EI over IQ:
Emotional Intelligence and the Resilient Teacher
OUR MONTHLY WEBINAR SERIES

Co-hosted by Sanford Inspire and Sanford Harmony

Thought leaders in education sharing topics to inspire the best teaching and support social emotional learning

You can will receive a recorded version after the webinar and you can watch at any time.
OUR SPEAKER TODAY

DORINA SACKMAN-EBUWA
Boss of B.E.L.I.E.V.E!® LLC
"Edutainer" Speaker

Florida Teacher of the Year /National Teacher of the Year Finalist
In this awesome & informative webinar, participants will interactively communicate whilst learning and reflecting on...

- How emotional Intelligence impacts teachers, teaching, student learning, classroom & school culture.

- The importance for teachers to be aware of their own Emotional Intelligence.

- The relationship between teachers’ Emotional Intelligence & embedding Social Emotional Learning in classrooms.
Warm Up
Read & reflect on this quote. In the question box, please write down a few words that come to mind when you read this quote.

“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy.’ They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

- John Lennon
Emotional/Intellect Content
Inspire
INSPIRE through EMPATHY
Emotional Intelligence
What is EI?

- Emotionally intelligent behavior is reflected in the ability to think constructively & behave wisely.

- Intentional and self-directed behavior needs reflective thoughts.

- Wise and effective behavior requires the ability to regulate and express emotions in healthy ways.

- EI harmonizes the cognitive and emotional minds. Understanding the two are essential to effective behavior.
Interpersonal

Leadership

Self-Renewal

Developing emotionally healthy mind

Intra-personal

Value of Two Minds

Self Management

Self-Management

Leadership

Interpersonal
a) Did you ever learn about Emotional Intelligence in Teaching at any professional learning experience?

b) If not, how/what do you feel you could have gained from learning more about EI?
Pre-Service Teachers
Emotional/Intellect Content
2015: 34%     2017: 58%

AFT (2017)
Emotional Intelligence impacts teachers, teaching, student learning, classroom & school culture:

1. Forms a healthy learning environment characterized by trust, respect, & engaging dialogues strengthening empathy and compassion.

2. Creates healthy learning environments that are critical to the development of constructive thinking, problem solving, goal setting, achievement & leadership.

3. Reduces teacher attrition

4. Reduces the number of teacher’s leaving the profession

5. Improves overall teacher health and wellness

6. Improves overall mental well being in teachers

7. Improves relationships with students

8. Improves interactions & relationships with colleagues, parents, and community

9. Increases communication between teacher and administration

10. Prepares new teachers for all the challenges not often addressed in pre-service teacher programs

11. Creates embedded social and emotional teaching and learning opportunities within the school curriculum

12. Increases the ability to feel a stronger sense of happiness

In the question box, select the number that would benefit you the most and share a few words why you selected it.
• **The importance for teachers to be aware of their own Emotional Intelligence.**

• Step 1 Explore: Self Assessment
• Step 2 Identify: Self Awareness
• Step 3 Understand: Self Knowledge (teaching/learning)
• Step 4 Learn: Self Development (mentoring/coaching/imagery)
• Step 5 Apply: Self Improvement (intentionally using/modeling)

I. **Interpersonal and Healthy Relationships**
   Assertion, Anger Management, Anxiety Management

II. **Personal Leadership**
   Comfort, Empathy, Decision Making, Leadership

III. **Self Management**
   Drive Strength, Time Management, Commitment Ethic Positive Personal Change

IV. **Intrapersonal**
   Self Esteem, Stress Management
EI is the key to physical and mental health.
EI enables us to respond to others with empathy and guides our interpersonal interactions with others.
EI makes self-reflection and personal goal setting possible.
EI is the lead system for positive personal change.
EI controls vital survival and stress management functions.
EI is the lead system and source of happiness, satisfaction, joy, and love.
Emotional experience and expression are unique to each teacher and student. No one else thinks, expresses feelings, chooses behaviors, and acts in the same way.

Nelson & Low 2005

Think about:
How can EI skills address this statement? How can it address SEL?

• In your question box, share a few thoughts about this statement.

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*tuko pamoja*

(n.) lit. “we are together”; a shared sense of purpose and motivation in a group – it transcends mere agreement, and implies empathetic understanding among the members of the group.
Keep your eyes on the cross.
• The relationship between teachers’ Emotional Intelligence & embedding Social Emotional Learning in classrooms.

• Without knowledge of one’s own EI, SEL may become simply a course, a behavioral situation, or a separate lesson.

• Empatico.org

• Casel.org ~ Harmony is a Casel Select Program!
**Warm Down**
Knowing what you know about EI, read & reflect on this quote. Write in the question box any new thoughts or emotions.

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- John Lennon
B.E.L.I.E.V.E.!
Want to know YOUR EI?
Email: rick@eilearningsys.com
Subject: TEI Assessment for Teachers Sanford Webinar

Sanford Programs and National University

believeconsultingllc@gmail.com
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@2014FloridaTOY on Twitter!
Q & A Time!
Thank you

CREATE HARMONY.

Follow up survey will be sent to you. We appreciate your feedback!
DON’T MISS OUR NEXT WEBINAR
June 18th @ 1pm PST

Combating Trauma through Student Connections

Mandy Manning
2108 National Teacher of the Year