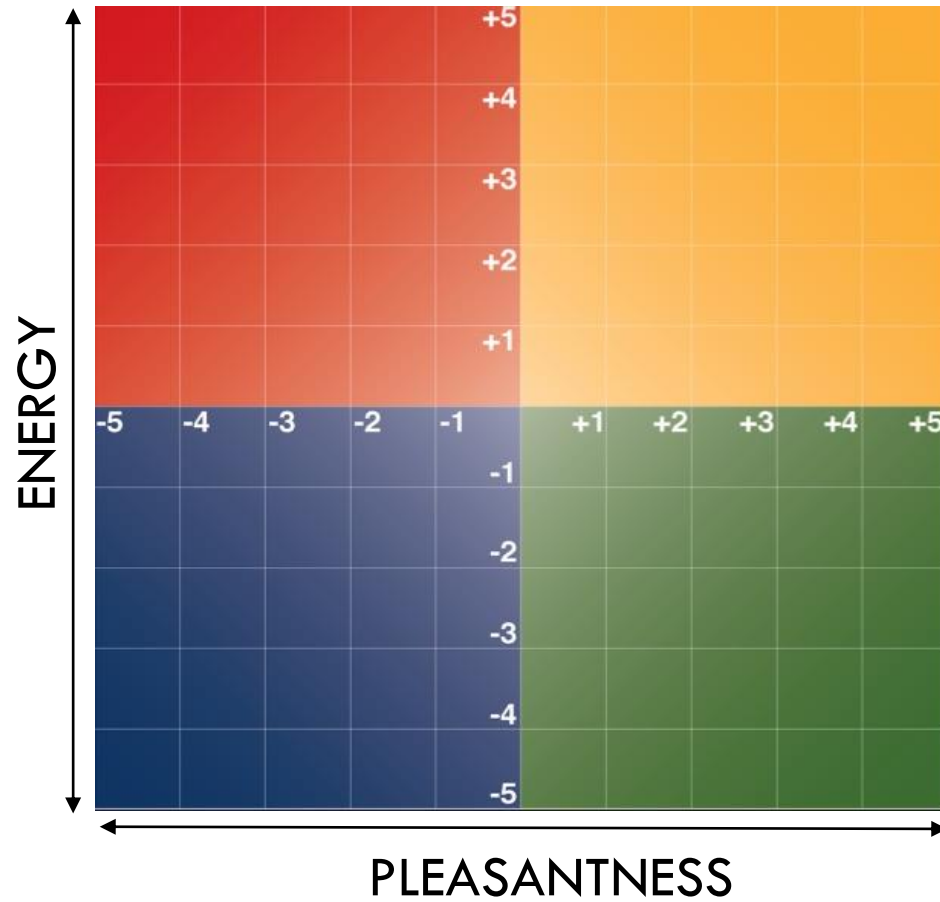


How are you feeling?

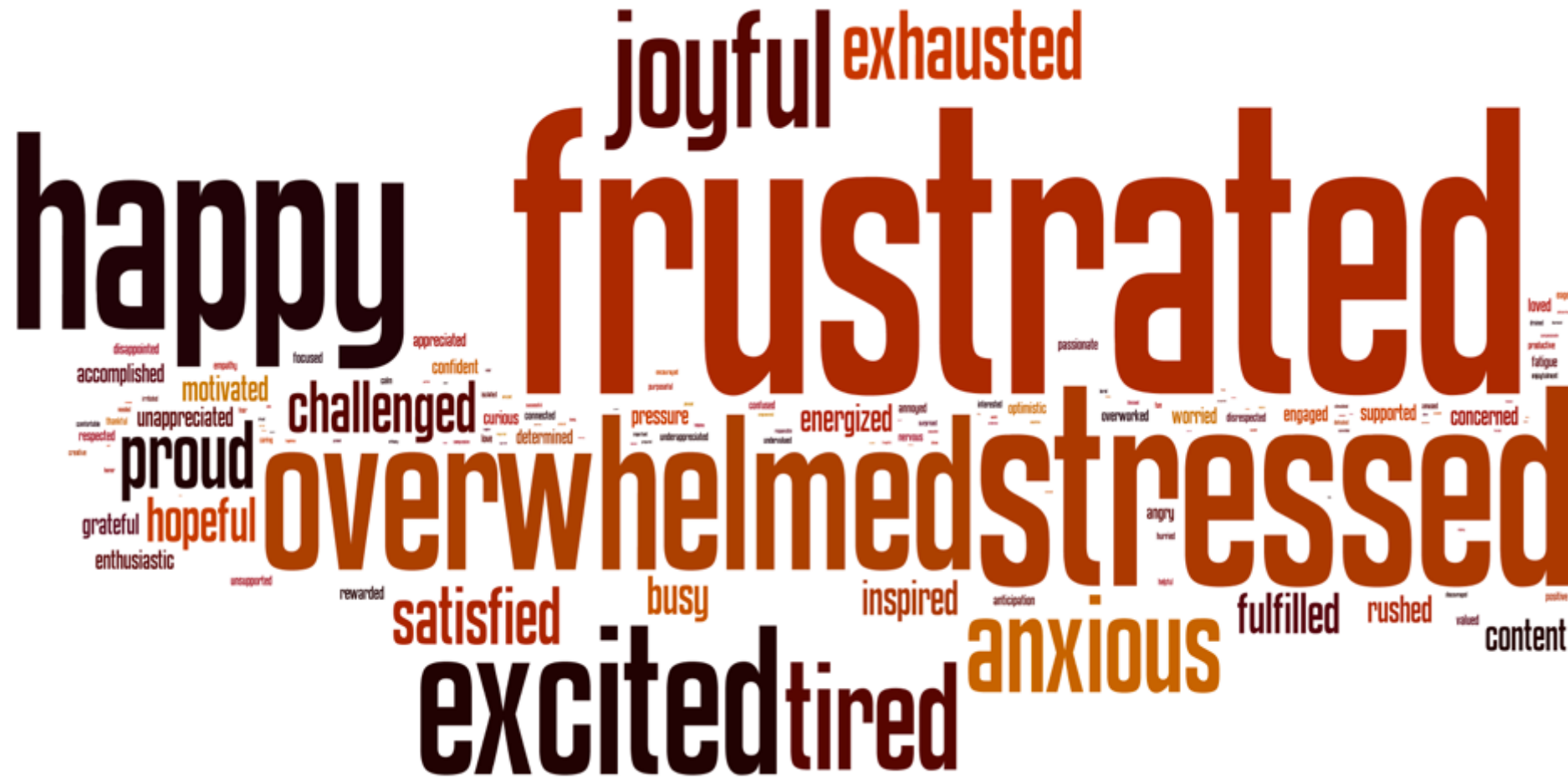


Life: An Emotional Rollercoaster



Yale *Center for Emotional Intelligence*

How Educators Feel



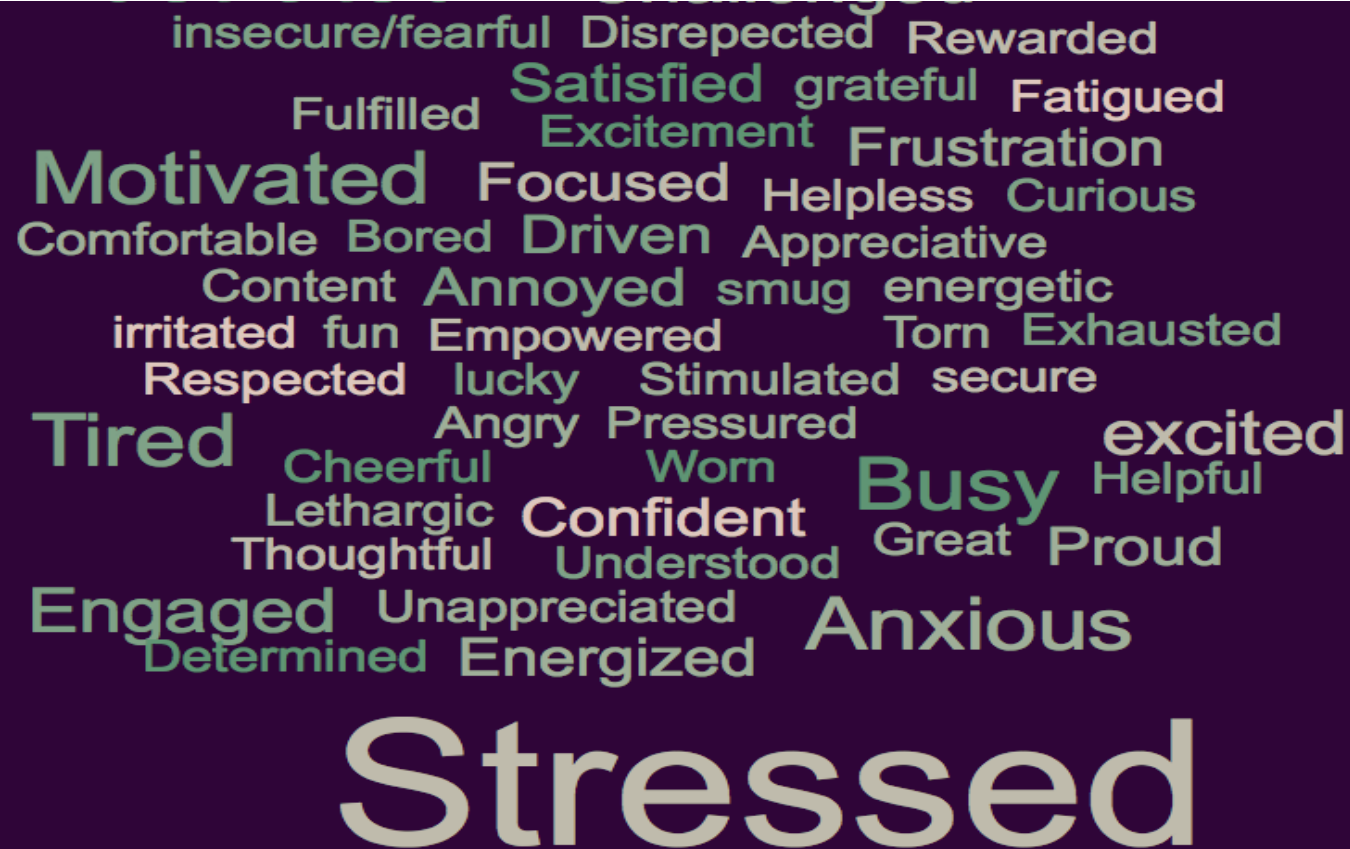
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RULER®

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How People in the Workplace Feel



A word cloud on a dark purple background showing various workplace emotions. The words are in different sizes and colors (white, light green, and grey). The most prominent word at the bottom is 'Stressed' in large white letters. Other large words include 'Motivated', 'Tired', 'Busy', and 'Anxious'. Smaller words include 'insecure/fearful', 'Disrespected', 'Rewarded', 'Satisfied', 'grateful', 'Fatigued', 'Fulfilled', 'Excitement', 'Frustration', 'Focused', 'Helpless', 'Curious', 'Comfortable', 'Bored', 'Driven', 'Appreciative', 'Content', 'Annoyed', 'smug', 'energetic', 'irritated', 'fun', 'Empowered', 'Torn', 'Exhausted', 'Respected', 'lucky', 'Stimulated', 'secure', 'Angry', 'Pressured', 'excited', 'Cheerful', 'Worn', 'Helpful', 'Lethargic', 'Confident', 'Great', 'Proud', 'Thoughtful', 'Understood', 'Engaged', 'Unappreciated', 'Determined', 'Energized', and 'Stressed'.

How We Feel is *Out of Balance*



Our students, educators, and workforce are spending 70-80% of their days in the RED and BLUE

While the goal is not to be YELLOW and GREEN all of the time, we need greater balance!

How People Hope to Feel



Emotions Matter

ATTENTION, MEMORY, AND LEARNING

DECISION MAKING

RELATIONSHIP QUALITY

PHYSICAL AND MENTAL HEALTH

PERFORMANCE AND CREATIVITY



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Emotional Intelligence

Recognizing emotions in self and others

Understanding the causes and consequences of emotions

Labeling emotions accurately

Expressing emotions

Regulating emotions effectively

Recognizing Emotion

Identifying emotion by interpreting our own physiology and cognition as well as others' facial expressions, body language, and vocal tones, including context



Understanding Emotion

Knowing the causes and contextual influences of emotions, including their consequences on thinking, learning, decisions, and behavior



Labeling Emotion

Having and using a nuanced vocabulary to describe the full range of emotions

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

Expressing Emotion

Knowing how and when to express emotions with different people and across contexts, including the influences of personality, gender, power, social norms, and race, ethnicity, and culture.



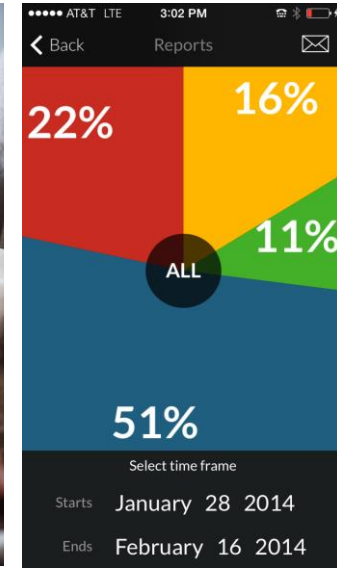
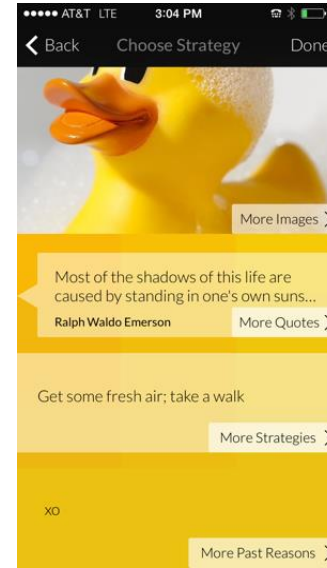
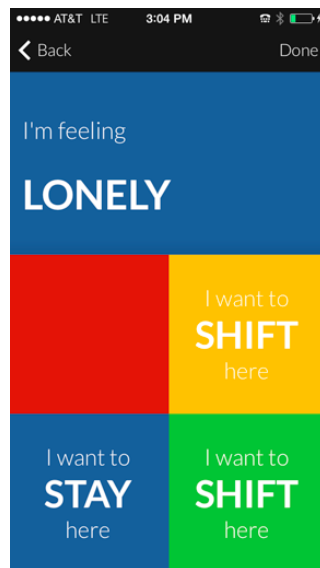
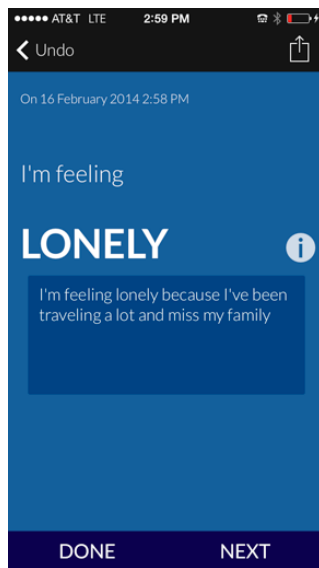
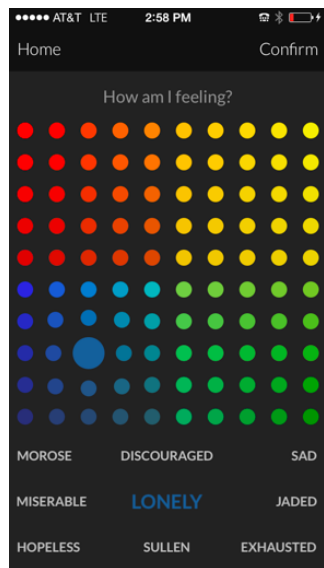
Regulating Emotion

The “thoughts” and “actions” we use to prevent, reduce, initiate, maintain, or enhance emotions in order to promote personal growth, build relationships, have well-being, and attain goals



The Mood Meter App

www.moodmeterapp.com



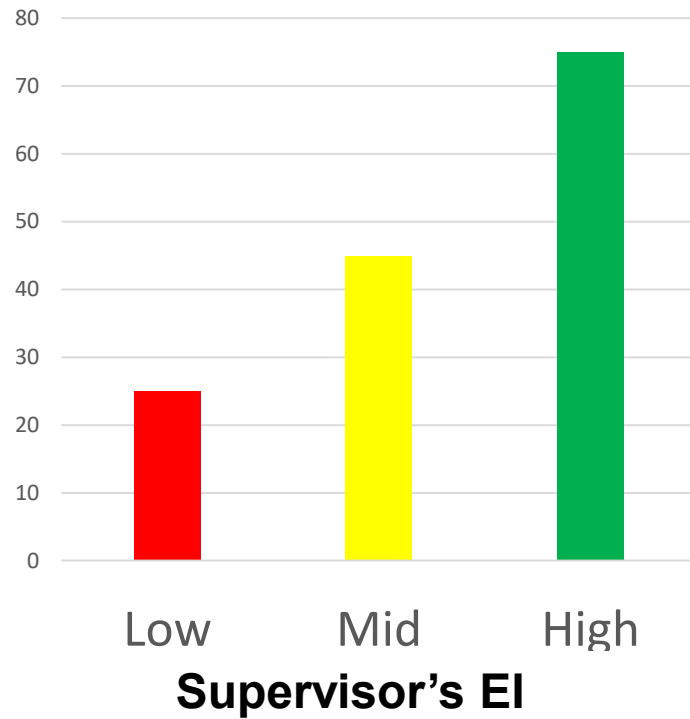
Emotionally Intelligence Outcomes

- Less stress and burn out
- Less alcohol consumption
- Greater wellbeing
- Have greater empathy
- Better quality relationships
- Higher performance ratings
- Better customer service relations
- Greater leadership skills
- Greater job satisfaction

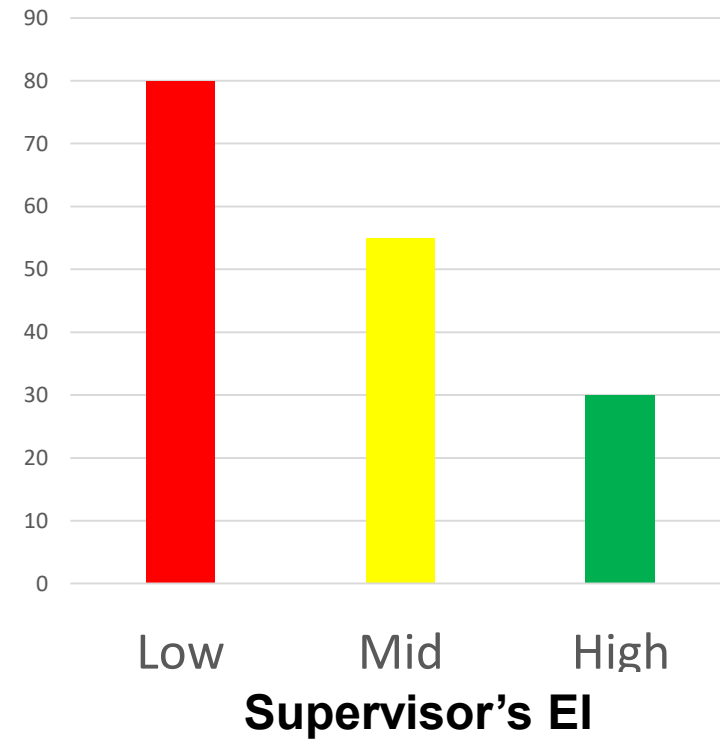


EI and Employee Emotions

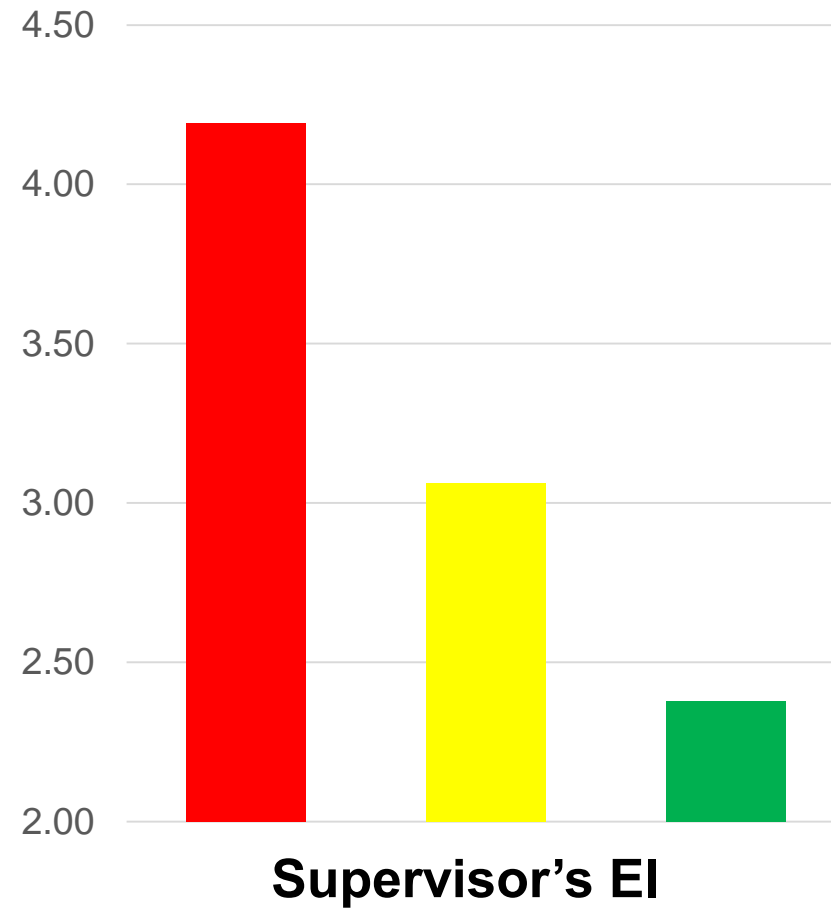
Inspired



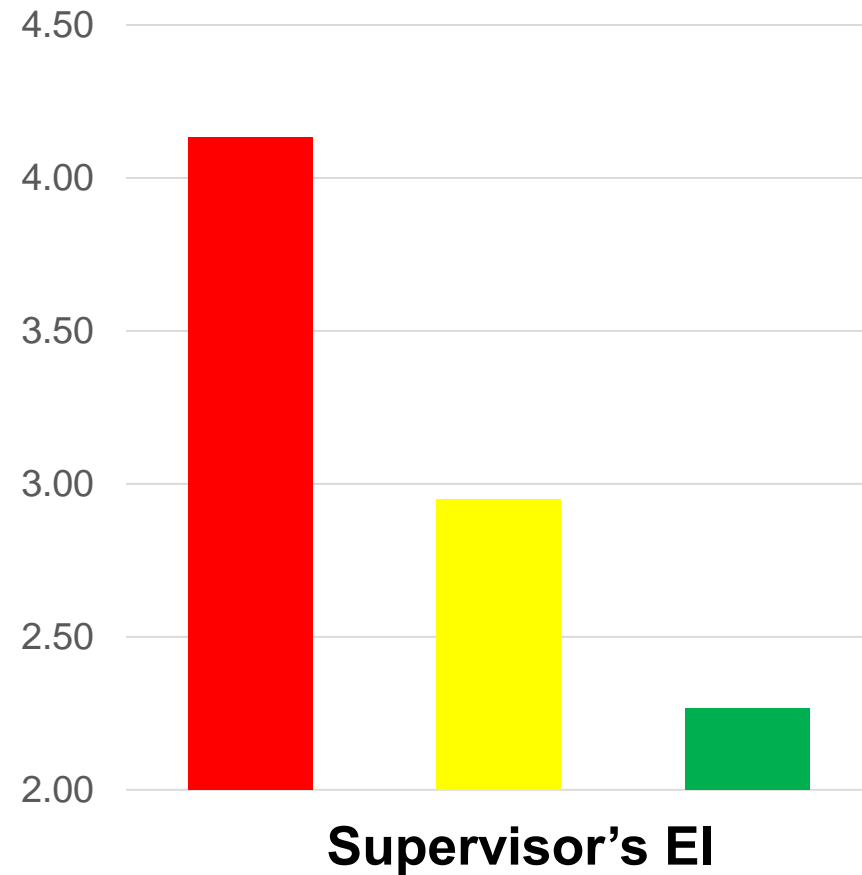
Frustrated



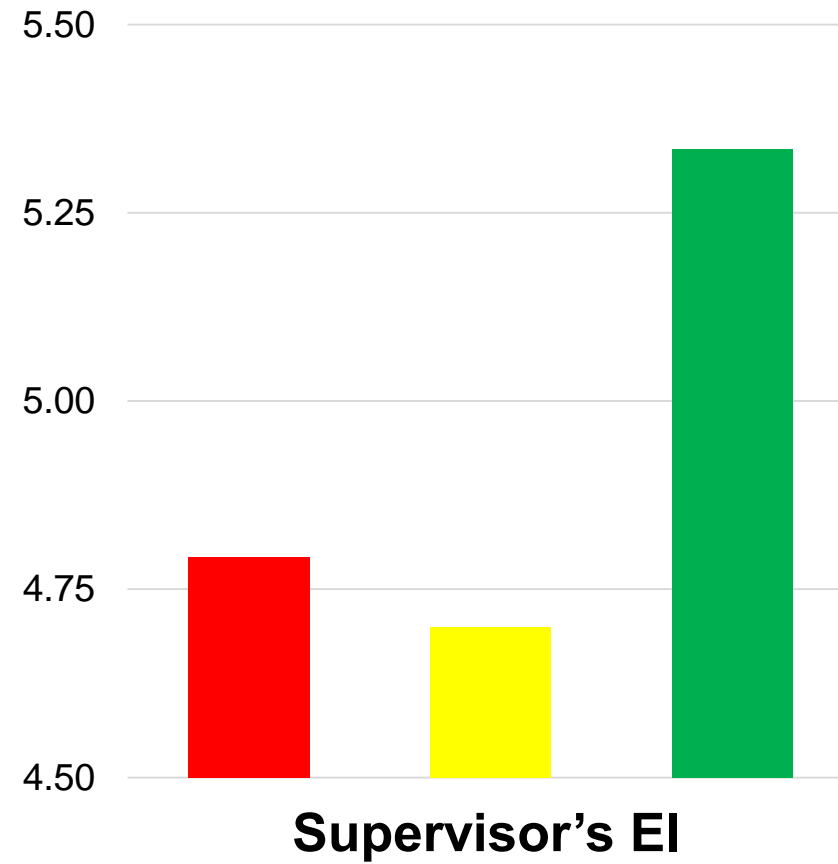
EI and Burnout



EI and Fear of Speaking Up

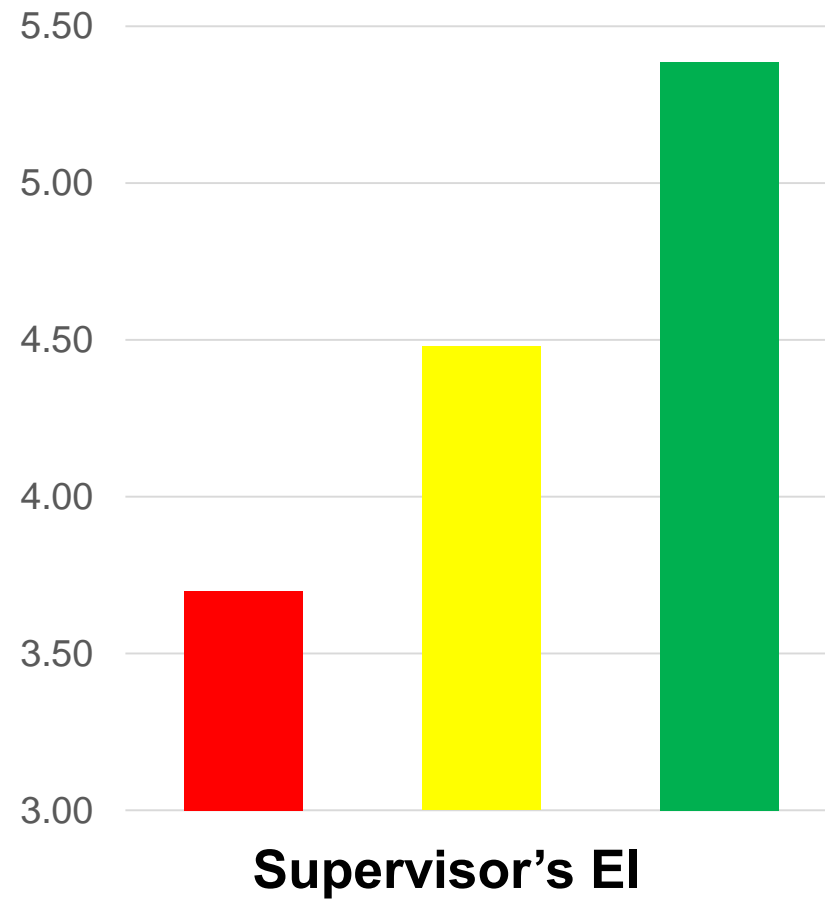


EI and Engagement

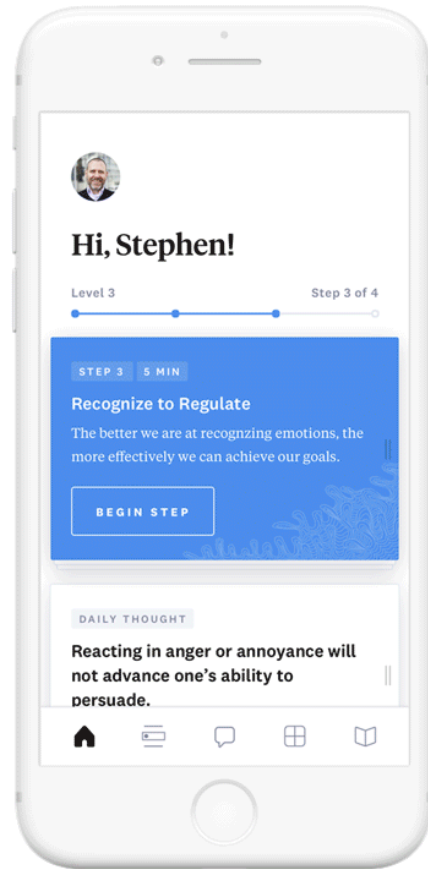


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EI and Purpose and Meaning



EI in the Workplace



Emotion Life Lab

www.ojilifelab.com

Critical emotional intelligence skills
for business and life performance



Oji Life Lab



Oji Life Lab



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It's time for an Emotion Revolution

- Emotions Matter
- Emotional Intelligence (EI) is real
- There are creative ways to develop EI
- It's never too early or late to cultivate EI
- EI predicts outcomes of great importance
- Training in EI can help us build healthier and more equitable, innovative, and compassionate workplaces so everyone thrives



It's time for an Emotion Revolution



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Your Emotional Intelligence And Why It Matters

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PROFESSOR, YALE CHILD STUDY CENTER

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Copy of my presentation: <http://bit.ly/RULERASUGSV>



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