

Emotional Intelligence



Narrative

Joseph Winford is the Training and Technical Assistance manager for SHPA. He is an impact coach and trainer & development strategist with 25 years of experience in social service. He worked in various roles and with various populations. Joseph worked as a counselor and supervisor in Detox, 28-day treatment, and recovery home programs.

He worked in mental health settings and co-occurrence treatment programs at Lakeshore and Rush University Hospital with adults and youth as a mental health practitioner.

Joseph worked as a director with youth mentoring programs providing social-emotional learning, violence prevention, and academic support. He worked as a case manager with DCFS and affordable housing support services.

He also developed training curriculums on Emotional Intelligent Recovery, Relationship Trauma-drama, soft skills, communication connections, and team development.

Joseph holds a master's degree in Leadership and Management and a Bachelor of Science in Managing Information Systems. He is a certified addictions counselor and Trauma-informed care educator. He holds certifications in Gambling Addictions, Domestic Violence, and HIV counseling.



OBJECTIVES



- What is the difference between EQ and IQ
- What is emotional intelligence (EQ)?
- What are the 5 components of EQ
- How does EQ enhance recovery?

I want YOU to connect with your SOUL by identifying the themes of your thoughts.

There is a theme which is a topic, subject matter that is running through your mind daily.

What is it?



What comes to mind when you hear this quote?



You may feel my **Strength**,

You may see **Skills**,

You don't know my **Struggles!**

By Joseph Winford

What is it?

Relationship issues

Mental Health

Substance Use

Unemployment

Grief

Trauma

Emotional

Anger





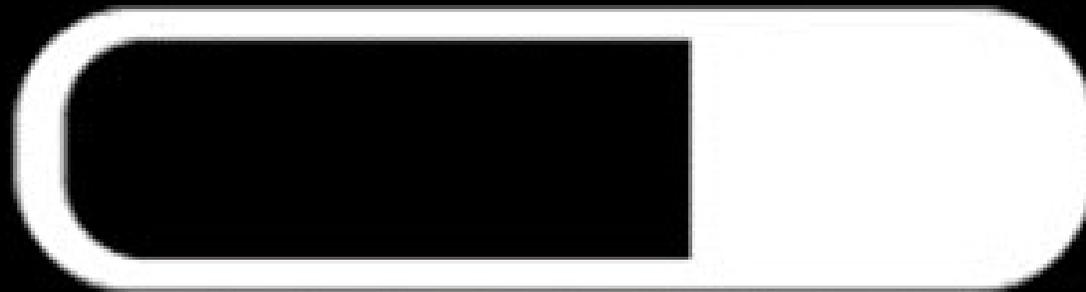
The struggles in your life reveal who you are.

They may refine who you are.

But they don't define who you are.

EIR is a process of self-discovery and recovery...

RECOVERY



loading ...



Presented by
2022-10-03 19:29
We are going to combine Two
emotional intelligence and
recovery.

Emotional Intelligence Recovery

TIME WARNER & TURNER: THE INSIDE STORY

TIME WHAT'S YOUR EQ?

It's not your IQ. It's not even a number. But emotional intelligence may be the best predictor of success in life, redefining what it means to be smart.



Presenter Notes

2022-11-16 03:19:09

- October 1995 issue – Daniel Goleman based on his book Emotional Intelligence
- Was initially studied in 1920's during the Intellectual Intelligence IQ movement and called social intelligence. Researchers testing intelligence realized that IQ did not capture all of a person's potential for success. However, the behavioral psychology movement stifled the study of emotional intelligence as it was considered taboo to explore this side of the human psyche.
- Intellect accounts for 20% of success in life (emotional intelligence, social class, and luck make up rest)
- Research at Yale in the early 1990s was conclusive that the EQ is a major indicator of achievement, which helped explain why two people with the same intelligence could attain vastly different levels of success in their work and personal lives.

IQ VS. EQ

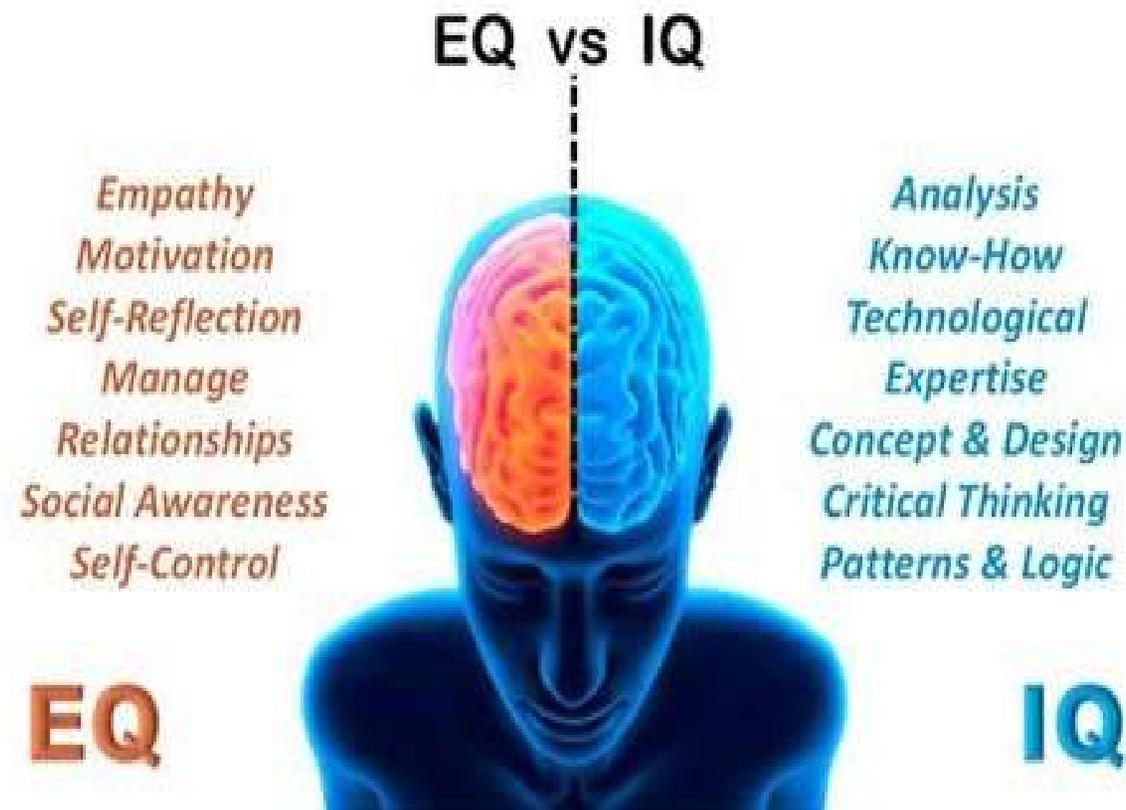
What is the difference between IQ and EQ

EQ measures an individual's social and emotional ability. One's ability to recognize one's own and other person's emotional expressions.

IQ measures a person's academic competency and reasoning ability.

EQ VS. IQ

What is the difference between EQ and IQ



Emotional Intelligence (EI) Defined

Ability to recognize
and understand
emotions



Using this
awareness to
manage yourself
and relationships
with others

Emotionally Intelligent?

Emotional intelligence is sometimes referred to as “**people smarts.**”

It is **not** generally included in the type of intelligence evaluation included in the traditional concept of IQ, which mainly focuses on conceptual abilities, but it is a very important personal attribute.

Emotionally Intelligent

Presenter Notes
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LETS DIG DEEPER...INTO
Emotional Intelligent Recovery (EQR).
Emotional intelligence (EQ) is
the #1 for understanding your own
feelings and the feelings of
others, for motivating ourselves,
and for managing our emotions
effectively in our relationships
and Recovery.

Emotional intelligence (**EI**) is the capacity for understanding your own feelings and the feelings of others, motivating yourself, and managing your emotions effectively in our relationships.

Emotionally Intelligent Recovery

LETS DIG DEEPER...INTO Emotional Intelligent Recovery (EQR). Emotional intelligence (EQ) is the ability for understanding your own feelings and the feelings of others, for motivating ourselves, and for managing our emotions effectively in our relationships and Recovery.

Emotionally Intelligent Recovery (**EIR**)

is the capacity to understand feelings, so you can effectively manage relationships and motivate your **Recovery** from life struggles.

Emotional Intelligent Recovery

Emotionally Intelligent?



Emotional Intelligence

The ability to identify and manage one's own emotions, as well as other people's emotions.

Components of Emotional intelligence

Personal Skills		Social Skills	
	Self-Awareness		Social Awareness-Empathy
1	Emotional Awareness	1	Understanding others needs
2	Accurate Self-Assessment	2	Identify: strengths - skills - struggles
3	Self-Confidence	3	Service orientation
		4	Leverage diversity
	Self-Regulate	5	Organizational awareness
	Self-control		
	Trustworthiness		Social Skills-Relationships
1	Conscientiousness	1	Communication
2	Trustworthiness	2	Conflict management
3	Adaptability	3	Building Bonds
4	Innovation	4	Change Catalyst
5	Motivations	5	Cooperation
	Resilience	6	Team Capability
1	Achievement driven	7	Influence
2	Commitment	8	Client Boundaries
3	Initiative		Leadership
4	Optimism		

Emotional Red Flags & Breakdowns

A close-up photograph of a woman with reddish-brown hair, wearing a dark top, shouting into a black mobile phone. Her mouth is wide open, and her expression is one of intense anger or frustration. The background is a plain, light-colored wall.

Awareness

Emotional Red Flags & Breakdowns



Go box by box
importance of empathy
Relationship management
What is fundamental to any relationship
which low EI could compromise:
Trust

Do you think low EI in supervisors,
managers or others could be
correlated to employee
concerns? (many of the issues
we receive are because of what
someone said or did and how it
was perceived)

What does EI have to do with Recovery?

PERSONAL COMPETENCE

SOCIAL COMPETENCE

WHAT I SEE

WHAT I DO

Self-Awareness

- Ability to accurately perceive your own emotions & Triggers.
- Stay aware of your emotions as they happen will improve trauma response
- Keep on top of how you tend to respond to specific situations and people to help recover from challenges

Self-Management

- Ability to use awareness of your emotions to stay flexible and positively direct your behavior positively in relationships
- Managing your emotional reactions to all situations and people

Social Awareness

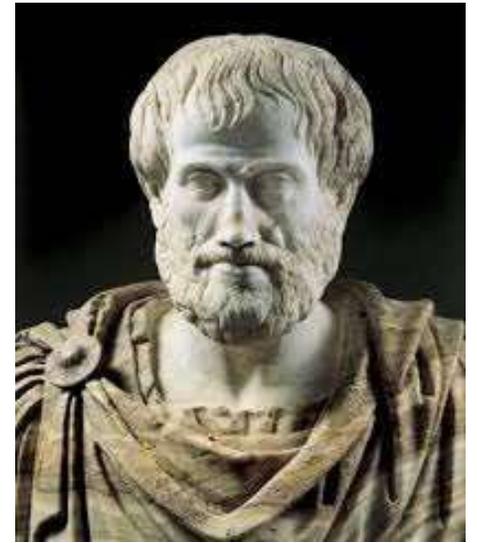
- Ability to accurately pick up on emotions in other people
- Understand what is really going on
- Understanding what other people are thinking and feeling even if you don't feel the same way

Relationship Management

- Ability to use awareness of your emotions and emotions of others to manage interactions successfully
- Ensure clear communication and effective handling of conflict to give & receive support

Aristotle says,

“ Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody’s power and is not easy. ”



Final Thoughts

“If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, than no matter how smart you are, you are not going to get very far.”

Dr Daniel Goleman

ABHINAV
BHADURI

recovery

end-stigma
people

community

hope

voice everyone
treatment support
grow
become
hope
people
end-stigma
community

End



Joseph Winford MS, CADC