

Emotional Intelligence & Resilience



Building your capacity to navigate life's storms

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Emotional intelligence is the ability to recognise, understand, and skilfully navigate both your own emotions and those of others. This session strengthens your EQ and builds the inner resources that allow you to bounce back stronger from adversity.

Emotional Intelligence and Resilience

Emotional intelligence is not about controlling your emotions. It is about understanding them deeply enough to work with them rather than against them.

My EQ Self-Assessment

Rate yourself honestly in each area (1 = needs significant development, 10 = strong).

Then name ONE action to strengthen your lowest score.

Self-awareness (recognising my own emotions as they..

1	2	3	4	5	6	7	8	9	10
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Self-regulation (managing my emotions and impulses)

1	2	3	4	5	6	7	8	9	10
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Empathy (understanding others' emotional experiences)

1	2	3	4	5	6	7	8	9	10
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Social skills (managing relationships and communica..

1	2	3	4	5	6	7	8	9	10
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Motivation (emotional drive toward goals and growth)

1	2	3	4	5	6	7	8	9	10
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My lowest area and the one action I will take:

My Emotional Triggers and My Response Plan

For each trigger, write your current automatic reaction and then your chosen, intentional response.

Trigger 1:

Current reaction:

Chosen response:

Trigger 2:

Current reaction:

Chosen response:

Trigger 3:

Current reaction:

Chosen response:

The Emotional Scale

Where are you emotionally today (despair at 1, joy at 10)? What one small action would move you one step up the scale?

My score today: _____ One step up looks like: _____

Power Pose Practice

Try a power pose for 2 minutes. What did you notice in your body, mood, and thoughts before and after?

Reflection Questions

1. Which EQ area is your greatest strength? How does it serve you?

2. Which emotional trigger has the most impact on your close relationships?

3. What is the difference between reacting and responding, in your own experience?

4. What builds your emotional resilience the most? What depletes it?

My Notes
