

**Touchstones Faith in Action**

**In-Reach / Out-Reach / Justice-Making**

**Emotional Intelligence**

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**1.0: Introduction**

 The Emotional Intelligence Institute was founded in 2001 by Sandra Hughes McDevitt. In 2006, it launched Emotional Intelligence (EQ) Awareness Month in October. It also offers extensive training material in emotional intelligence, and links to EQ assessments. Website at <https://e-ii.org/>

 Another window into emotional intelligence is nonviolent communication (NVC) developed by Marshall Rosenberg. Some articles (<https://www.cnvc.org/learn-nvc/articles>) and resources (<https://cnvc-bookstore.myshopify.com/collections>) are available at The Center for Nonviolent Communication. (For a pdf see <https://ca01001129.schoolwires.net/cms/lib/CA01001129/Centricity/Domain/302/Nonviolent%20Communication%20Lessons%202-20-18.pdf>)

**2.0: Observances**

**2.1: Emotional Intelligence Awareness Month, October 2020**

“The annual campaign to educate people about emotional intelligence began in 2006. Each year the Emotional Intelligence Institute organizes the campaign and offers a number of educational materials for free on the non-profit’s website at www.e-ii.org. With emotions now being understood as the main architect of the human mind, it is imperative for adults and youth alike to better understand how to manage emotions and develop healthier minds.” Resources at <https://e-ii.org/ei-awareness-month-materials/> October is also Mental Health Month.

**3.0: Activities & Resources**

**3.1: Form a Study Group**

Form a study group to study Emotional Intelligence or Nonviolent Communication.

**3.2: Assessment Tests for Emotional Intelligence**

These tests should be regarded as helpful, but not perfect. It may make senses to take all five and then compare the results, rather than rely on any one. In the end, do the results align with your self-understanding of yourself?

<https://www.arealme.com/eq/en/> (10 minutes)

<https://testyourself.psychtests.com/testid/3979> (45 minutes)

<https://www.ihhp.com/free-eq-quiz/> (2 minutes)

<https://www.queendom.com/tests/access_page/index.htm?idRegTest=3978> (45 Minutes)

This test will provide a partial report for free, which is quite limited. The cost of the full report is $9.95. You can take a look at a sample of the full report to see if you want to order it. It is quite extensive, and likely worth the cost.

<http://www.globalleadershipfoundation.com/geit/eitest.html> (10 minutes)

**3.3: Journaling for Self-Awareness**

The following journaling questions are suggested for daily use by the Emotional Intelligence Institute. They are designed to enhance self-awareness.

1.What were the highlights of my day? (things to value)

2.What am I grateful for today? (emotional grounding)

3. What did I tell others that I would do for them? (keeping promises)

4. What did I learn about myself today that I hadn’t realized before? (new learnings)

5.What angered or bothered me today? (emotional grounding)

6.How may I have inconvenienced or offended someone today? (amends?)

7.What have I borrowed from someone today that I need to return? (being accountable)

8.What did others borrow from me or say they would do today that I need to remember? (expecting accountable)

**3.4: EQ Self Study Program** (see <https://e-ii.org/access-our-free-lessons/>)

While these materials are free, you must register in order to log-in.

1. **How to Use This EQ Self-Study Program**

1A. Orientation: Direction to Get You Started
1B. How to Enhance What Enables Learning
1C. How to Reduce What Stifles Learning

1. **Getting to Know Our Minds Better**

2A. Journals Improve Self-Awareness
2B. Avoiding Harmful Reactions to Emotions
2C. Alertness Improves Self-Awareness
2D. Helpful Resources to Explore

1. **How Research Improves Understanding**

3A. Research Clarifies the Importance
3B. There is an Intricate Engineering Approach
3C. We can Improve the World-Emotionally
3D. Helpful Resources to Explore

1. **Dealing with Stress in Healthy Way**

4A. Understanding and Accepting Healthy Stress
4B. Obstacles to Healthier Mind Development
4C. Investigating and controlling our self-talk
4D. Understanding Our Priorities Better
4E. Helpful Resources to Explore

1. **Building Healthier Relationships**

5A. Increasing Meaningful Conversation

1. **Helping Our Youth Improve their EQ**

6A. Kid’s Activities

1. **Improving Speakers, Writers, Leaders EQ**

7A. Improving Speakers, Writers, Leaders EQ