



Four day Workshop For BAMU Journalism Dept students.

‘Enlightening for future’

Decoding Success with EQ

Learning EQ skills for a better Performance

(by-Watni Kishan. 9561093103)

**Certified EQ Practitioner – Six Sec (USA)
EQ Academy , Aurangabad.**

Few Facts ...



EQ Academy

1. What can we do to help prepare our youth ?
Your IQ contribution is very less compared to EQ in your Success .
2. There are shoes for one youth for 20 yrs. Physical needs are easy to see.. But, are you providing material for the mental and emotional growth of the youth.
3. In today's scenario there are no formal way to teach EQ to our Youth & children .
Today's busy parents expects Colleges /Schools to solve all problems..But they cannot.
4. Today's youth realize the importance of forth coming challenges in their success, but don't always know where to begin & what will help them ?
5. Learning EQ is the best answer for this .

Success – Latest Research ?



EQ Academy

- ✓ Contribution of IQ in our success --- 04% to max 14 %.
 - ✓ 90% of the top performers are with high EQ &
 - ✓ 70% of them are with average IQ . (Contribution if Emotional Intelligence (EQ) in our success is MAJOR.)
 - ✓ 85-90 % Skills required for Success / Top management are EQ Skills.
 - ✓ Emotions are the driving force for people. We can learn to manage them for better decision making .
- ** Our whole education system is based on IQ capabilities which contribute 14% . What do we do to enhance our EI? ...Nothing formally !!

Top 5 Skills Needed in an Employee



EQ Academy

<ul style="list-style-type: none"> What Skills are you Look for, When you hire ? 	What Skills are hardest to find But most Imp to you ?
98 %	Communication Skill 91%
97%	Positive Attitude 85%
92%	Adoptable to change 85%
92%	Team work skills 82%
88%	Goal Oriented 78% Strategic Thinking & Analysis

- All these five Skills are well addressed thru EQ

Topics Covered



EQ Academy

“Enlightening Students For Their Success & Stress Free -Happy Life using Emotional Intelligence Tools & Techniques”

Topics :-

- Eight EQ Skills
- Adopting change
- Emotion / Anger management ,
- Stress Management ,
- Decision Making ,
- Leadership secrets ,
- Goal Orientation ,
- Creativity &
- Happiness etc ..
- To help develop top 5 skills (EQ related) for employability.

Topics Covered



EQ Academy

1. EQ awareness .

Increase awareness @ EQ – Current & Future challenges , Opportunities , Why EQ ? , Latest research , EQ Model –Three domains broad overview.

- Learn and Practice EQ Skills -

2. Self Awareness – Emotional Literacy .

Brain , How Emotions are generated ? Why Emotions are Important ?
Emotions .. Learn to Identify , Name & Messages the are for.

3. Patterns

What are patterns & Why are the formed ? Their effects on our behavior. Learn to identify and use them. Neuro plasticity & Making /Modifying patterns !

Topics Covered



EQ Academy

4. Choose Yourself– Decision Making :

Decision making –Reaction Vs Response , Myths - Age , Good Vs Bad . Pause importance , recognizing / Identifying Options.

5. Consequential Thinking

Learn & Practice Consequential thinking techniques. Cost benefit analysis , Concrete and Emotional costs.

6. Navigating Emotions .

Using our internal energy or neutralizing it . Emotional Hijack ,TFA Principal , Six Seconds Pause. Learning & Practicing techniques to navigate our emotions .

7. Optimism & Intrinsic Motivation

Positive thinking Vs Optimism , Importance . Application.
Intrinsic Vs Extrinsic motivation . Importance. Applying to a situation.

8. Decision Making Application to real life situation .

Topics Covered



EQ Academy

9. Social Skills - Empathy & Noble Goal :

Sympathy Vs Empathy . Importance on empathy in communication to Leadership.

Goal : Importance , Types . Noble Goal .

10 to 12 - EQ Application -

1. Learning Communication Skills- Body Language.
2. Managing Change , Optimism , Failures , Resilience .
3. Managing Focus - Stress & Performance
4. Emotion Control / Anger Management
5. Leadership & motivation, Flow state.
6. Goal Orientation
7. Happiness .

Methodology used



EQ Academy

1. Learning thru - PPT / Audio –Videos.
2. Games , Exercise , Case studies , Shearing .
3. Home works Practice .
4. Reflection – Q & A , Case Studies & Presentations.
5. Few Tests

Remarks & Conclusion



EQ Academy

We observed wonderful outcomes during this process –

80 % + students – Understood & were very keen about the new learnings during feed back & Discussion secessions.

- ✓ Future challenges & Opportunities for Indian Youth & The Skills required to meet the demand.
- ✓ Why Emotions are Important and drive our Key Skills.
- ✓ Self awareness & Decision making process.
- ✓ Emotion control , Anger Management.
- ✓ Importance of Change . Goal Importance & Happiness etc

Sample Feedback -Video



EQ Academy



▶ *Video*

Photo Gallery



Photo Gallery



EQ Academy



EQ Academy

Thanks a Lott !!