



EMOTIONAL INTELLIGENCE

WORKBOOK

Empower and invest in yourself

LEARNING ACTIVITY 01**GROUP WORK**

Match the number of the feeling next to the symptoms associated with it as YOU experience them in your body and discuss the different experiences among your peers.

Continuously wants to sleep	
Feeling nauseous	
Hands sweating	
Lump in throat	
Muscles stiff / painful neck	
Headaches	
Shaky	

Feelings:

1. Anger
2. Depression
3. Happiness
4. Fear
5. Worry
6. Sadness
7. Excitement

LEARNING ACTIVITY 02**GROUP WORK**

According to studies, there are four dimensions to emotional meaning.

Indicate the four dimensions by ticking the correct boxes.

Activation or level of physical energy		OR		Activation or level of emotional energy
Relatedness or the approach-avoidance		OR		Relatedness or the approach-attack
Hedonic tone		OR		Heroic tone
Clarity		OR		Competence

LEARNING ACTIVITY 03

INDIVIDUAL WORK

Many people use the words “emotions” and “feelings” to mean the same thing. However, think of them as two different, but highly related things.

Identify whether the following is a feeling or an emotion by ticking the correct boxes.

	Feeling	Emotion
Joy		
Worry		
Contentment		
Fear		
Bitterness		
Enthusiasm		
Anger		
Love		
Lust		
Sadness		
Depression		
Happiness		

LEARNING ACTIVITY 04

INDIVIDUAL WORK

Goleman's model outlines four main EI constructs.

Indicate the correct four constructs by writing them in the box below.

1.
2.
3.
4.

Options:

1. Self-awareness
2. Power management
3. Self-management
4. Social awareness
5. Self-reward
6. Relationship management

LEARNING ACTIVITY 05

INDIVIDUAL WORK

Consider the following skills:

- Assertiveness
- Empathy
- Problem solving
- Flexibility
- Stress tolerance
- Optimism

1. What would you consider your strongest EI skill and why?

2. What would you consider as your weakest EI skill and why?

LEARNING ACTIVITY 06

INDIVIDUAL WORK

You should try to determine which values and beliefs guide your life.

To get to know yourself better, answer the following questions.

1. When and where do you feel most relaxed?

2. What do you like most about yourself?

3. What encourages you to cope with life?

4. What impact does stress have on your life?

5. What is your greatest fear?

LEARNING ACTIVITY 07

GROUP WORK

We often make up stories in our heads to analyse a situation.

Briefly explain the following types of stories.

1. Victim stories

2. Villian stories

3. Helpless stories

LEARNING ACTIVITY 08

GROUP WORK

There are general guidelines one can use to be emotionally in control.

Complete the following sentences by choosing from the words below.

1. Recognise the importance of _____.
2. Identify the feelings within you and _____ their existence.
3. Accept your feelings, understand _____ you are experiencing them.
4. Ask yourself what the _____ is to cope.
5. Balance what you think and _____.
6. Decide what will be the best reaction to a certain feeling which will lead to _____ consequences.

acknowledge | best way | positive | control | feel | why

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