Emotional Intelligence

Social SELF AWARENESS AND EMPATHY

General Preferences

- They are our natural inclinations or tendencies.

- In this case, they're how we tend to behave in teams.

- They are not ways to label, categorize or judge us.

- They are also not good or bad.

Our Compass

NORTH
➔ Acting – "Let's do it" - Likes to take action, try things, plunge in

EAST
➔ Speculating – likes to look at the big picture and the possibilities before acting

SOUTH
➔ Caring – likes to know that everyone's feelings have been taken into consideration and that their voices have been heard before acting

WEST
➔ Paying attention to detail —likes to know the who, what, when, where and why before acting

Acting
"Let's do it"
Likes to act, try things,
and plunge right in

North

Pays Attention to Detail
Likes to know the who,
what, when, where and
why before acting

West

East

Speculating
Likes to look at the big
picture and the
possibilities before acting

South

Caring
Likes to know that everyone's
feelings have been considered
and that their voices have been
heard before acting

Group Exercise

- Determine your general preference-compass

- Find your group and corner

- Choose a recorder

- Your group should answer all questions listed on the back of the poster

- Proudly and boldly record them on the front of your poster

Stretching Ourselves

What style do you find most difficult to work with and why?

NORTH - gets impatient with WEST's need for details

WEST - gets frustrated by NORTH's tendency to act before planning

SOUTH - group members crave personal connections and get uncomfortable when team members' emotional needs aren't met

EAST - group members get bored when WEST gets mired in details; gets frustrated when NORTH dives in before agreeing on big goals

Awareness is the key!

- This activity increases our awareness of our own and others' preferences

- Increased awareness opens the door to empathy

- Our preferences have their strengths and their limitations

- A diversity of preferences is what makes for better team work and results

Work on my personal limitations

List at least one thing that you will work on when working in a team environment. Share it with your neighbor.