

ECHC6001
Personal Development and
Professional Profile
WEEK 4 THE POWER OF THE NARRATIVE

Aims for today

- ▶ Check In
- ▶ PD will be from 9- 10:30 on (Mondays)
- ▶ Theme: The Power of the Narrative
- ▶ Writing Activity
- ▶ Assessment Questions

Mark Brackett: ***Permission to feel***

<https://brenebrown.com/podcast/dr-marc-brackett-and-brene-onpermission-to-feel/>

Emotions Matter

- ▶ Emotions drive learning, decision-making, creativity, relationships, and health.
- ▶ The Yale Center for Emotional Intelligence conducts research and teaches people of all ages how to develop their emotional intelligence.

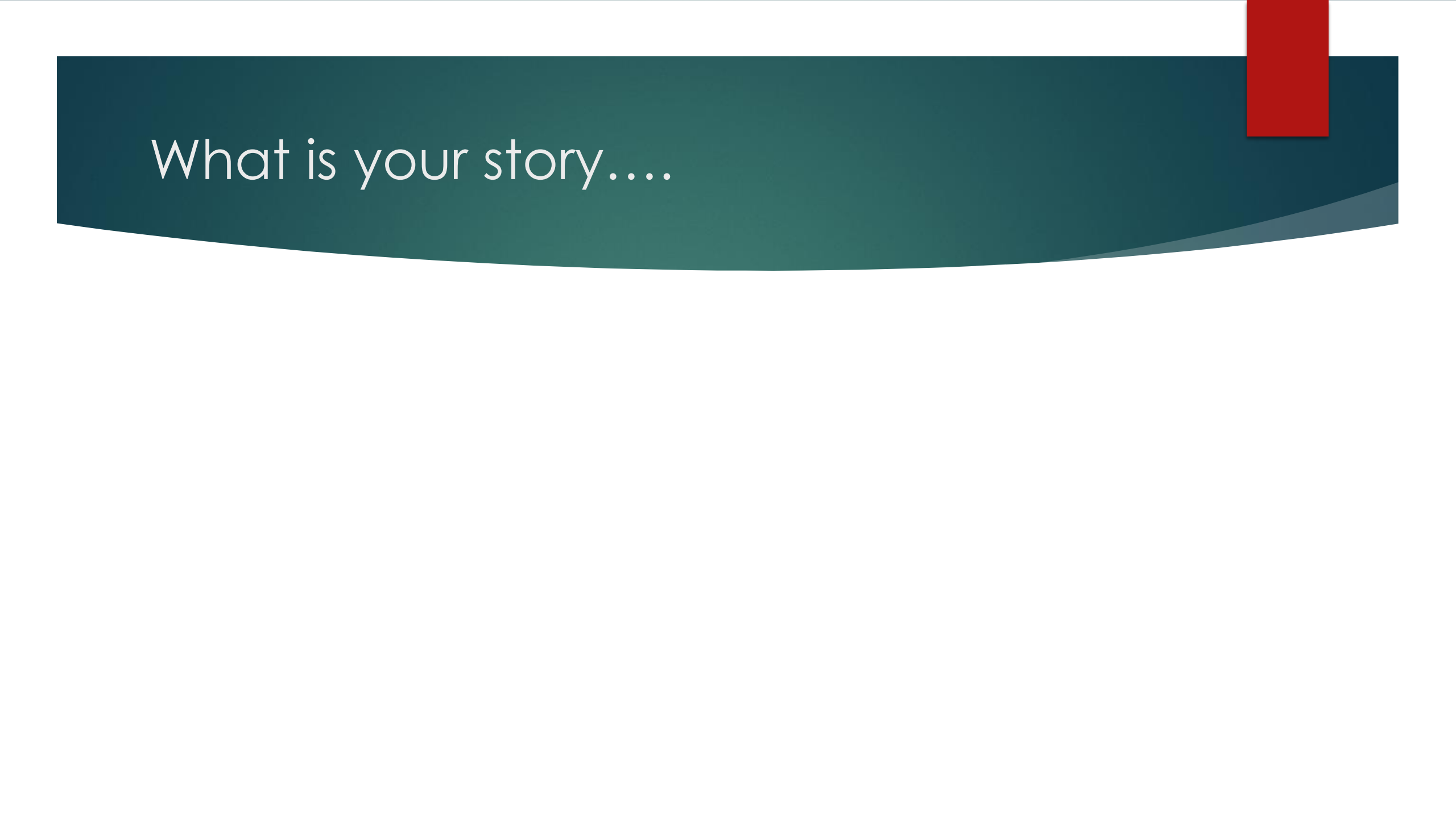
Yale Center for Emotional Intelligence

<https://www.ycei.org/>

- ▶ **Emotions Matter:** This belief is the core of our work. We conduct research and offer trainings that support people of all ages in developing emotional intelligence skills. We do this work because the well-being and sustainability of our society depends on each of us using our emotions wisely.
- ▶ As a self-supporting unit within the Yale School of Medicine's Child Study Center, our research and training is funded primarily through foundation and federal grants, corporate support, training revenue, and philanthropists. Our research is conducted in collaboration with experts in education, psychology, policy, and technology.
- ▶ Our goal is to design effective approaches for supporting school communities in understanding the value of emotions, teaching the skills of emotional intelligence, and building and sustaining positive emotional climates in homes, schools, and workplaces.

RULER <https://www.rulerapproach.org/>

- ▶ RULER is an acronym for the five skills of emotional intelligence:
- ▶ **Recognizing emotions** in oneself and others
Understanding the causes and consequences of emotions
Labeling emotions with a nuanced vocabulary
Expressing emotions in accordance with cultural norms and social context
Regulating emotions with helpful strategies
- ▶ RULER skills help people of all ages to use their emotions wisely, opening opportunities for us to succeed in school, at work, and in life. These skills are both personal and social, such that a network emerges with positive changes reinforced.

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What is your story....