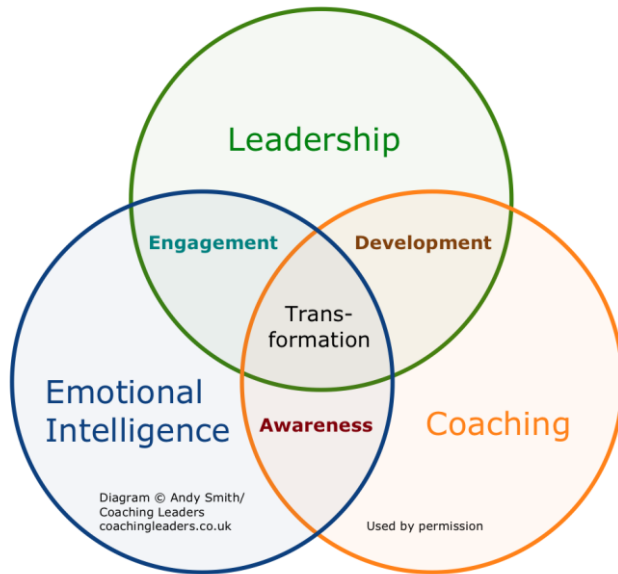


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Preeja Sreedhar

Leadership Coach/OD Consultant

Importance of Emotional Intelligence at the workplace



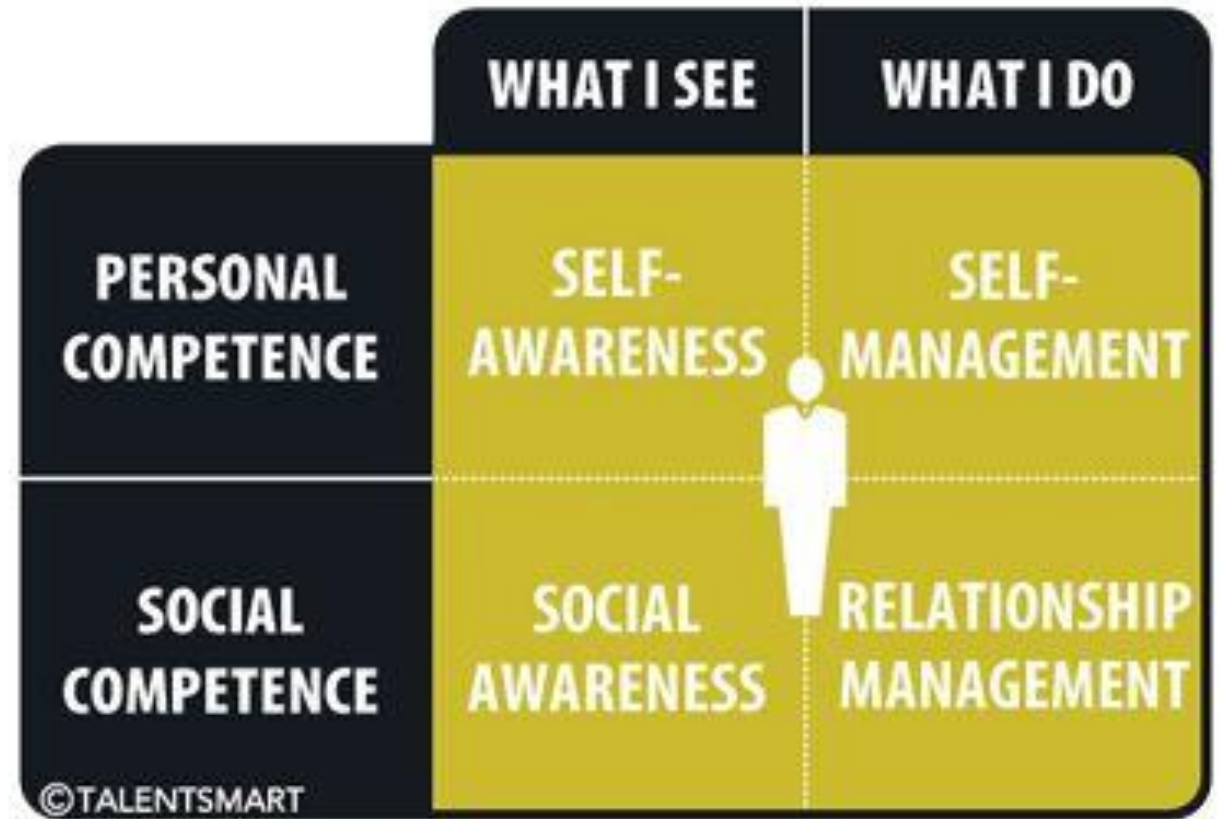
Expectation Setting

EMOTIONAL IQ

- Intrapersonal Vs. Interpersonal

Emotional Intelligence

- Perceiving
- Expressing
- Understanding
- Using
- Managing emotions

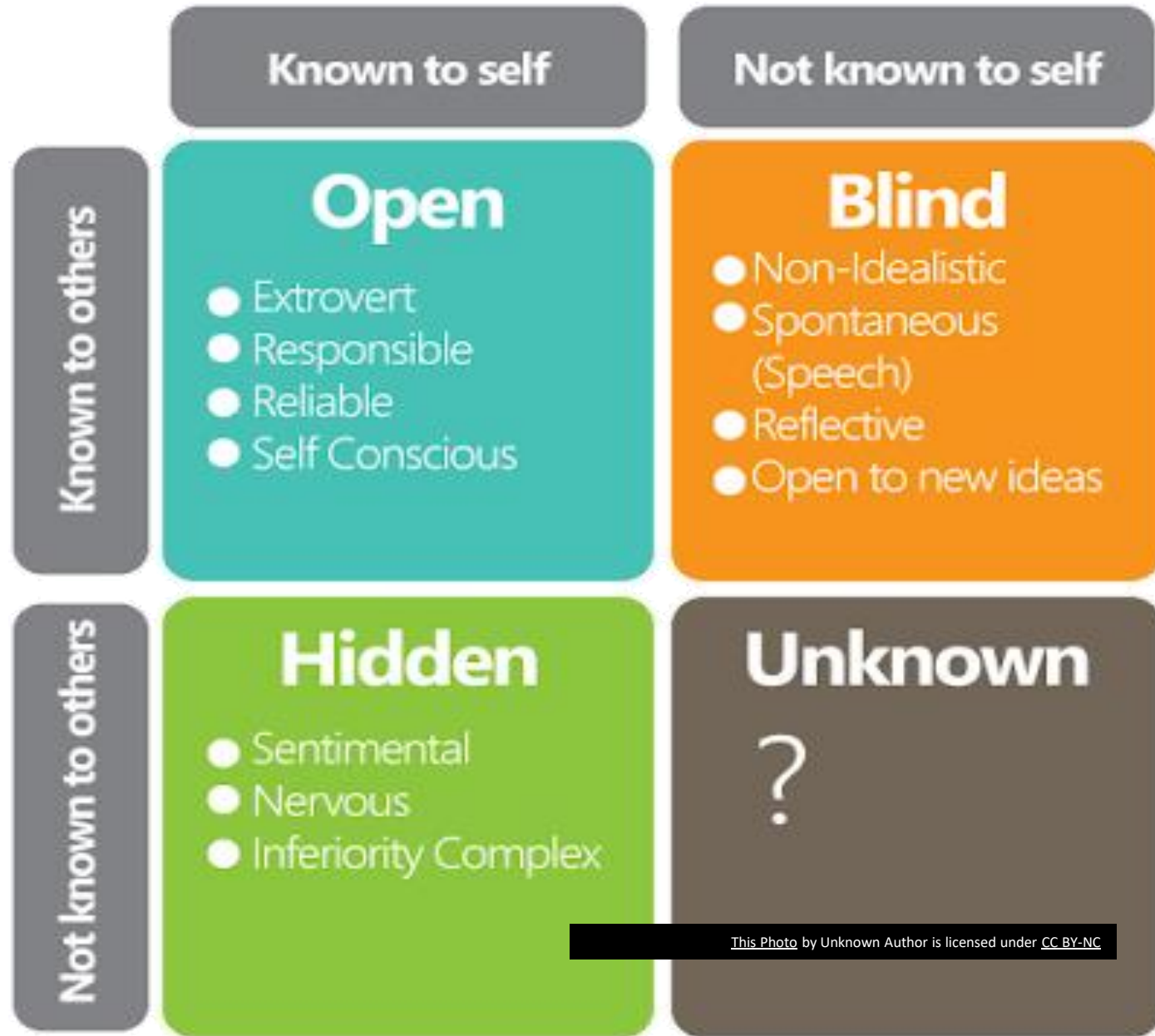


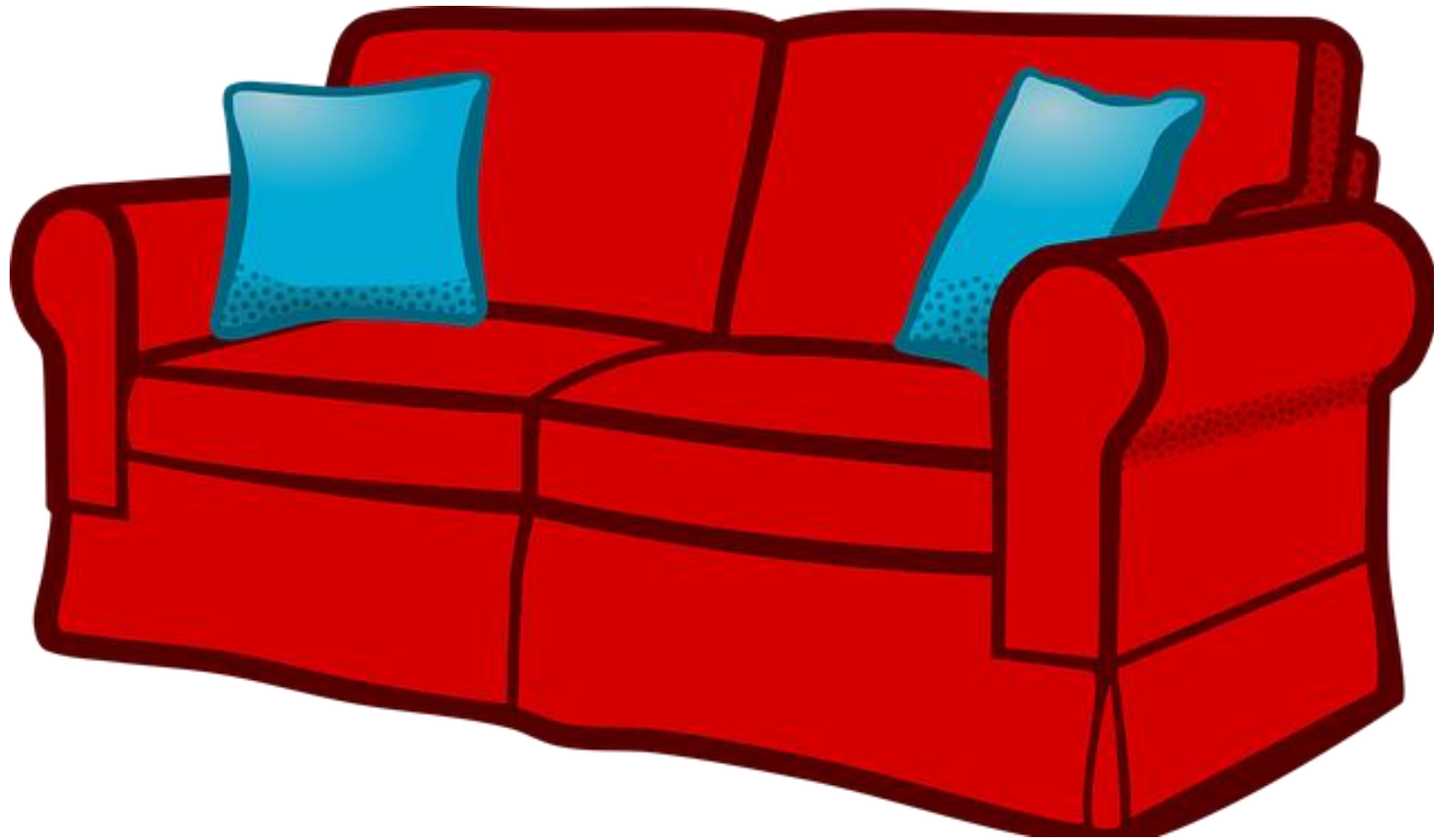


Self-awareness includes learning to see yourself the way others see you.

Self Awareness

Johari - Window





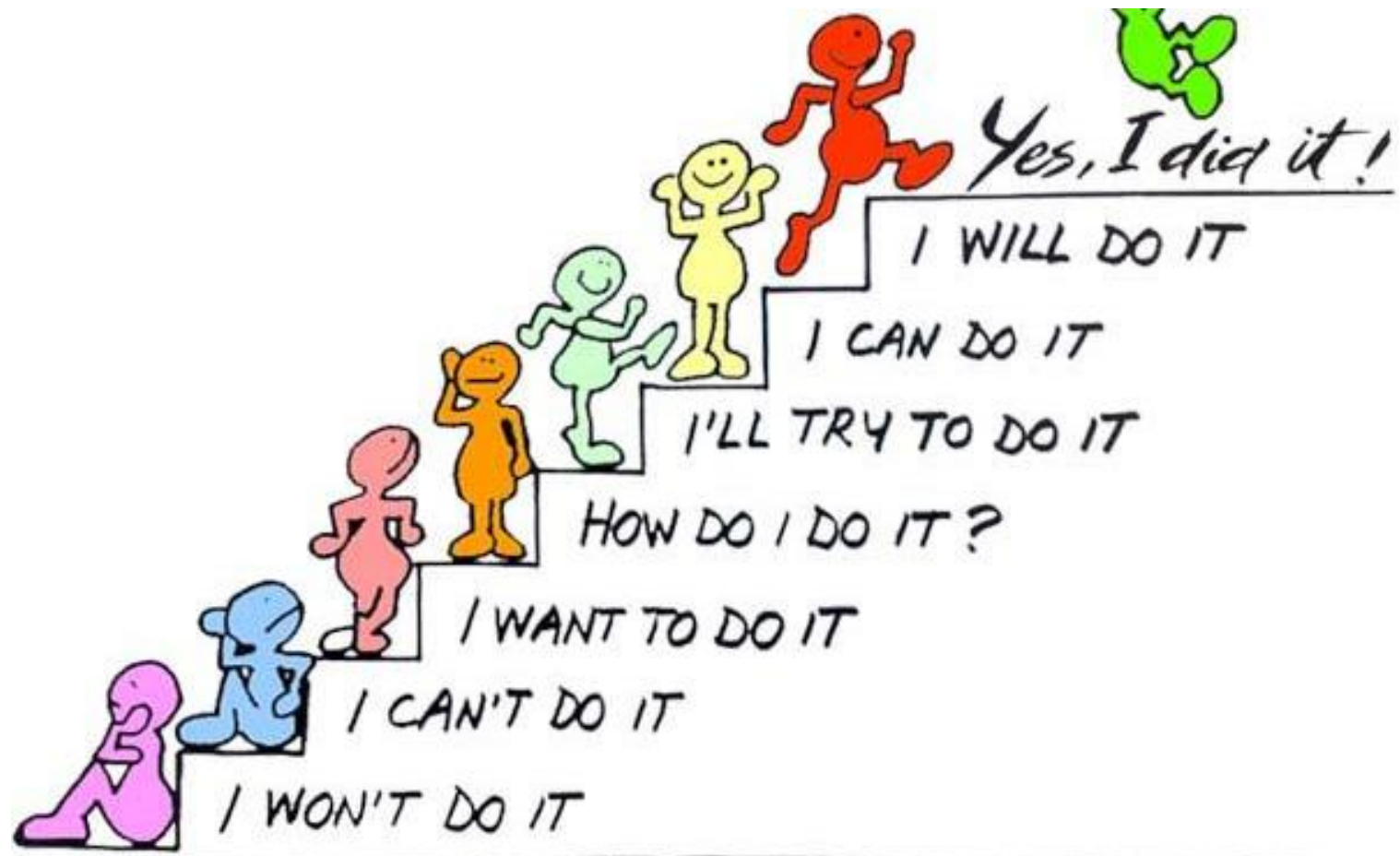
Self- Reflective exercise

- Who do you think that one person would be who can sit next you and chat to your heart's content from your past, present or future???

Self-
Management



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WHICH STEP HAVE YOU REACHED TODAY?

Awareness to
Improvement

Self-
Motivation

- **Locus of Control**



SELF MOTIVATION

Either you have it or you don't

WHICH IS YOUR → LOCUS OF CONTROL?



Internal locus of control

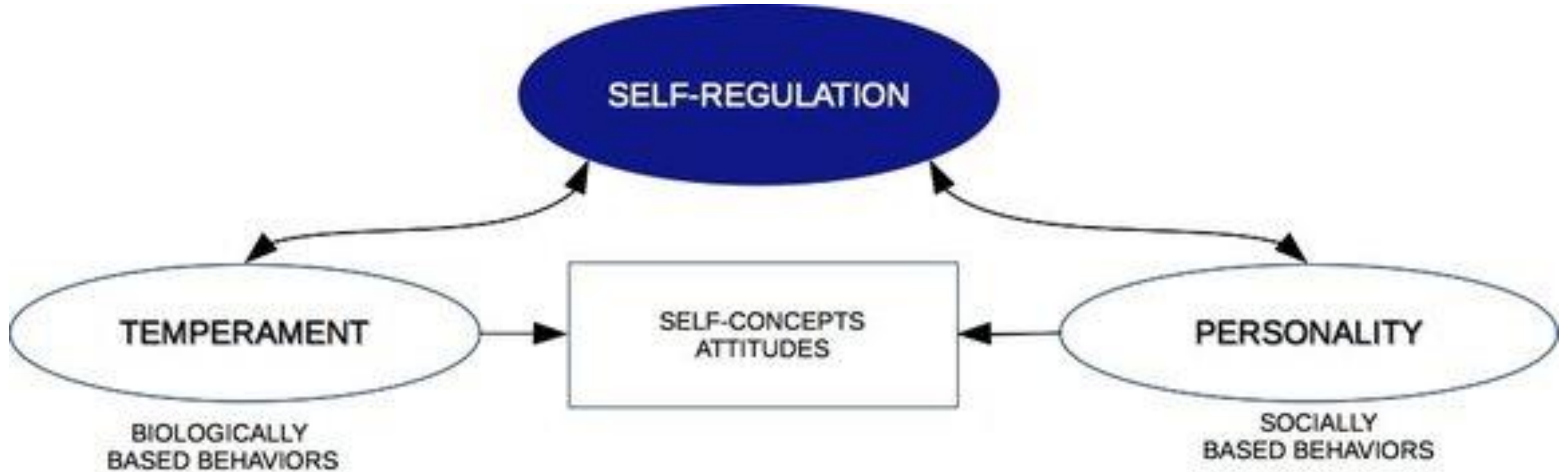
You make things happen.

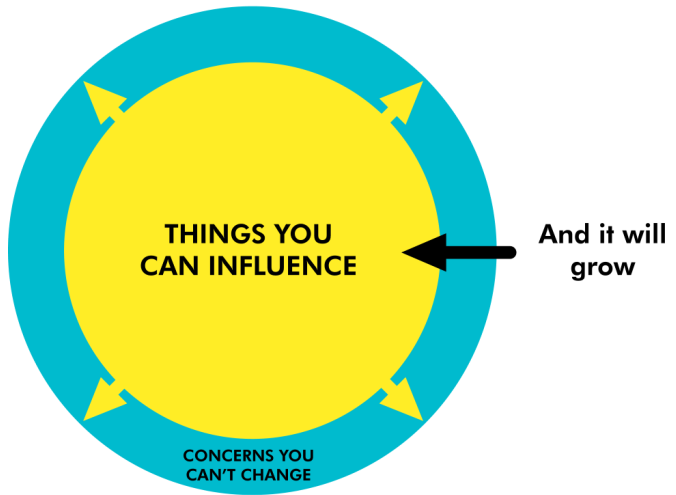
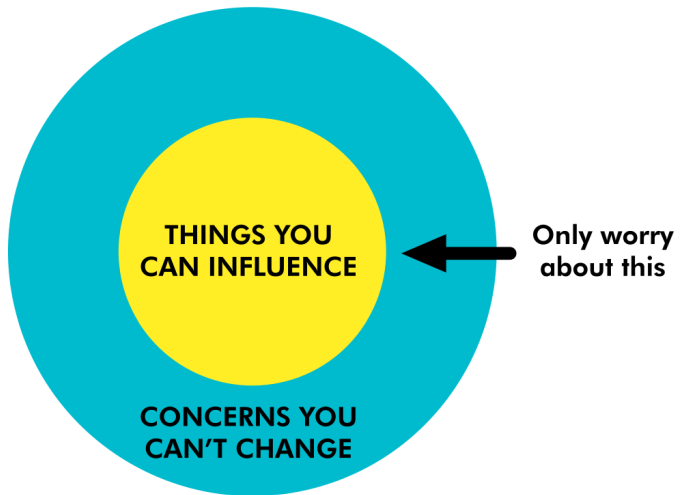


External locus of control

Things happen to you.

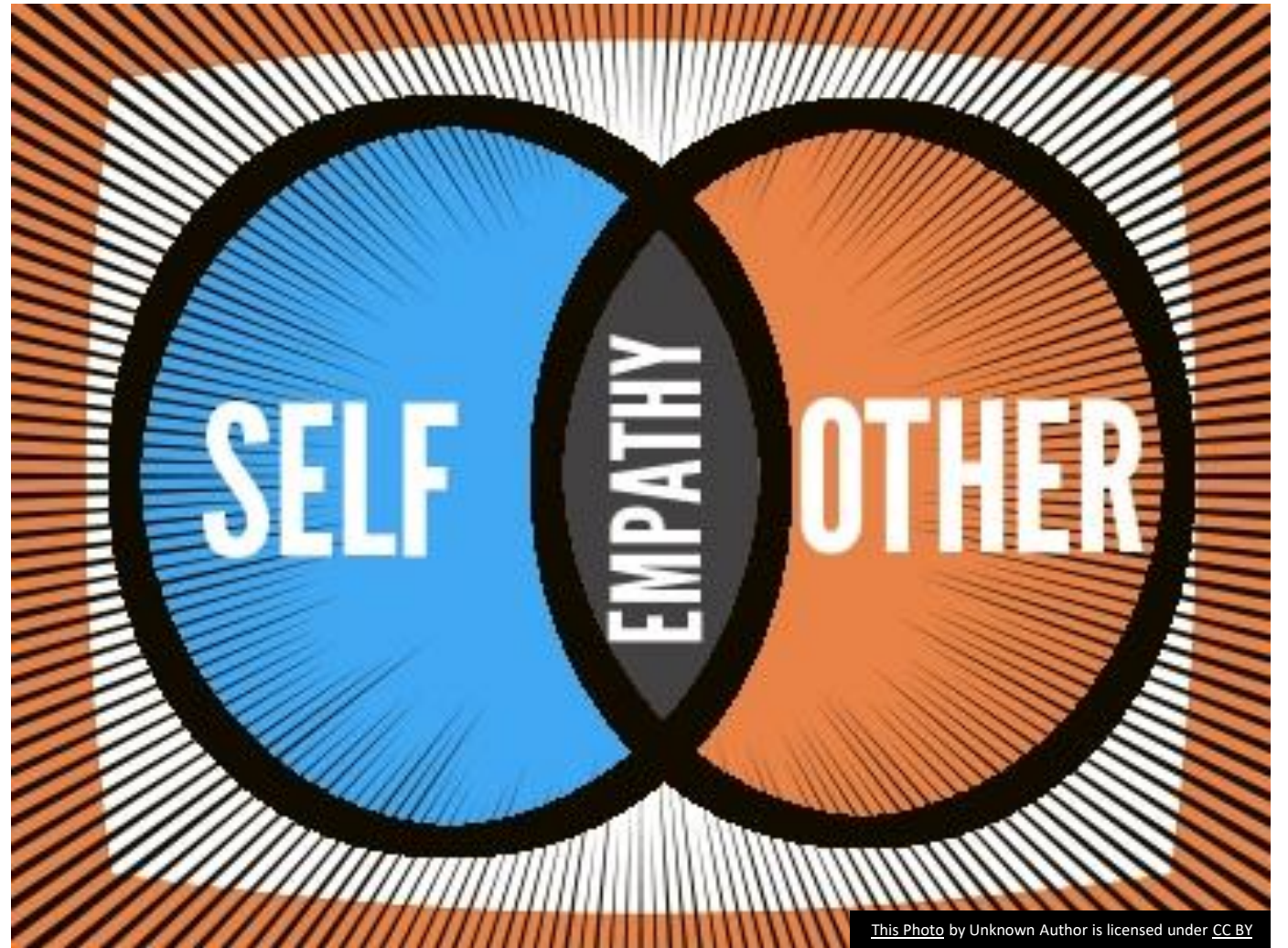
Self-regulation





COI
COC

Empathy



In retrospect.....

The more I get to know people, the more I realize why Noah only let animals on the boat

