

# ***EMOTIONAL INTELLIGENCE***

*with Dr. Stevie Dawn Carter*







## ***EMOTIONAL INTELLIGENCE***

The learned ability to regulate emotions effectively and interpret messages correctly.

# ***EMOTIONAL INTELLIGENCE = ACT***

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Awareness - Realize how emotions impact your world

Clarity - Seek clarity and understanding at all times

Timing - Know when and where to deliver messages



# ***AWARENESS***



Take a Pulse Check

Identify Triggers

Be Present



# ***CLARITY***

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Ask Questions

Seek to Understand  
Interpretation

Remove Emotional  
Expectations







# ***TIMING***

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STOP Stamp Collecting

Allow for Recovery Time

Consider Outcomes Over Desires



# ***EMOTIONAL INTELLIGENCE = ACT***

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Clarity - Seek clarity and understanding at all times

Timing - Know when and where to deliver messages

# ***REMINDERS...***

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You collect enough stamps you go postal.

Silent expectations kill relationships.

Don't let your 3 day fall out of your mouth.



# ***THANK YOU***

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