



ED ENUF

THE DIVERSITY E-LEARNING PLATFORM

Emotional
Intelligence:
Self-Awareness

ED ENUF

You will find these icons positioned throughout Ed Enuf's handouts to bring your attention to important points and help you sharpen your skills.

ACTION PLANNING

Unless applied to our day-to-day behavior, learning does not transfer into action. Here's a place to write down how you will apply what you learned.



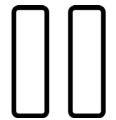
DATA POINT

Here's the data to back it up! You'll find a study, statistic, or scientific finding that supports the essential nature of the topic.



PAUSE FOR EFFECT

It's easy to read through an important point without synthesizing it. When you see this icon, reread the highlighted sentence, then take 60-seconds to ponder it.



PLAY VIDEO

Before continuing, log onto the Ed Enuf platform and watch the corresponding video lesson. We'll introduce the key concepts that will be discussed in the following topic.



SPARK THE CONVERSATION

Practice your critical thinking skills by answering these questions – either individually or as a group.

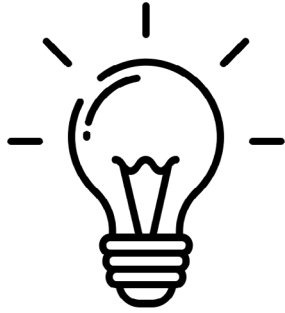


TIPS FOR SUCCESS

Here's an invitation to implement something new into your everyday life. Try applying it and see how it goes!



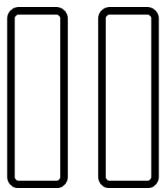




The Importance of Psychological Safety

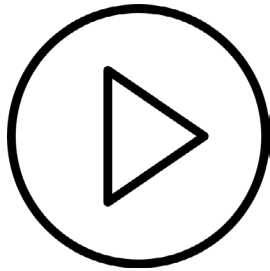
We are *all* at different places in our journey of understanding cultural differences. It is important to be aware of your potential lack of perception concerning power and gender dynamics.

Women and minority groups may not share personal experiences for multiple reasons. Understanding the power and reality of psychological safety is critical.



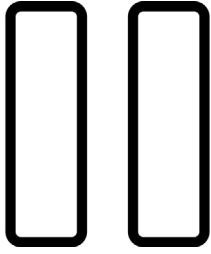
It is not about forcing people to share their experiences, but rather being patient with them and giving them the freedom to share if they feel comfortable.





Log onto Ed Enuf and watch

SELF-AWARENESS



SELF-AWARENESS IS THE ABILITY TO EVALUATE AND ANALYZE ONE'S OWN EMOTIONS. HAVING SELF-AWARENESS MEANS YOU ARE NOT AFRAID OF YOUR EMOTIONAL "MISTAKES." BECOMING SELF-AWARE IS ABOUT THE PROCESS OF UNDERSTANDING YOURSELF. WE ALL HAVE STRENGTHS AND LIMITATIONS. SELF-AWARENESS CAN BE DEVELOPED AND IDENTIFYING YOUR STRENGTHS AND WEAKNESSES CAN HELP WITH THIS DEVELOPMENT.



DISCUSSION

- In what situations do you find it easy to know how you feel?
- In what situations do you find it hard to know how you feel?



DISCUSSION

Triggers

We automatically respond to emotional topics or situations without realizing our reactions.

- What triggers you emotionally?
- What situations or conversations trigger high emotions?

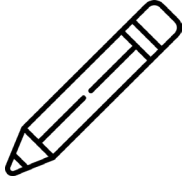
It is essential to distinguish how you process your feelings and/or emotions.

Reflection

Types of reflection include meditation, journaling, drawing. You must develop a habit of allowing yourself to think about your emotions and reactions.

- Do you make space for reflection?





MY ACTION PLAN FOR EMOTIONAL INTELLIGENCE IMPROVEMENT

Based on the self/group reflection done in this course, I plan to practice the following behaviors that will enhance my ability to embrace the diversity that has become a part of the 21st-century workplace:

1.

2.

3.