



# *Emotional Intelligence*

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# Basic Emotions



# What triggers your emotional reaction?

- 1 People
- 2 Situation
- 3 Places
- 4 Time
- 5 Words





# Emotional Intelligence

**Coined by Peter Salavoy and John Mayer**

**Popularized by Daniel Goleman in 1996**

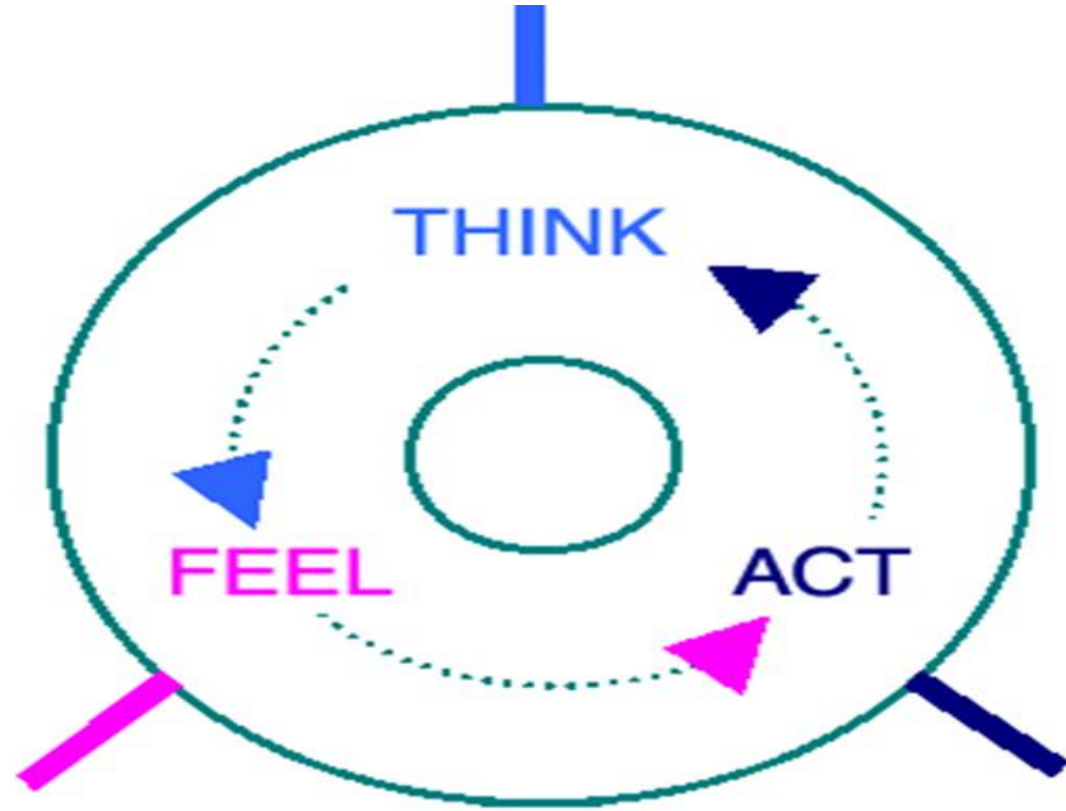
## Ability to

- Recognize, understand and manage our own emotions
- Recognize, understand and influence the emotions of others



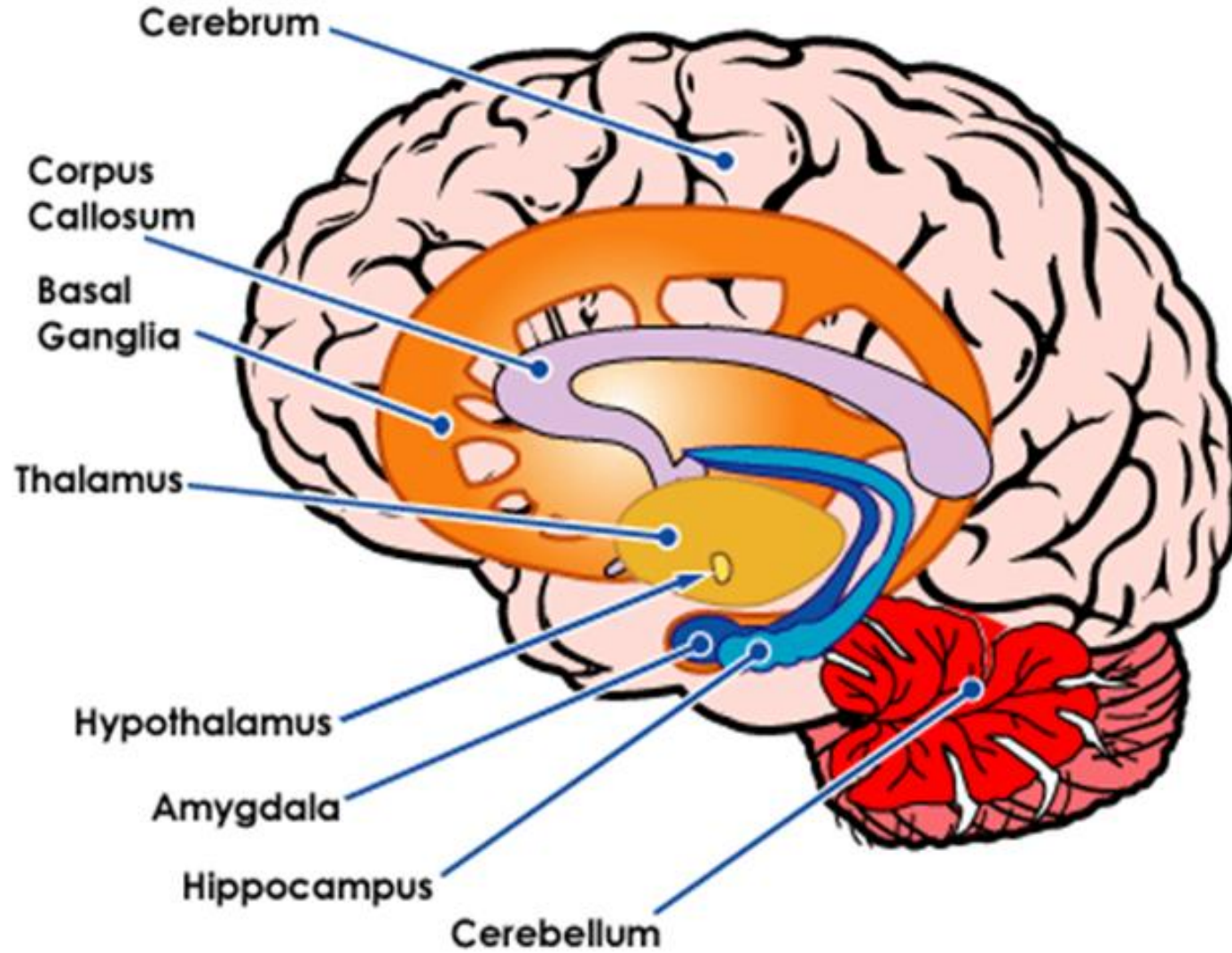
**What emotions do you  
experience most often and  
how do you express them?**

reacted or responded ?





# Brain





**Cortex** -outermost cells of the brain, and controls thinking and movements

**Cerebellum** - responsible for balance and coordination

**Basal ganglia** -responsible for sending messages - separate areas of the brain.

**Frontal lobes**

controlling, problem solving and judgements

**Parietal lobes** sensation and body position

**Temporal lobes** memory and hearing

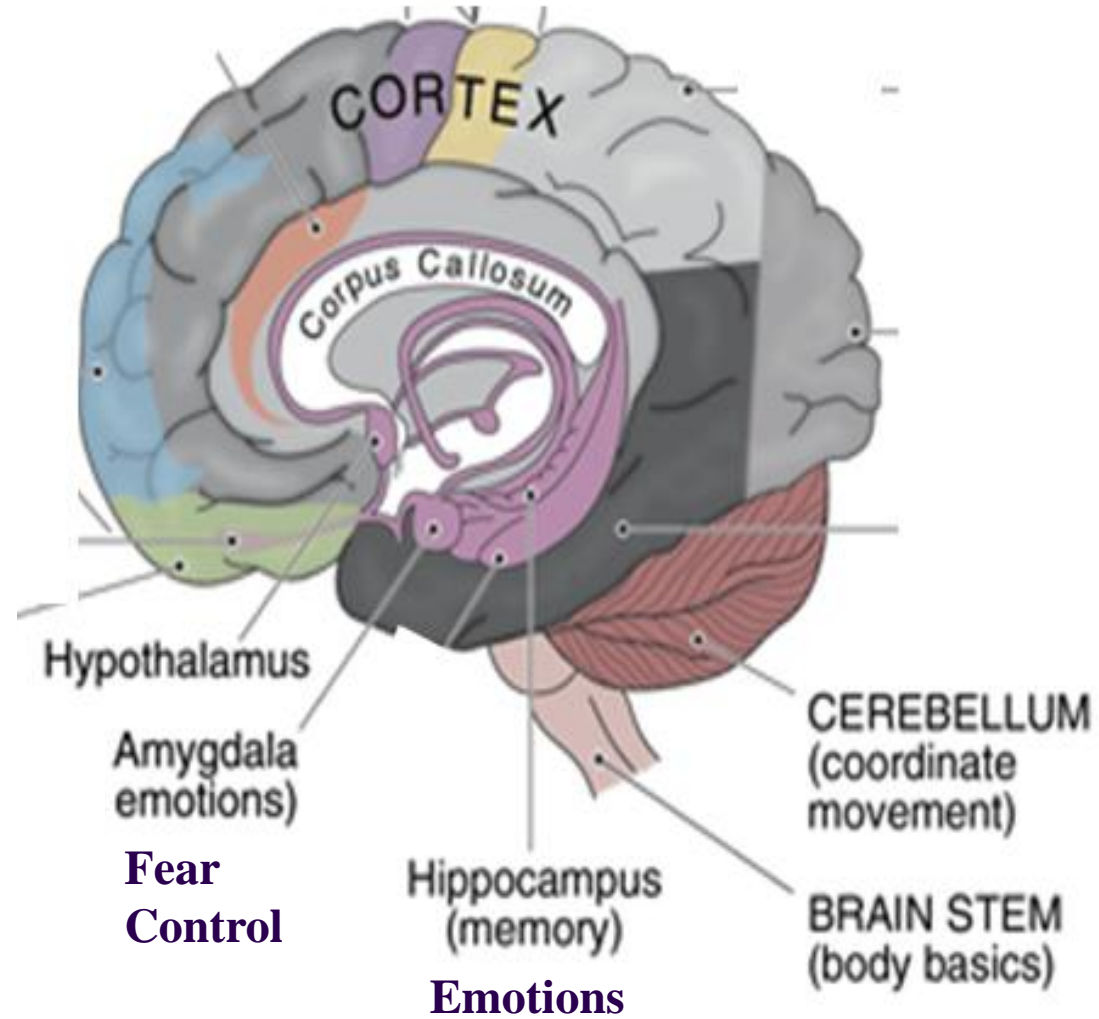
**Occipital lobes** processing of visual stimuli





# Limbic System

**Regulates Fear  
and Aggression**





# The Amygdala

**responsible for the**  
**perception of emotions such as anger,**  
**fear, and sadness**  
**controlling of aggression**  
**store memories of events and emotions**  
**individual may be recognized**



# Hippocampus

**Responsible for**

**processing long term memory**

**emotion**

**motivation**



# Hypothalamus

controlling the molecules that  
make you feel

Exhilarated

Angry

unhappy



# Good feelings come from 5 special brain chemicals

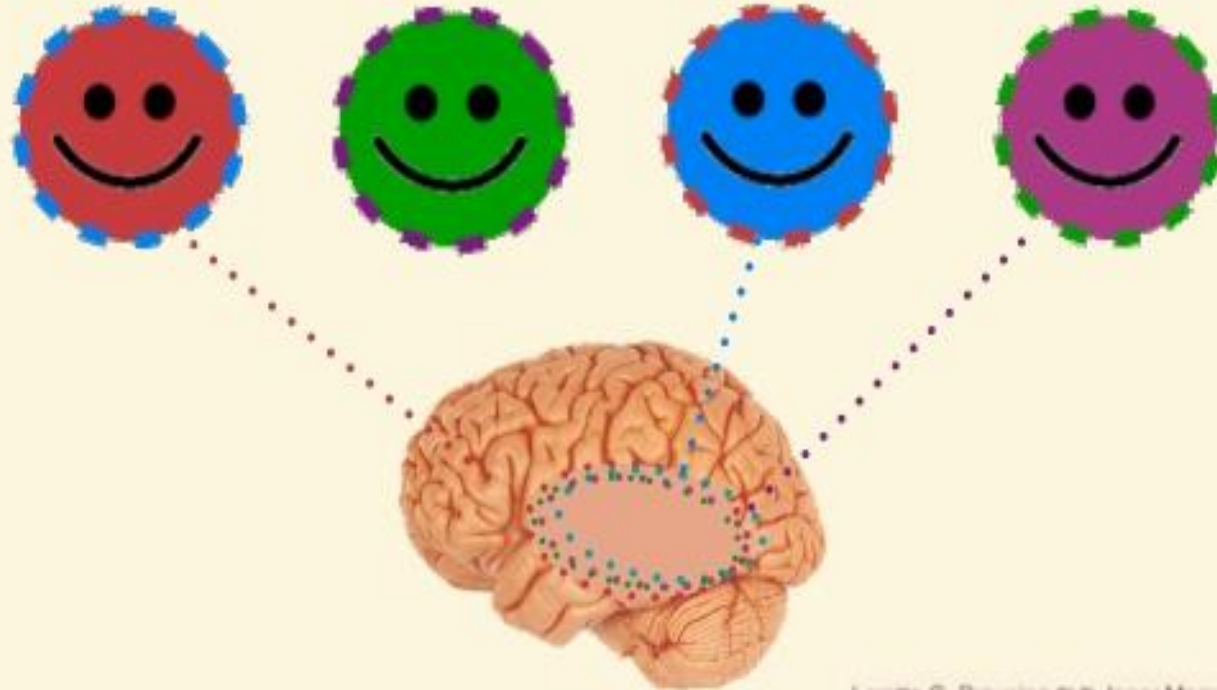
**Cortisol**

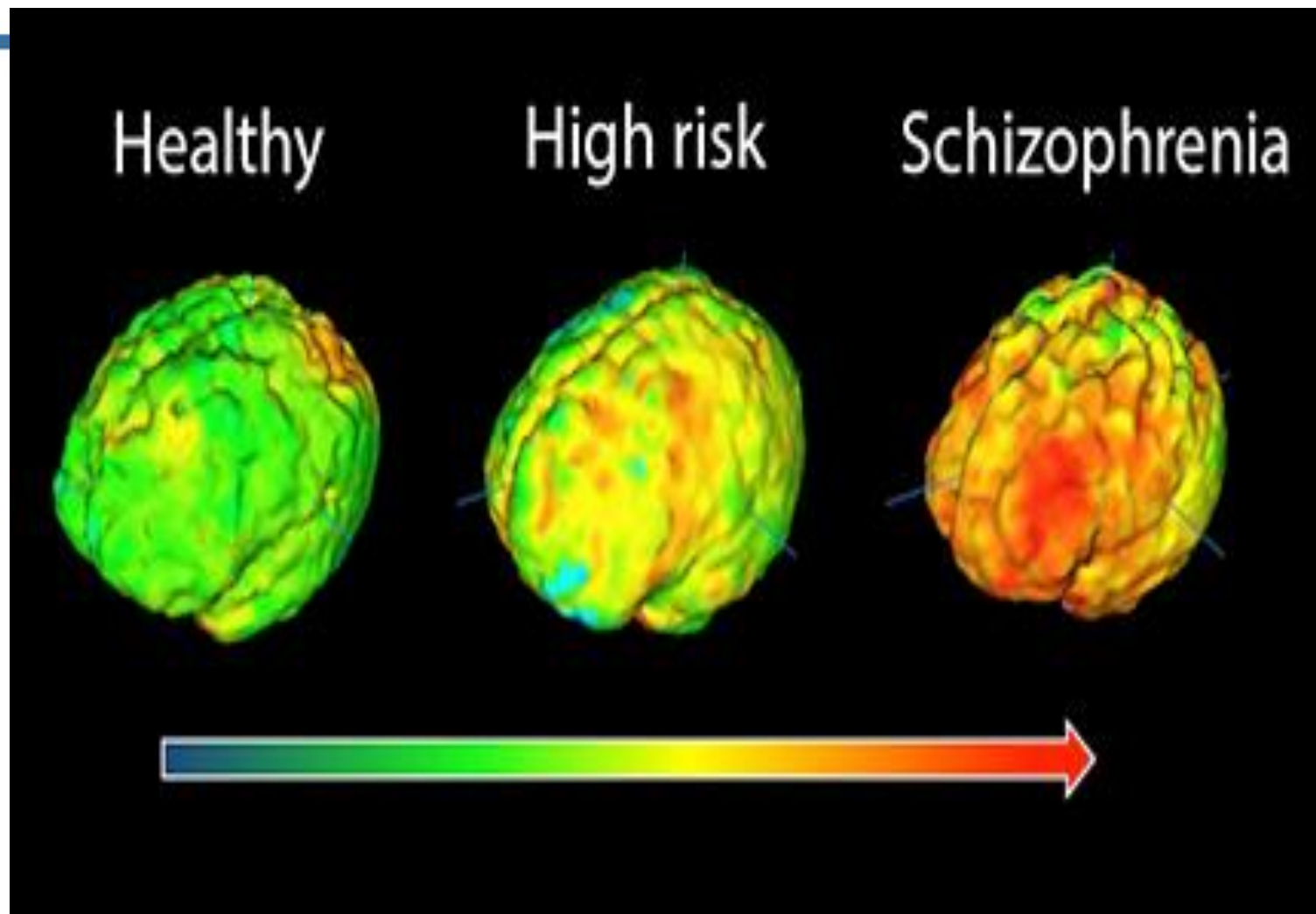
dopamine

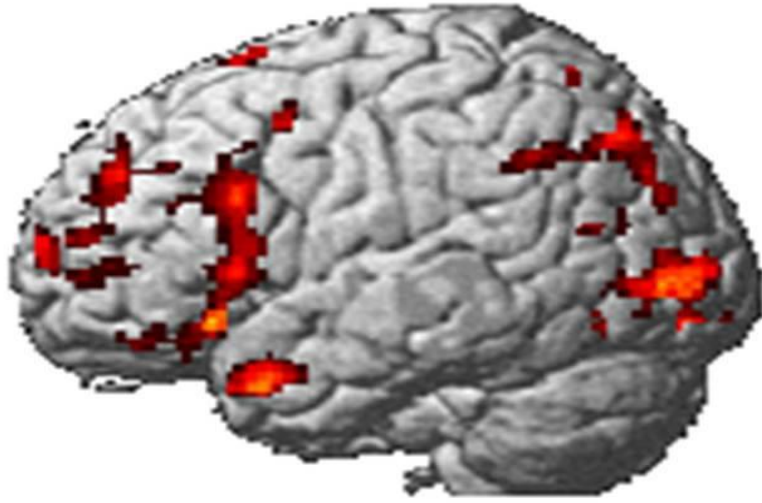
serotonin

endorphin

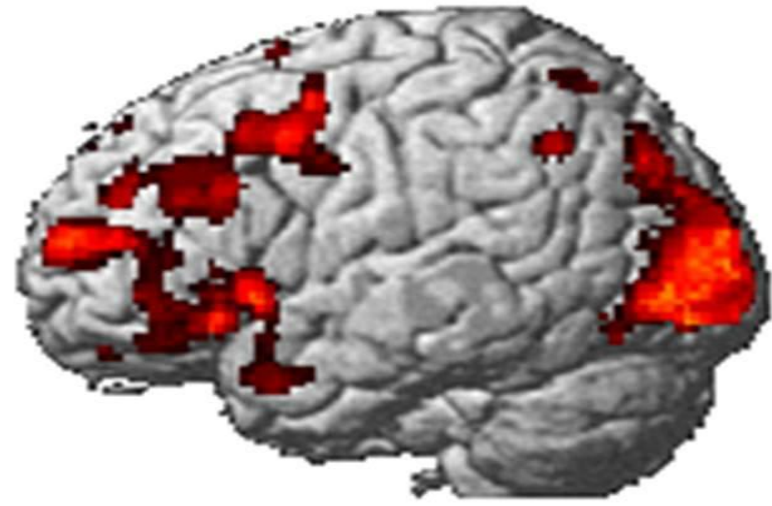
oxytocin



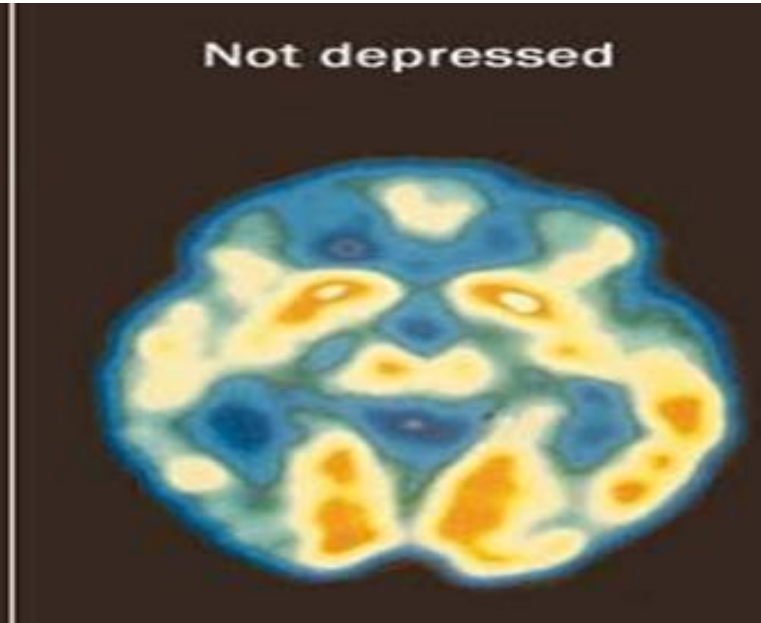
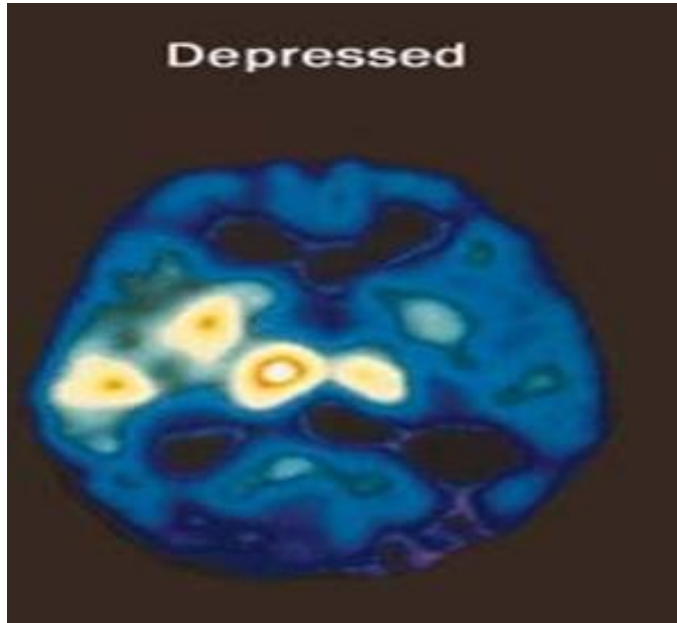


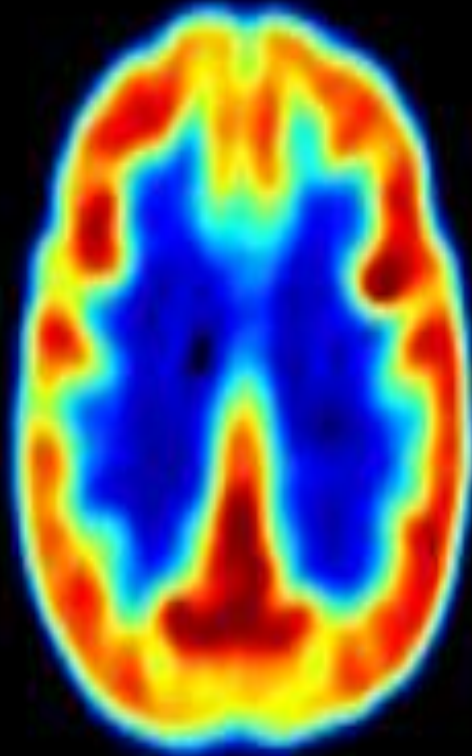


HAPPY

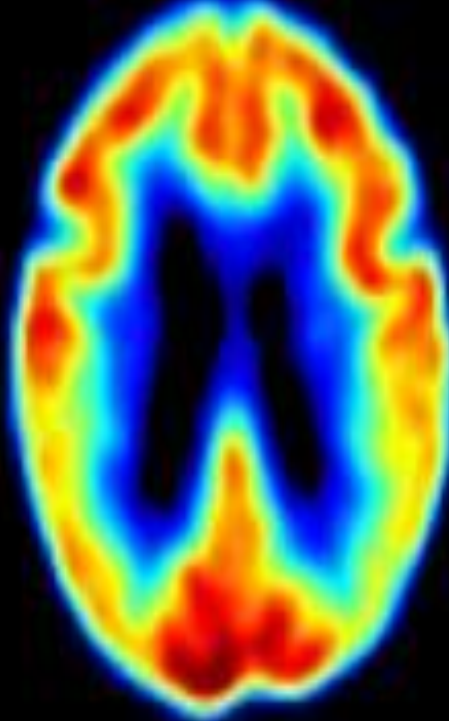


SAD

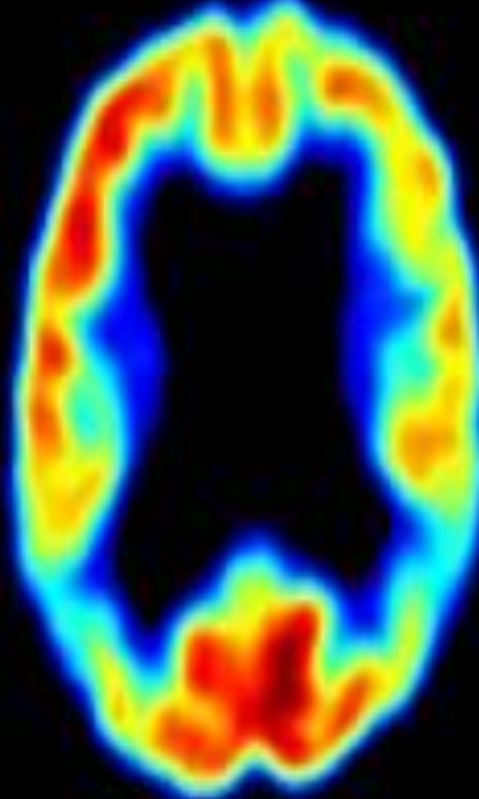




Normal



Mild cognitive  
impairment



Alzheimer's  
disease



# Which emotions do you feel most often ?

**Frequency  
in a day**

**why?**

 **Happiness**

 **Fear**

 **Disgust**

 **Surprise**

 **Love**

 **Sadness**



## Self-Awareness

- \* Emotional Self-Awareness
- \* Accurate Self-Assessment
- \* Self-Confidence

## Social Awareness

- \* Empathy
- \* Organisational Awareness
- \* Responsiveness to Others



## Self-Management

- \* Emotional Self-Control
- \* Transparency
- \* Conscientiousness
- \* Adaptability
- \* Optimism
- \* Achievement Orientation
- \* Initiative

## Relationship Management

- \* Developing Others
- \* Inspirational Leadership
- \* Influence
- \* Communication
- \* Change Catalyst
- \* Conflict Management
- \* Building Bonds
- \* Teamwork & Collaboration



Bharathidasan University

***Thank you***