

Disciple 09

Emotional Intelligence: Interpersonal Effectiveness

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Emotional Intelligence is about; knowing who you are at a mindful-reflective level, your ability to manage your emotions in an appropriate manner, keen awareness of your social context and your ability to foster relationship in a healthy and effective way.

During our workshop we will employ the following outline:

- Learn the four skills and strategies related to emotional intelligence as per the book, *Emotional Intelligence 2.0*, by Travis Bradberry and Jean Greaves
- Learn four cultural dimensions that can lead to greater emotional intelligence, especially for navigating relationships with people from different ethnic cultures
- Engage in and debrief several cross-cultural dialogues from *Cross-Cultural Dialogues* 2nd Edition by Graig Storti

Recommendations for beginning your EI journey:

- Take the Talent Smart Appraisal available through with the purchase of the book, *Emotional Intelligence 2.0* by Bradberry and Greaves
- Read *Emotional Intelligence 2.0* book and apply the multitude of strategies
- Foster new relationships especially with people from other cultural backgrounds

Visit our Religion and Race website for resources in the following areas:

- Institutional Equity
- Vital Conversations
- Intercultural Competence

And much more at: gcorr.org

