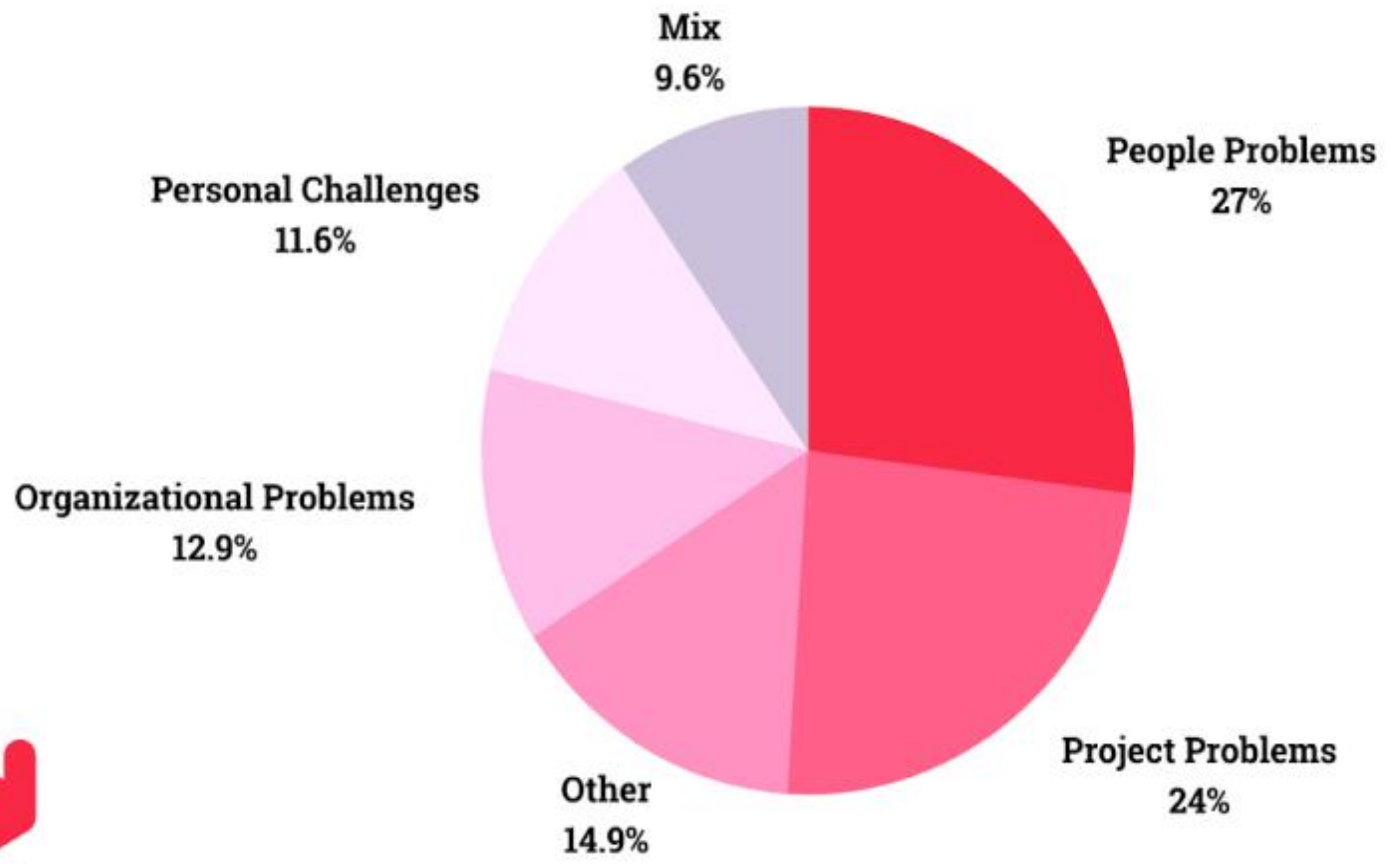


POWER OF EMOTIONAL INTELLIGENCE IN PROJET MANAGEMENT

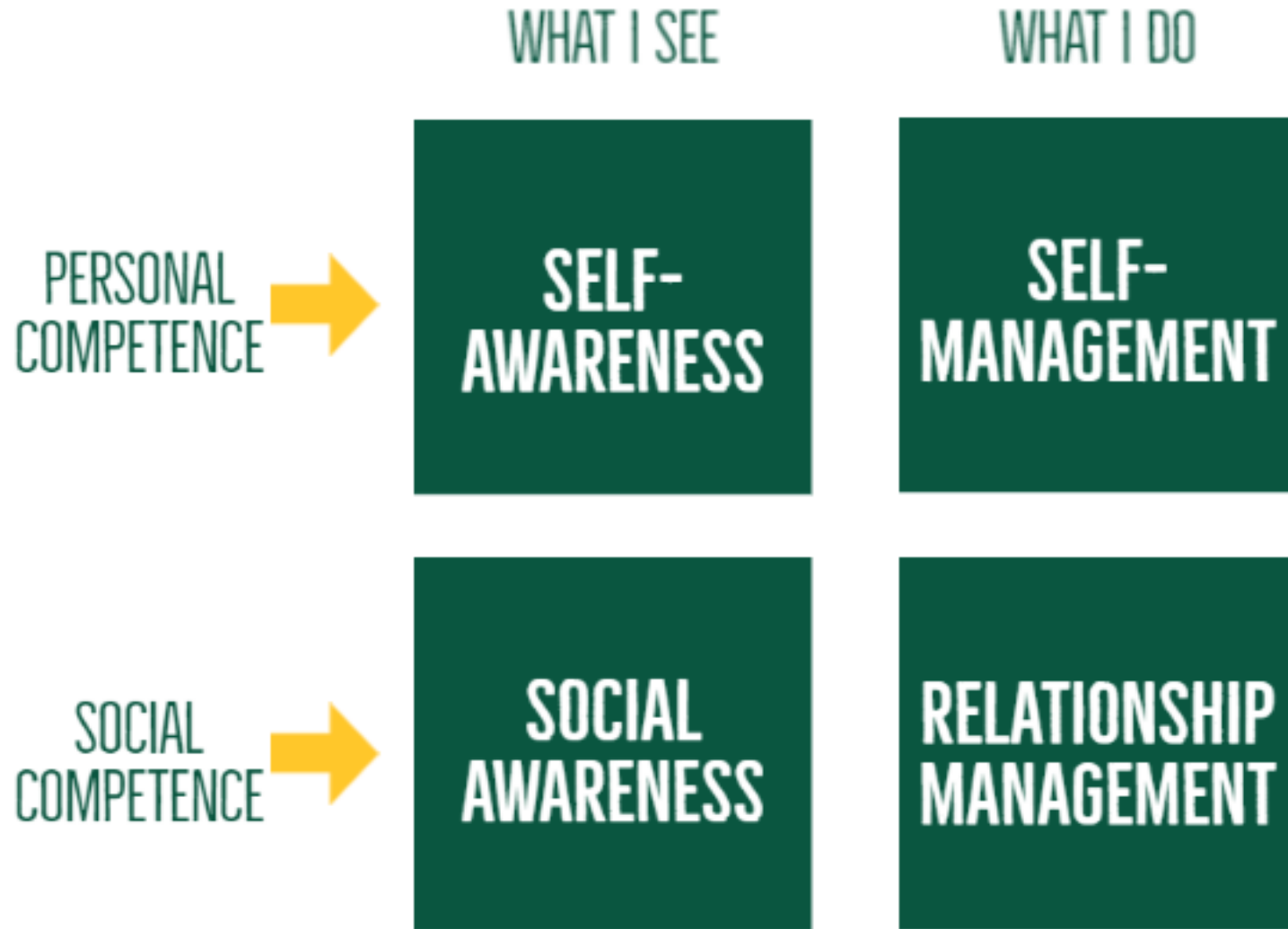
BY

HINA NISAR SADOUZAI

Top Project Management Problems



Source: <https://thedigitalprojectmanager.com/project-management-challenges/>





Cognition Hub

NEOCORTEX
the reason



**LIMBIC
SYSTEM**
emotions

**REPTILIAN
COMPLEX**
instincts

EMOTIONAL INTELLIGENCE
IS A BALANCE BETWEEN
THE RATIONAL AND EMOTIONAL BRAIN.

Business Emotional Intelligence



Conscious mind 10%

- Will Power
- Short Term Memory
- Logical Thinking
- Critical Thinking

Subconscious mind 90%

- Beliefs
- Emotions
- Habits
- Values
- Protective reactions
- Long term memory
- Imagination
- Intuition



Dopamine

The rewarding chemical

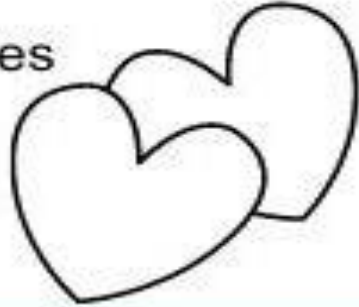
- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



Oxytocin

The love hormone

- Hugging your loved ones
- Playing with a dog
- Playing with a baby
- Holding hands



Serotonin

The mood stabilizer

- Sun exposure (be sun safe)
- Meditating
- Running
- Being in nature

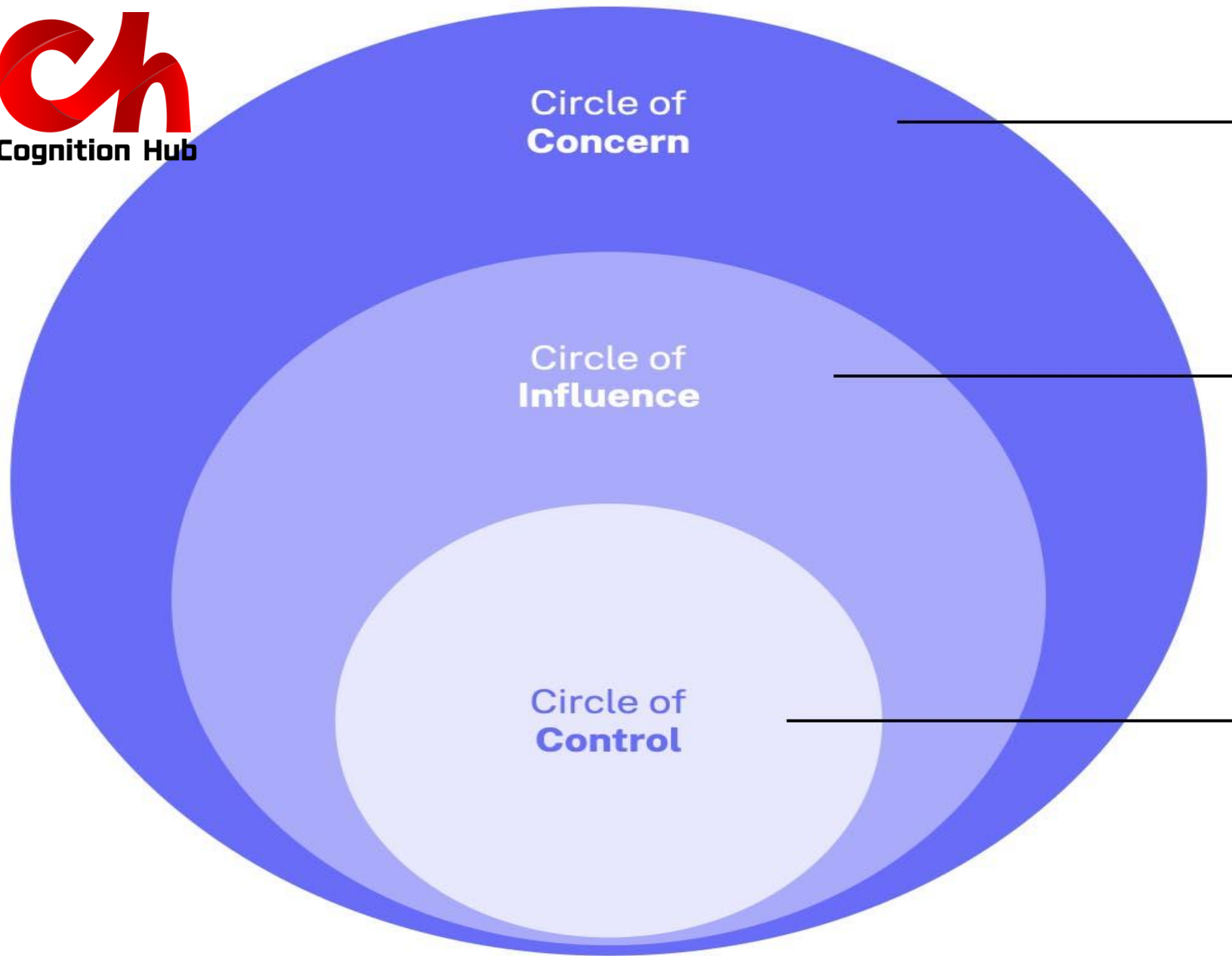


Endorphin

The pain killer

- Laughing
- Exercising
- Dark chocolate
- Essential oils





Circle of
Concern

Wide range of concerns of which we have no control over the outcome

Circle of
Influence

The concerns we can do something about. We do not have control over the outcome, but can influence it with what we are able to control.

Circle of
Control

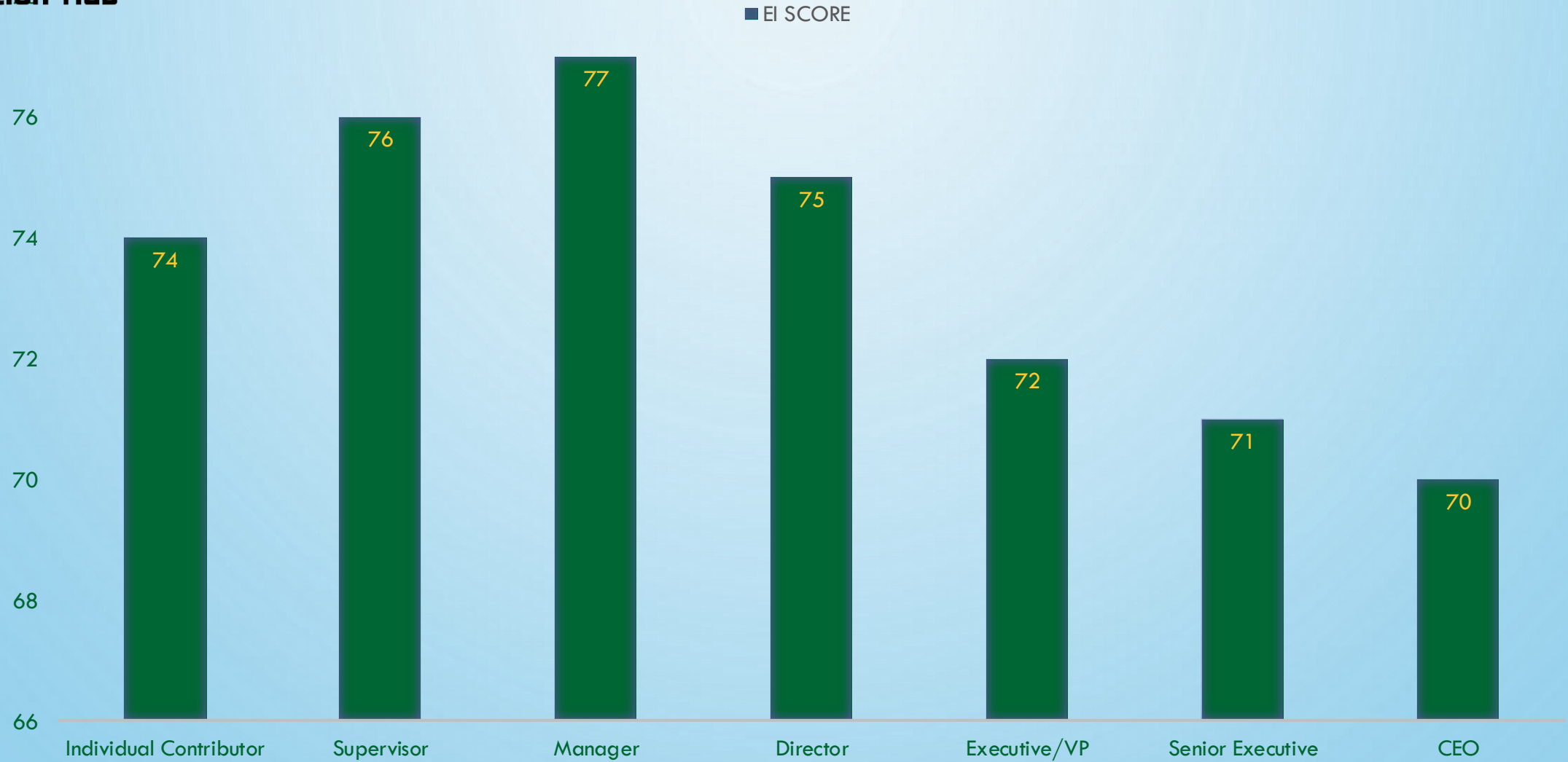
What we can directly control or impact through our thoughts, words, and actions.

ENERGY MATRIX





EI JOB TITLES



EQ is a Key Part of The Whole Person



Expertise (IQ) - **What** you bring to work.

Personality - **Who** you are at work.

EQ - **How** you make the most of both your expertise and your personality.

STEPS TO IMPROVE EMOTIONAL INTELLIGENCE

- 1. ACKNOWLEDGE EMOTIONS**
- 2. DIFFERENTIATE AND ANALYZE EMOTIONS**
- 3. ACCEPT AND APPRECIATE EMOTIONS**
- 4. REFLECTING ON EMOTIONS AND FINDING ORIGIN**
- 5. EMOTIONAL EDUCATION**
- 6. APPLY LEARNING**
- 7. PUT SELF CHECKS AND IMPROVE**