flexible**. ☐ ☐
14. I think it's good to express emotions like **grief, hate, and anger**, but in private. ☐ ☐
15. **Honesty** is important to me. I'm **honest** with people unless it will upset them. ☐ ☐

About  
you

**B** Can you make the statements above more accurate for you by adding frequency adverbs? For example, you can say *I'm usually decisive*. Compare with a partner.

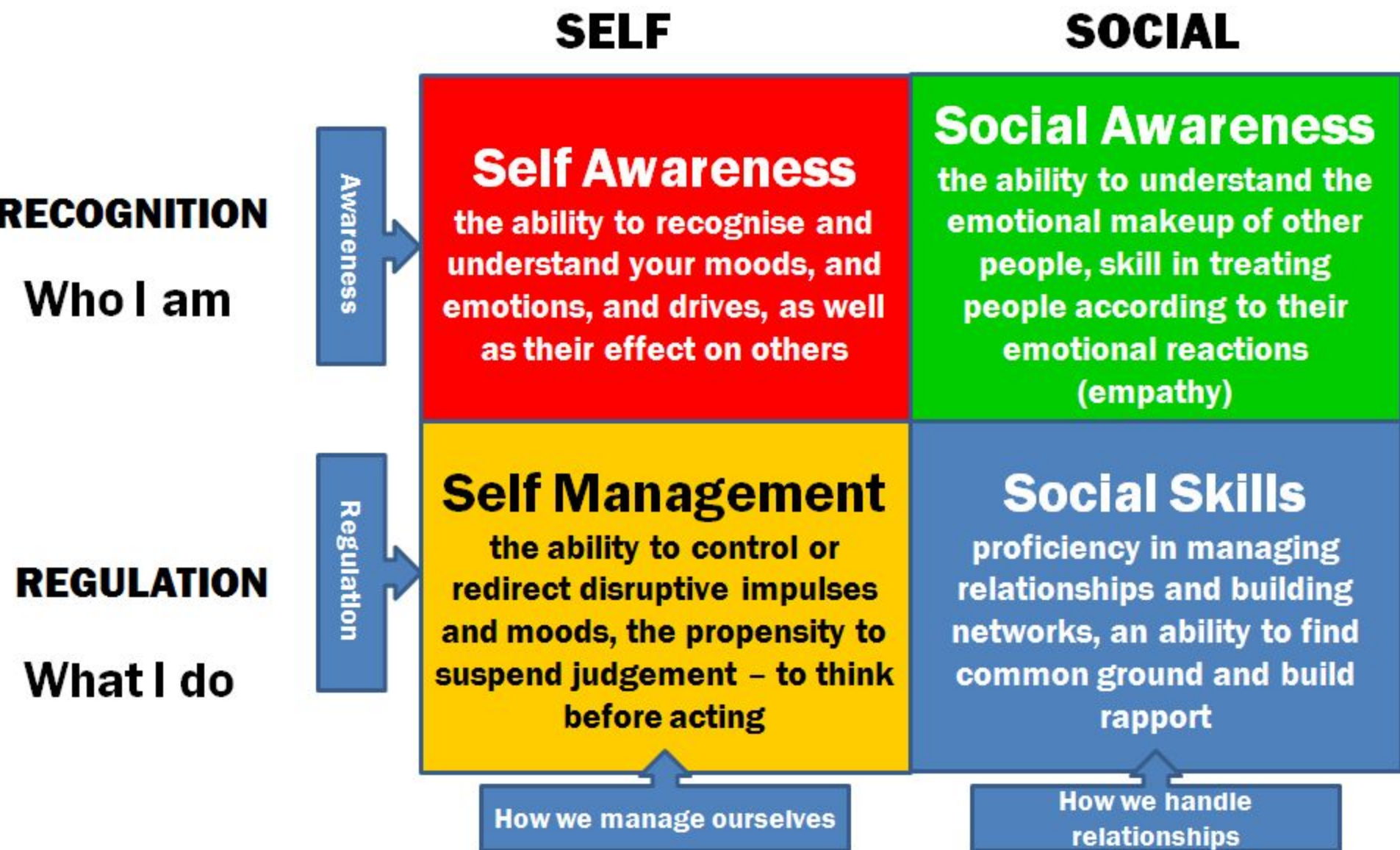
Word  
sort

**C** Complete the chart with nouns and adjectives from the article. Then choose five words, and make true sentences about people you know to tell a partner.

noun	adjective	noun	adjective	noun	adjective
aggression	aggressive	guilt		realism	
	angry	happiness		sadness	
	confident	honesty			self-disciplined
depression			intelligent	sensitivity	
	determined	jealousy		shame	
flexibility			motivated	sympathy	



# Emotional Intelligence



- <http://www.talentsmart.com/articles/Why-You-Need-Emotional-%20Intelligence-To-Succeed-389993854-p-1.html>

1. What is self-awareness?
2. Self-management?
3. Social awareness?
4. Relationship management?
5. Is emotional Intelligence connected to IQ?
6. How much impact does EQ have on your professional success?
7. Can you develop your EQ?
8. According to the text, what is a way to develop your EQ?

- When emotional intelligence first appeared to the masses, it served as the missing link in a peculiar finding: people with average IQs outperform those with the highest IQs 70% of the time. This anomaly threw a massive wrench into what many people had always assumed was the sole source of success—IQ. Decades of research now point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack.
- Emotional intelligence is the “something” in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities, and make personal decisions that achieve positive results. Emotional intelligence is made up of four core skills that pair up under two primary competencies: personal competence and social competence.

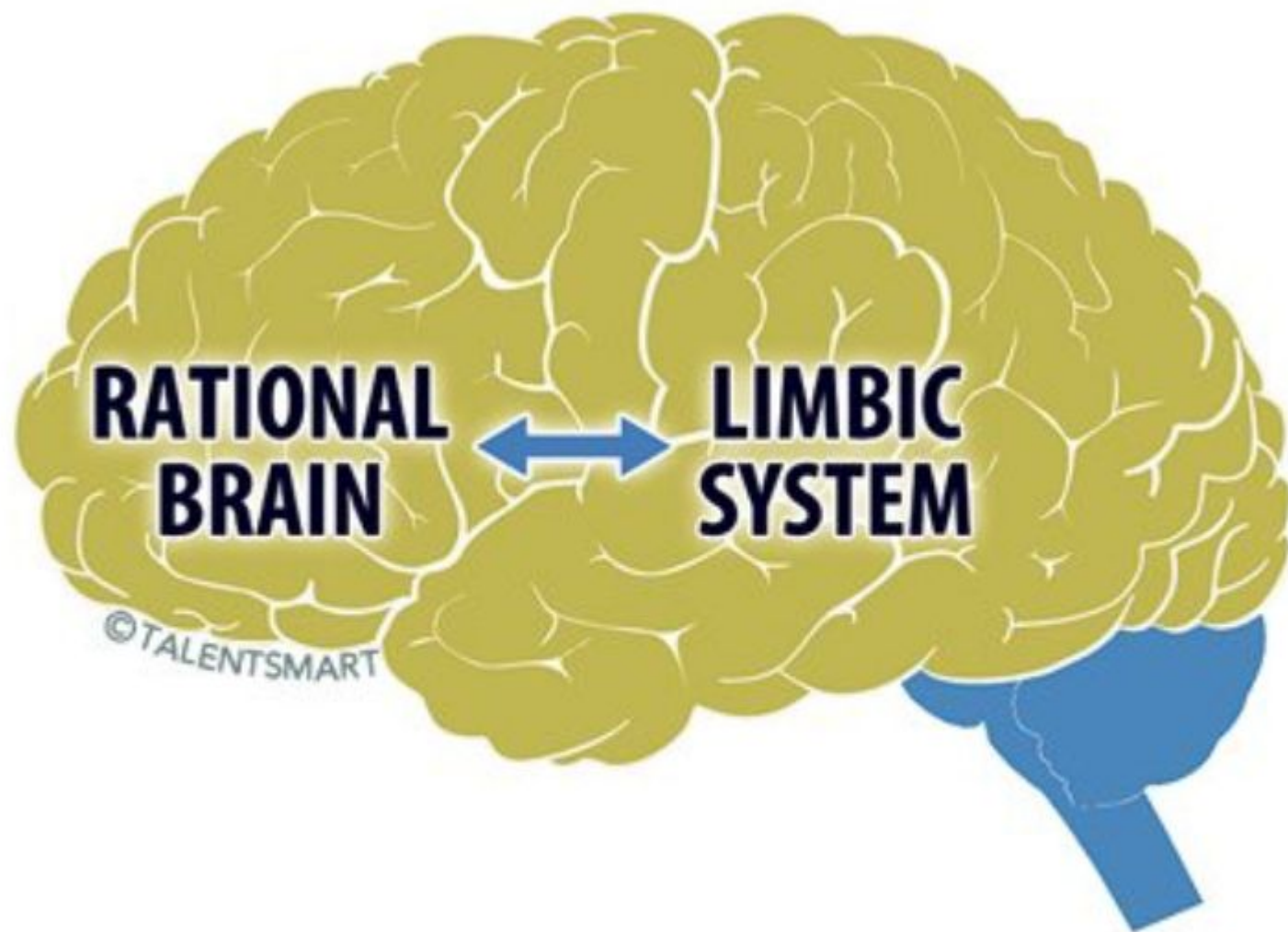


*Emotional intelligence is an essential part of the whole person.*





*Emotional intelligence is  
the foundation for critical skills.*



*Emotional intelligence is a balance between the rational and emotional brain.*

# EQ: Sheldon vs. Penny





- <https://www.youtube.com/watch?v=LzZD5akvxYw>
- In your opinion, is EQ taught at school? (=uni)
- According to the video, what are the differences between the behaviour of a person with low EQ and with high EQ?  
According to the video, what should you do to develop:  
Self-awareness?  
Self-management?  
Social awareness?  
Relationship management?