

## Strategies for Enhancing Emotional Intelligence

### Individual Activity Sheet

Think about the items discussed in the past seven lectures. For each category, write down your strengths, areas that need improvement, and what specifically you plan to do to improve EI in yourself and others. Include goal dates for each.

| EI Component            | Strengths, improvements, goal dates |
|-------------------------|-------------------------------------|
| Self-Awareness          |                                     |
| Self-Management         |                                     |
| Social Awareness        |                                     |
| Relationship Management |                                     |

## SASHET



The way that we react to situations generally falls into 6 categories known as SASHET. Keep a tally of each of these reactive emotions that you feel, asking yourself the following:

1. What emotion are you feeling?
2. What is the situation that triggered that emotion?
3. Was this a healthy way of reacting and interpreting the situation?
4. If your reaction was not healthy, what would you do differently?

### About Your Leadership

**Complete the following using adjectives or short sentences where applicable**

1. What are the strengths of your style? (3-4 adjectives)
2. What are the limitations of your style? (3-4 adjectives)
3. What style do you find most difficult to work with and why?
4. What do people from the other styles need to know about you so you can work together effectively?
5. What do you value about the other three styles?