



The  
**IGUANA Project**  
*Improving Education Together*

## Emotional Intelligence

Amongst many of these emotional intelligence competences there is considerable overlap. The message is often the same and is repeated over and over again!

MODULE	Emotional Intelligence
COMPETENCE AREA	Affective competences
SUB-MODULE	Optimism and Happiness
VERSION	2
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The **Emotional Intelligence Module** consists of four competence areas:

- **Intra-personal competences** – the personal competences that enable an individual to accurately assess their emotional intelligence and how this is likely to shape their relationship with the external world and with other people.
- **Inter-personal competences** - applying intra-personal competences to engaging with other people in meaningful and productive ways.
- **Adaptability** - the competences that enable an individual to manage themselves and their relationships with others in response to changing situations.
- **Affective competences** – the competences that shape how an individual assesses their mood and how they manage their mood in relation to behaviours and relationships.

There are three competences in each of these four competence areas.

This overview covers one of the competences in the Affective competences area: **Optimism and happiness**

# A BRIEF INTRODUCTION TO Optimism and happiness

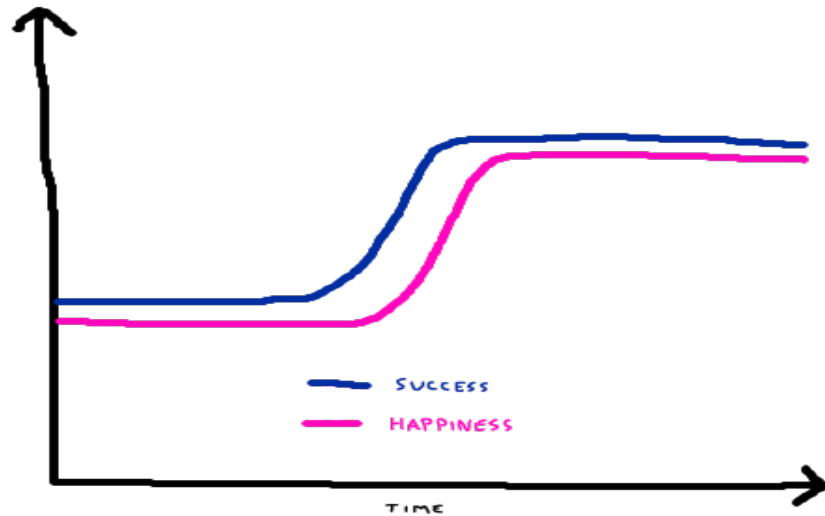
# Happiness or Success - which comes first?

Many believe that happiness comes with "success", in terms of a glittering career, big salary, beautiful house, expensive car and so on. Now although these external things certainly don't guarantee happiness (and often bring the opposite), there's definitely some truth that we get satisfaction from our successful accomplishments- like a job well done.

But actually research is showing that the more important relationship between success and happiness may be the other way around. People who are happy tend to be more successful at whatever it is they're doing - for example they have better health, are more productive and have better relationships with others. And as a result, happier people also bring huge benefits to their organizations too.

# Happiness v Success

## Success Leading to Happiness



## Happiness Leading to Success



The reason we want things isn't that they'll make us happy.

Often, getting what you want does give you a little rush of happiness.

Pleasure is not happiness

A measure of how well we are doing

Always getting it right

***Is Not:***

Never feeling what we don't want to feel

***But is:***

How we deal with

Not getting it right

How we feel



# *Don't cultivate problems*



it should be different?

accepting

not being inactive

act or not to act?

Don't become stuck

Don't become stuck.

It's not that it should be different, but accepting the situation does not mean being inactive.

Make choices to act or not to act.

***Don't cultivate problem cultivate solutions! Don't obsess on the negatives. Deal with them.***

***Work on the positives.***

Know the facts relating to the situation and have the details to hand

***There will be lapses, so be mindful and aware of the possibility.*** Work at being:

Relatively balanced (Avoiding one extreme or the other)

Relatively at peace (Feeling good enough)

Relatively Contented (Happy!) (Feeling good enough)

# GOOD ENOUGH ?

Relatively balanced

Relatively at  
peace



Relatively  
Contented



Happy?

# Further Resources

[http://www.youtube.com/watch?v=U--wtr6V\\_k0](http://www.youtube.com/watch?v=U--wtr6V_k0)

<http://www.youtube.com/watch?v=VKCQYvJMOUE>

## Synonyms

<http://thesaurus.com/browse/optimism>

<http://thesaurus.com/browse/happiness>

## Links

[http://www.nasponline.org/publications/cq/pdf/v38n7\\_ft\\_optimism.pdf](http://www.nasponline.org/publications/cq/pdf/v38n7_ft_optimism.pdf)

[http://www.mindtools.com/pages/article/newLDR\\_72.htm](http://www.mindtools.com/pages/article/newLDR_72.htm)

<http://www.positivepathlifecoaching.com/ViewArticle.asp?ID=1>

<http://tetw.org/Happiness>

# Further Resources (2)

More extensive tests

<http://www.authentichappiness.sas.upenn.edu/questionnaires.aspx>

<http://www.learnmyself.com/personality.asp?p=Optimism-Test>

Books

Learned Optimism: How to Change Your Mind and Your Life by Martin E. P Seligman

The Happy Life Checklist: 654 Simple Ways to Find Your Bliss by Amy Spencer

Train Your Brain to Get Happy: The Simple Program That Primes Your Grey Cells for Joy, Optimism, and Serenity by Teresa Aubele, Stan Wenck and Susan Reynolds

Positive Psychology: The Science of Happiness and Human Strengths by Carr, Alan

Quotes

<http://www.goodreads.com/quotes/tag/optimism>

### Are You Prone to Optimism or Pessimism?

1/ You get hired for a job, even though the other applicants were extremely qualified. You think:

- a) "I must be more qualified than I gave myself credit for!"
- b) "I must have interviewed really well!"

2/ You win a trivia contest. You think:

- a) "Wow, I got lucky with those questions! They were all ones I knew!"
- b) "Wow, I sure must know my trivia. I guess I have a good memory!"

3/ You're trying to figure out a new computer program, and after hours of work, it still eludes you. You think:

- a) "Wow, technology has become SO complicated! It'll take me a little longer to finally get this."
- b) "I'm just not 'wired' to understand computers! I'm going to fall behind, but what can I do?"

4/ Someone gesticulates in traffic. You think:

- a) "People are so rude!"
- b) "That person must be having a bad day."

5/ You've been working hard at dieting, and you lose 10 pounds. You think:

- a) "This diet really works! I hope I can lose more."
- b) "My hard work is paying off! I'll be at my target weight in no time."

6/ You miss a flight and have to wait for another one. You think:

- a) "If only there wasn't so much traffic! I guess I'll make the next flight."
- b) "I should have planned better. I'm always late, and I knew this would happen!"

7/ You've planned a party in the park, but it rains on party day. You think:

- a) "I should have planned better. I'm not really good with parties."
- b) "Well, this is unlucky! My next party will be much more successful."

8/ When you get in a bad fight with your partner, you usually think:

- a) "I know this isn't the end of the world, but it sure feels like it."
- b) "This stinks, but I know we'll patch things up."
- c) "Wow, this is probably the end of our relationship."

9/ Five years from now:

- a) You expect your life to be a lot better
- b) You'll be lucky if things are as good as they are now
- c) You expect things to be the same, with a few improvements

10/ Do you believe that you'll be in a healthy relationship that lasts decades?

- a) Sure. In fact, you expected.
- b) The chances are greater than not, but it's going to take some work.
- c) You seriously doubt it will ever happen.

11/ When you think about the next major election, you:

- a) Are excited by one or two candidates
- b) Feel like things have got to get better
- c) Figure it's just a new set of jackasses fighting to ruin the country

12/ If your friends went to the latest blockbuster film and loved it. You:

- a) Would at least go and check it out
- b) Would dismiss it as too trendy or dumb
- c) Would probably love it as well

13/ Do you play the lottery or enter contests?

- a) All the time
- b) Only if you think there's a good chance you'll win
- c) No, it's a waste of your time

14/ You've met someone at work who's totally fun and a lot like you.

You:

- a) Expect you'll be great friends for a long time
- b) Look forward to getting to know this person better
- c) Figure they're probably a bore in real life

15/ What's your motto in life?

- a) Nothing is impossible if you put your mind to it.
- b) Never try, `cause trying is the first step to a failure.
- c) Forgive and forget.

16/ What's the most important for success?

- a) Luck
- b) Your own ambition.
- c) Your own ambition and some luck.

If you would like to learn more about this competence or any of the competence areas, why not visit the [IGUANA Open Learning Space](#) or return to the portal at <http://www.iguana-project.eu>