





Four day Workshop For BAMU Tourism Dept students

# 'Enlightening for future'

## **Decoding Success with EQ**

Learning EQ skills for a better Performance

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### Few Facts ...



- 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 ?



- ✓ Contribution of IQ in our success --- 04% to max 14 %.
- $\checkmark$  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



<ul> <li>What Skill When you</li> </ul>	s are you Look for, 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	
	Strategic Thinking & Ar	alysis 78%

• All these five Skills are well addressed thru EQ



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

#### Topics :-

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



#### 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. Nero plasticity & Making / Modifying patterns !



#### 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. Leaning & 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 .



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



- 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**



We observed wonderful outcomes during this process -

90 % + 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

















### **Photo Gallery**









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### **Photo Gallery**









# Thanks a Lott !!