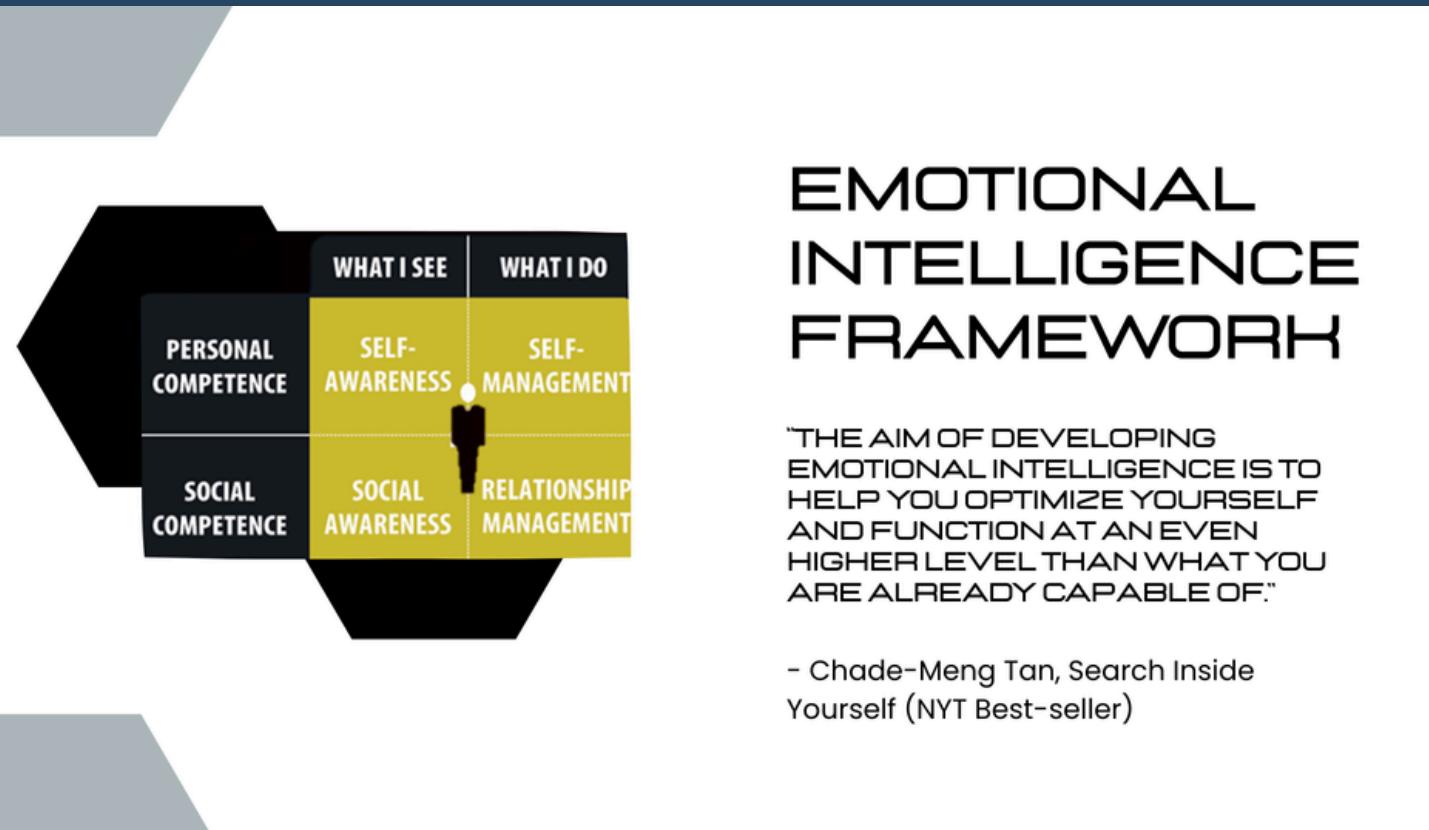


SAMPLE SLIDES

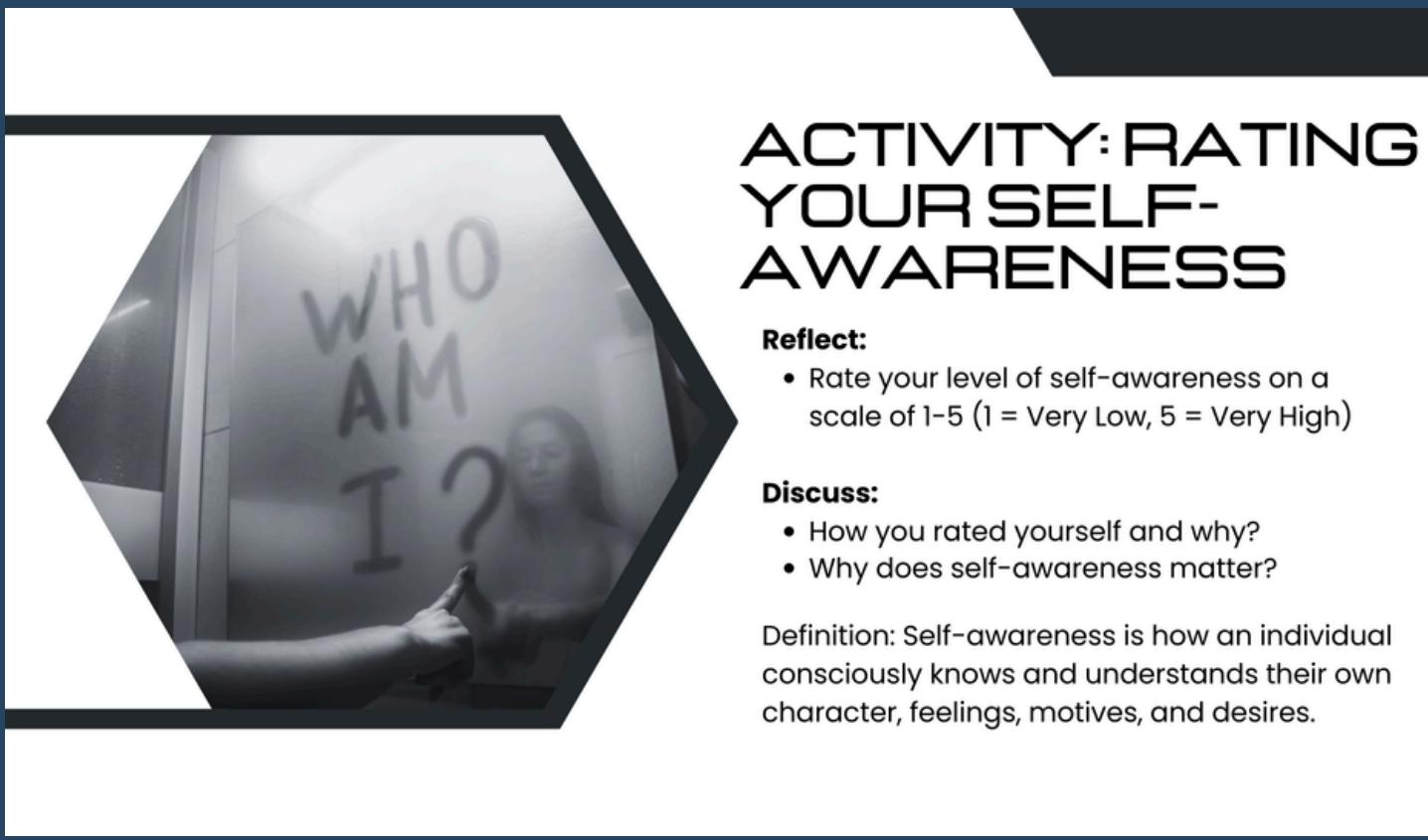


The diagram illustrates the Emotional Intelligence Framework. It features a central figure of a person standing on a yellow rectangular base. The base is divided into three sections: 'SELF-AWARENESS' on the left, 'RELATIONSHIP MANAGEMENT' on the right, and 'SOCIAL AWARENESS' at the bottom. Above the person, the text 'WHAT I SEE' is on the left and 'WHAT I DO' is on the right. To the left of the central figure, there is a large black hexagon containing the text 'PERSONAL COMPETENCE' and 'SOCIAL COMPETENCE' stacked vertically. The background is white with grey geometric shapes.

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?

