



EMOTIONAL INTELLIGENCE FRAMEWORK

"THE AIM OF DEVELOPING EMOTIONAL INTELLIGENCE IS TO HELP YOU OPTIMIZE YOURSELF AND FUNCTION AT AN EVEN HIGHER LEVEL THAN WHAT YOU ARE ALREADY CAPABLE OF."

- Chade-Meng Tan, Search Inside Yourself (NYT Best-seller)



ACTIVITY: RATING YOUR SELF-AWARENESS

Reflect:

- Rate your level of self-awareness on a scale of 1-5 (1 = Very Low, 5 = Very High)

Discuss:

- How you rated yourself and why?
- Why does self-awareness matter?

Definition: Self-awareness is how an individual consciously knows and understands their own character, feelings, motives, and desires.

ACTIVITY: TRIGGERED

Reflect:

Think of (1) leadership situation that consistently triggers strong emotions for you?

Consider:

- Sentiment: What one word describes the core sentiment behind this trigger?

ACTIVITY: THE OPTIMAL TEAM

Reflect:

What is one emotion you want members of your team to experience more often in 2026?