



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 | Adaptability |
| SUB-MODULE | Resilience |
| VERSION | 2 |
| DATE | May 2014 |

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 Adaptability competence area: **Resilience**

A BRIEF INTRODUCTION TO RESILIENCE

Helplessness and Change

Do not confuse doing the right thing with getting the outcome that you want



Self Esteem and Confidence

We prefer the familiar, even if it's not perfect, to the fear of the unknown.

We have guilt at not feeling, or being, good enough

The “shoulds/if onlys” keep us stuck and unhappy.

Be aware of the superficial stuff and dismiss it. Only through expectation do we experience disappointment.

Attend to having reasonable, albeit, challenging expectations.

Self esteem leads to confidence

No master plan can be fool-proof, but a sort of joined together evolving plan to suit the situation is best. Trust your instincts.

The feelings get worse before they get better? It will never be the same as it was! AND it never was what you think it was! So make the best of now! (But easier said than done) Stubbornly refusing to accept keeps us stuck.

THERE IS NO RIGHT FORMULA. IT CAN NOT BE FIXED. But it can be better than it would have been

STUCK OR CHOICES

- Master plan!
- Celebrate little successes.
- Feel good about yourself.



Accept what you can't control.

You can't change the past. How people are towards you. Your own limitations. The limitations of the situation. How you feel

THERE IS NO FORMULA/RIGHT WAY TO FIX IT. EVERYONE IS DIFFERENT. WHAT IS NEEDED IS FLEXABILITY TO MAKE IT BETTER-----THAN IT WOULD HAVE BEEN !!!

Recognise the irritation and deal with it as best you can and understand and accept the limitations of your control. Visible enthusiasm. If you can pretend then pretend. Eventually it will become more natural.

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Helplessness and Control

- **Accept what you can't control.**
- **Don't take what you can't control personally**
- **At some level you will feel you are not good enough.**
- **It's the same for everyone**



FOCUS ON THE JOURNEY

Only goal oriented



stay stuck

Enjoying the broader range of experiences

Reduce your dependencies.

Being totally goal oriented means that you won't get the best out of what you do, will almost never be satisfied, will not enjoy the process and stay stuck.

Jealousy is a sign of habitual insecurity and how you feel about yourself. Manage our fears and anxieties by realising that we are not, as we may feel, stuck trapped and helpless. Step back and learn to see that we have choices

Further Resources

<http://www.youtube.com/watch?v=1CvExk1TVM0>

<http://www.youtube.com/watch?v=WnH45nKEEgU>

<http://www.youtube.com/watch?v=ujvCEDwfTX0>

Synonym

<http://thesaurus.com/browse/resilience?&o=100074&s=t>

MORE EXTENSIVE TEST

<http://psychology.about.com/library/quiz/bl-resilience-quiz.htm>

BOOKS

Developing Resilience: A Cognitive-Behavioural Approach [Paperback] Michael Neenan

Resilience: How to Cope When Everything Around You Keeps Changing [Paperback] Liggy Webb

Resilience: The Science of Mastering Life's Greatest Challenges [Paperback] Steven M. Southwick , Dennis S. Charney

Further Resources (2)

QUOTES

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

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

ARTICLES

<http://experiencelife.com/article/the-5-best-ways-to-build-resiliency/>

<http://www.mindtools.com/pages/article/resilience.htm>

Further Resources (3)

Exercises

Use this to expand and stretch your habitual mental pattern of only seeing limited options:

Write down your problem then ask ...

- How else could you think about that?
- Try and come up with twenty different thoughts or different ways of looking at your situation.

Fun exercise ...

Scenario: Imagine there is a hungry mosquito in the room whilst you are trying to sleep.

- Think of at least twenty possible responses
- when you've finished, there is another possibility!*

*Did you come up with an option of “just let it bite you!”

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 www.iguana-project.eu