



Justin
COULSON

Emotional Intelligence



STAFF SESSION









Emotional Intelligence

SELF

OTHERS

AWARENESS

Self-
Awareness

Social Awareness

Emotional Quotient

ACTIONS

Self
Management

Relationship
Management

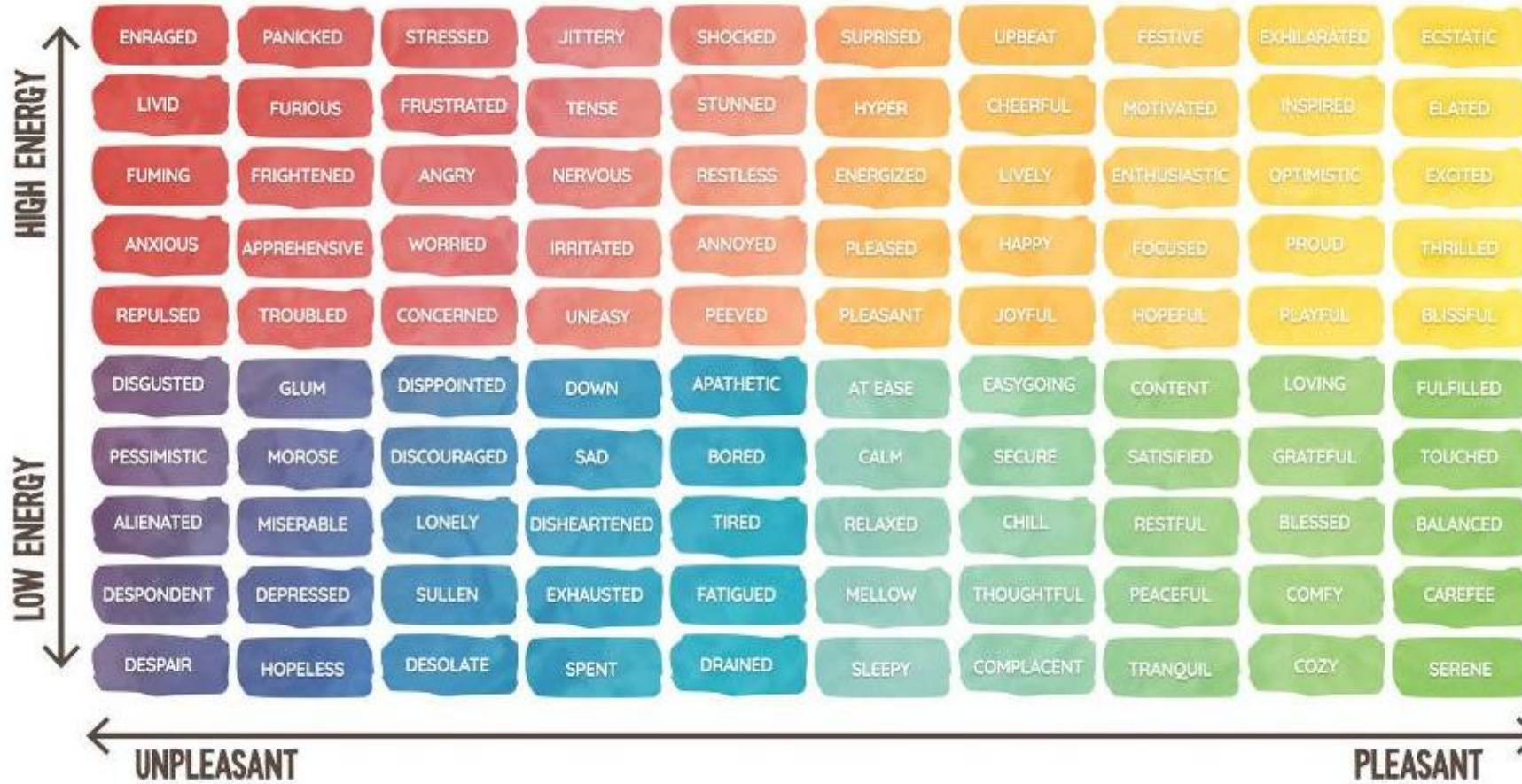
Emotional Quotient (EQ)

The ability to **monitor** one's own and other's feelings, to **discriminate** among them, and to use this information to **guide** one's own thinking and action.

**“Yes, I think I have good people skills.
What kind of idiot question is that?”**



Mood Meter



Emotional Granularity





EMOTIONS DRIVE...

ATTENTION, MEMORY & LEARNING

DECISION MAKING AND JUDGEMENT

RELATIONSHIP QUALITY

PHYSICAL AND MENTAL HEALTH

EVERYDAY EFFECTIVENESS

What are your
triggers?

Self-Awareness

Key Takeaway...





- Which children (or parents) do you understand **most**?
- **Least**?
- How do you **interact differently** with them?



Emotional Regulation



Emotions are
CONTAGIOUS



Emotions don't *vanish*
by being *banished*

How to Remain Calm...

Be curious, not furious

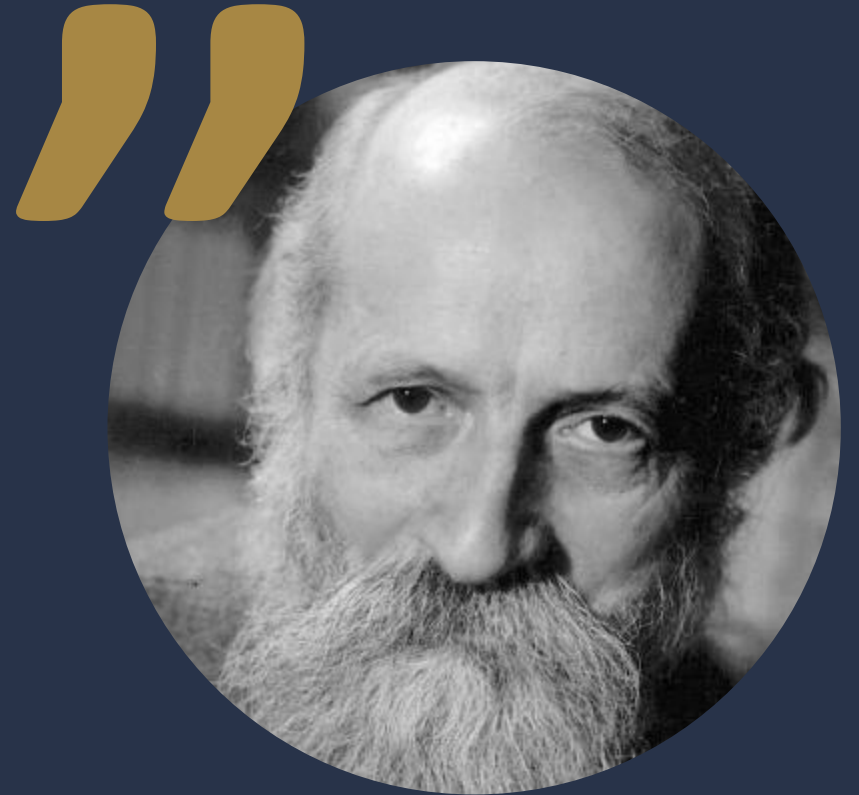
Explore, don't explode

Understand, don't reprimand

WAY OF BEING

“I-it” vs “I-thou”

Martin Buber



TURN AWAY

TURN AGAINST

TURN TOWARD

I have come to the frightening conclusion that I am the decisive element in the classroom.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

As a teacher I possess tremendous power to make a child's life miserable or joyous.

I can be a tool of torture or an instrument of inspiration.

I can humiliate or humour, hurt or heal.

In all situations, it is my response that decides whether a crisis will be escalated or de-escalated, and a child humanised or de-humanised.



Haim Ginott

What next?



Stay soft

Be humble...

you're probably wrong

Understand

Remember the
four magic words



D-AIQE

Airbus A320-200

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D-AGWZ

Airbus A320-200

germanwings

Lufthansa Group

Bei h
krieg
(Gierst)



Britta Englisch ▶ Germanwings

26 March at 10:55 · 🌐

 Profile ▼

Gestern morgen um 8:40 h stieg ich mit gemischten Gefühlen in einen Germanwings Flug von Hamburg nach Köln. Doch dann begrüßte der Kapitän nicht nur jeden Passagier persönlich, sondern hielt vor dem Start noch eine Ansprache. Nicht aus dem Cockpit, sondern sichtbar aus der Kabine. Darüber wie ihn und die Crew das Unglück getroffen hat. Darüber das auch die Crew ein flaues Gefühl hat, aber alle freiwillig da sind. Und darüber, dass auch er Familie hat, dass die Crew Familie hat und das er alles dafür tut abends wieder bei Ihnen zu sein. Es war völlig still. Und dann hat der ganze Flieger applaudiert. Ich möchte diesem Kapitän danken. Dafür dass er verstanden hat was alle dachten. Und dafür dass er es schaffte dass zumindest ich danach ein gutes Gefühl bei dem Flug hatte.

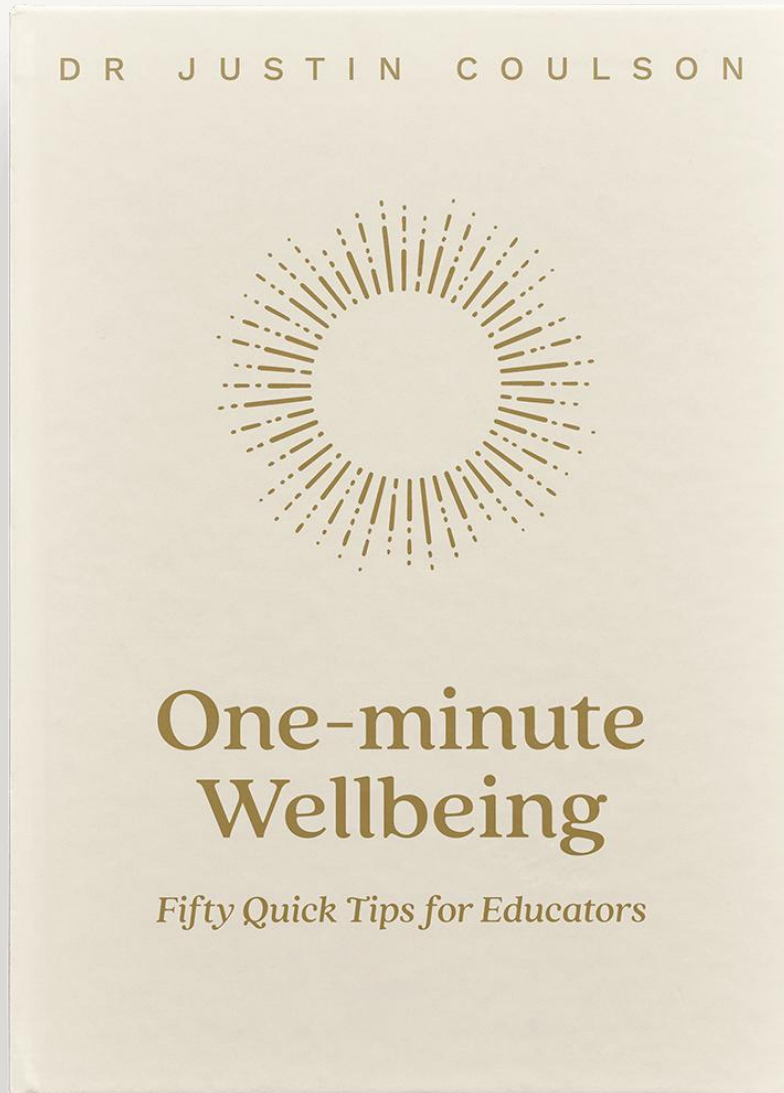
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Yesterday morning at 8:40 a.m., I got onto a Germanwings flight from Hamburg to Cologne with mixed feelings. But then the captain not only welcomed each passenger separately, he also made a short speech before take off. Not from the cockpit — he was standing in the cabin. He spoke about how the accident touched him and the whole crew. About how queasy the crew feels, but that everybody from the crew is voluntarily here. And about his family and that the crew have a family and that he is going to do everything to be with his family again tonight. It was completely silent. And then everybody applauded. I want to thank this pilot. He understood what everybody was thinking. And that he managed to give, at least me, a good feeling for this flight.

Justin
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f @ d y in



Dedicated Sections on Five Key Areas of School Success:

1. Staff & Student Wellbeing
2. The Right Mindset
3. Managing Challenging Behaviour
4. Emotional Intelligence
5. Neurodiversity in the Classroom

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