



#YALILEARNS



**YALILearns Session
Facilitation Guide**

**EMOTIONAL
INTELLIGENCE**

Your Guide to Facilitating a Session on Emotional Intelligence

With this guide, you will be able to lead a session on the YALI Network Video Vignette Series, Emotional Intelligence. The exercises below will enable you and your participants to better understand what emotional intelligence is, how it can help you to regulate your feelings and why these skills are necessary in today's business and social spaces.

Total Time: 90 Minutes

Materials

- Be sure to bring 10 sheets of blank paper or 10 blank poster boards to your YALILearns session for one of the session's activities.
-

Introduce Yourself (3 minutes)

- Thank your participants for joining and introduce yourself. Be sure to mention that you are an interested YALI Network member who wants to start an important conversation about emotional intelligence in your community.
 - Briefly share why you are interested in this topic and chose to organize a community dialogue on emotional intelligence.
-

Where Do You Stand Icebreaker (15 minutes)

- Draw an imaginary line down the front of the room.
- All the way on the left side is one extreme, and all the way on the right side is the other extreme.
- Make sure there is enough space for people to stand anywhere along this imaginary line.
- To play this game, you will ask your participants several questions.
- Participants will then respond by standing somewhere along the imaginary line according to how strong an opinion they have on that item.
- For example, if you ask people, "Coffee? Or tea?" people will stand far along the left-hand side if they strongly prefer coffee, and they will stand on the far end of the right-hand side if they strongly prefer tea. If they are neutral, they will stand in the middle.
- Here are some sample questions to ask: "Do you prefer winter or summer?", "Which do you like more: rock or classical music?", "Do you prefer chocolate or vanilla-flavored treats?", "Are you a morning or a night person?"



Watch [“Emotional Intelligence Part 1: What Is Emotional Intelligence?”](#) and [“Emotional Intelligence Part 2: It All Starts from Within”](#) (10 minutes)

Group Discussion (10 Minutes)

Invite participants to reflect on the first two videos before answering the following questions:

- Why is emotional intelligence an important skill to have?
- When are some times during the day you feel yourself getting frustrated or overwhelmed and could use some of these skills?
- What are some of the methods you can use to slow down and better reflect?

Watch [“Emotional Intelligence Part 3: Knowing Yourself”](#) and [“Emotional Intelligence Part 4: Choosing Yourself”](#) (15 minutes)

Group Discussion (10 minutes)

Invite participants to reflect on the third and fourth videos before sharing their thoughts on the following:

- In the fourth video, Mensah spoke to the importance of gratitude in building your emotional intelligence. What are some of the things you are grateful for?
- Mensah also stressed that we should all have strong core values that inform our actions. He gave the example of excellence and of helping others as some strong core values. Take a minute to reflect on the core values that shape your behavior and keep those in mind as you watch the next video and participate in the next exercise.

Watch [“Emotional Intelligence Part 5: Giving Yourself”](#) (5 minutes)

Group Activity (15 minutes)

Now that participants have had a chance to watch all five parts of the video series and learn a bit more about emotional intelligence, this next exercise will help them to refine their ideas and underscore important course lessons.

- Divide participants into groups of three to five people.
- Give every group a large piece of paper or poster board on which to write a noble goal that defines its members' behavior and informs their work.
- A “noble goal” typically contains a verb, expressing how to pursue it, and a goal of the value you want to add to the world.
- A few examples: promoting a fair society, strengthening food security in my community, creating jobs to reduce the rate of unemployment in my country.
- Give participants 10 minutes to think through and define their goals, then allow five minutes for a representative from each group to share a summary of its goals with the larger group.



Wrapup (5 minutes)

- Thank participants for attending and briefly restate the importance of understanding emotional intelligence.
- Encourage participants to sign up for the YALI Network at yali.state.gov.

