

Self-awareness Workshop

Emotional intelligence action plan



Emotional intelligence check-in



» This is a space to write any observations from the **object meditation**.

*How did you feel before? How did you feel afterwards?
Is it an exercise you'll try again in the future?*

» This is a space to write any observations from the **presentation**.


*Did you learn something useful? Or surprising?
Is there anything that can help your own self-awareness
and development in Emotional Intelligence?*



Trust battery worksheet

If each of your team had a trust battery to display the level of trust you place towards them, what would their battery show?

>> Write each person's name and then mark the level of charge your **trust battery** has towards them.



Trust battery action points

» What steps can you take to **improve** a low-trust battery?

» Are there relationships where your mutual trust batteries are at **different levels** of charge?

» Why did you place some people's trust battery **lower** than others?

» How can you **support** others in charging their trust batteries?



Emotionally Intelligent Ways to Improve Trust

Considering our observations from the trust battery exercise, how do the steps to improve our skills sit under the five pillars of Emotional Intelligence?

By becoming **aware** of ourselves, our emotions and how we act, we can take responsibility and improve trust within our team.



How can I improve my **Self-Awareness** and identify my emotions?



How can I manage my **Emotions**?



How can I build **Empathy** with others?



How can I improve our **Communication Skills**?



How can I play my part in building better **Group Dynamics**?



Letter to myself

Write a letter and send it to your future self to help you apply your insights and learnings from the workshop.

Here are some letter writing **prompts** to help you get started:

What will I achieve by X date? What will I do tomorrow, next week, next month? How do I feel now about my work/job/team? And how do I want my future self to feel? Don't forget... I want to change... because...



Letter to myself



I used to think... but now I think...

>> Complete the sentence.

I used to think...

But now I think...

Can you identify any **action points** to take?

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Are there any **changes** in your team?

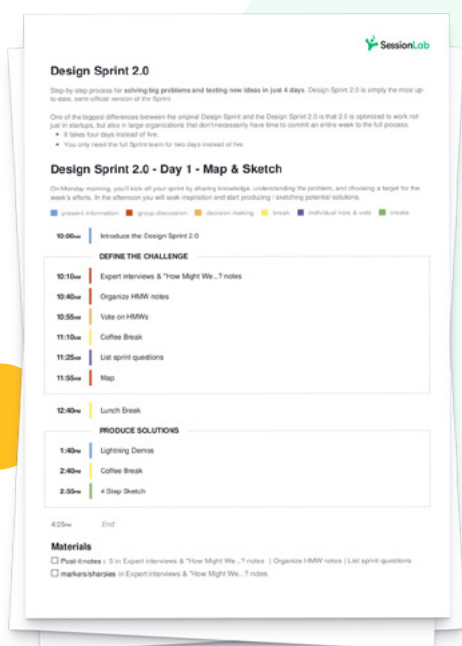


A better way to design workshops

This workbook is a companion to the Emotional Intelligence Workshop template available at SessionLab.

SessionLab is a workshop planning tool that makes it easy for facilitators, trainers and teams to design and run better meetings and workshops.

www.sessionlab.com



Time	Duration	Activity	Description
08:50	10'	Remote Workshop Preparations	Before you get started, some final checks to ensure you're prepared for this remote workshop!
09:00	10'	Introduction	Welcome your participants into the online workshop and have everyone conduct a quick equipment check.
09:10	30'	Break the Ice with The Four Quadrants Activity	The Four Quadrants is a tried and true team building activity to break the ice with a group or team. It is EASY to prep for and set up. It can be MODIFIED
09:40	45'	Remote Sail Boat	By using the metaphor of a sailboat, teams can articulate what is working well and also, what is holding the organization back.
10:25	15'	BREAK	
10:40	45'	Lightning Demos	The lightning demo is an exercise from the Design Sprint, which is like a short research session; inspire the team with product or services that they may use