



**Shola Kaye**  
Author, Speaker

[sholakaye.com](http://sholakaye.com)

# Exploring Emotional Intelligence



Explora  
JOURNEYS

# Emotional intelligence (EQ)

- Empathy
- Social skills
- Motivation
- Self-awareness
- Self-regulation



# Your Speaker

- Author, speaker & singer
- Series of talks on this cruise.
- Come on a personal journey of self discovery



## Talks on Explora

1. Personal growth foundations
2. Exploring emotional intelligence
3. The power of Empathy
4. Develop the confidence to go for your goals



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# What is empathy?

The ability to understand the thoughts and feelings of another. 3 kinds.

Not the same as agreement

We'll explore this in depth next time

**Self-reflection:** “Who would benefit if I became more curious/asked more questions? Who do I take for granted?”

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# Understanding self-awareness

Two types: intrinsic and extrinsic

**Intrinsic:** how you see yourself

**Extrinsic:** how others experience you

Most people focus on one and neglect the other



## **In the mirror - exercise**

**Pick one personal strength**

**What are the upside and downside of that strength/behaviour**

**Paired share: "Where might I see myself differently to how others see me?"**

# Tool: Small Talk vs Big Talk

Small Talk	Big Talk
How are you?	How are you feeling?
How has your week been?	What has worked well for you this week?
Have you had a tough week?	What do you need help with?
It's great isn't it?	What's your opinion on ...?



## **Spot the signals - exercise**

**List 3 qualities you admire in socially skilled people**

**Pick one to practise over the next week**

**Paired share: "What's one social behaviour I want to strengthen?"**



# **The 5 whys - exercise**

**Choose a current goal**

**Ask “Why does this matter?”**

**Then ask “Why?” again four more times**

**Paired share: “What surprised me when I reached the deeper why?”**

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# What is self-regulation

Managing reactions rather than suppressing emotions

Everyday **triggers** shape our behaviour

We often react before we realise what's happening

# Next Steps

**What are YOUR next steps?**

Of the 5 areas, which is your strongest and which needs more support?

Empathy, Self-awareness,  
Self-regulation, Motivation, Social Skills

What's one next step you can take?

# Get the resources and keep in touch!



- Questions and slides from today's session
- Link to Shola's TEDx talk on Empathy
- Sign up for my monthly newsletter

[sholakaye.com/explora](https://sholakaye.com/explora)