



EQ + Technical skills: Recipe for Success

Career Skills for Techies Webinar Series

Speaker: Jesal Gandhi - Cisco

Hostess: Kara Sullivan

6 April 2017



Welcome to the 3rd
session of the
**Career Skills for
Techies**
webinar series!

- Use the Q and A panel to ask questions.
- Use the Chat panel to communicate with attendees and panelists.
- A link to a recording of the session will be sent to all registered attendees.
- Please take the feedback survey at the end of the webinar.



Career Advantage **Webinars**

Career Skills for Techies Series



NEXT SESSION:

Problem Solving and Innovation Mindset



1 May – 9:00 A.M. PST

Register at: bit.ly/Skills4Techies





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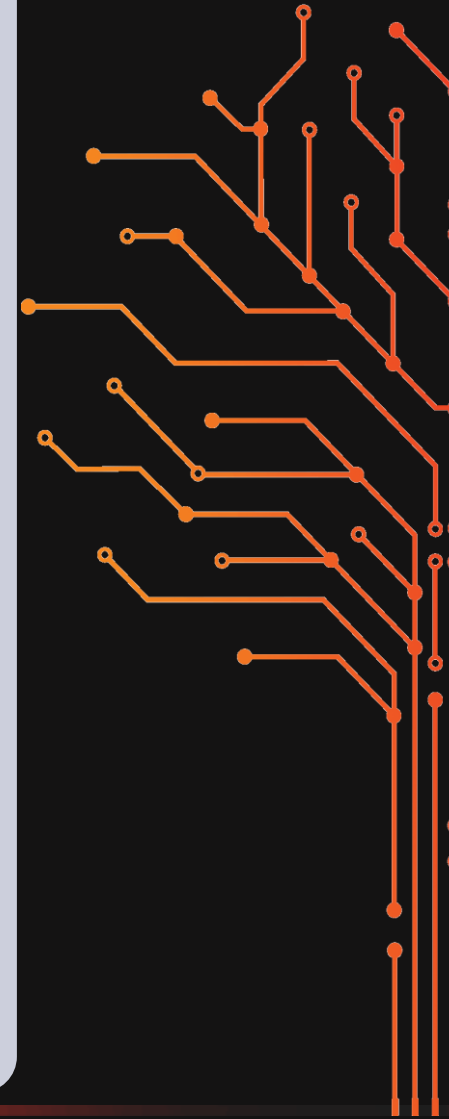
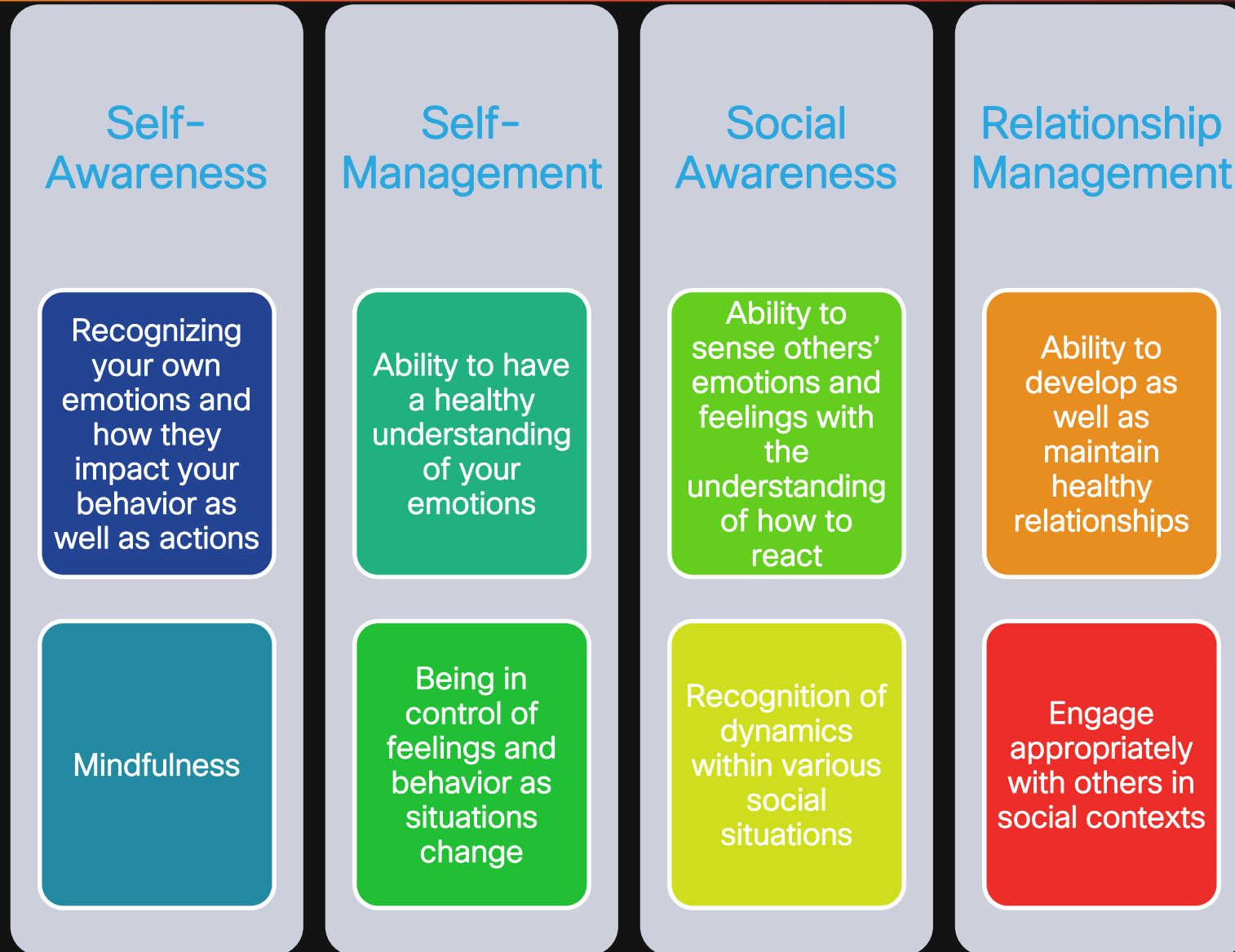
Emotional Intelligence

To be aware of,
in control of,
& able to express
one's emotions

Able to handle
relationships
thoughtfully &
empathetically



Attributes of Emotional Intelligence



Visual of the types of competencies based on the attributes of emotional intelligence





Be a Part of Today's Conversation

In our LinkedIn Group, share 1-2 sentences answering the below:

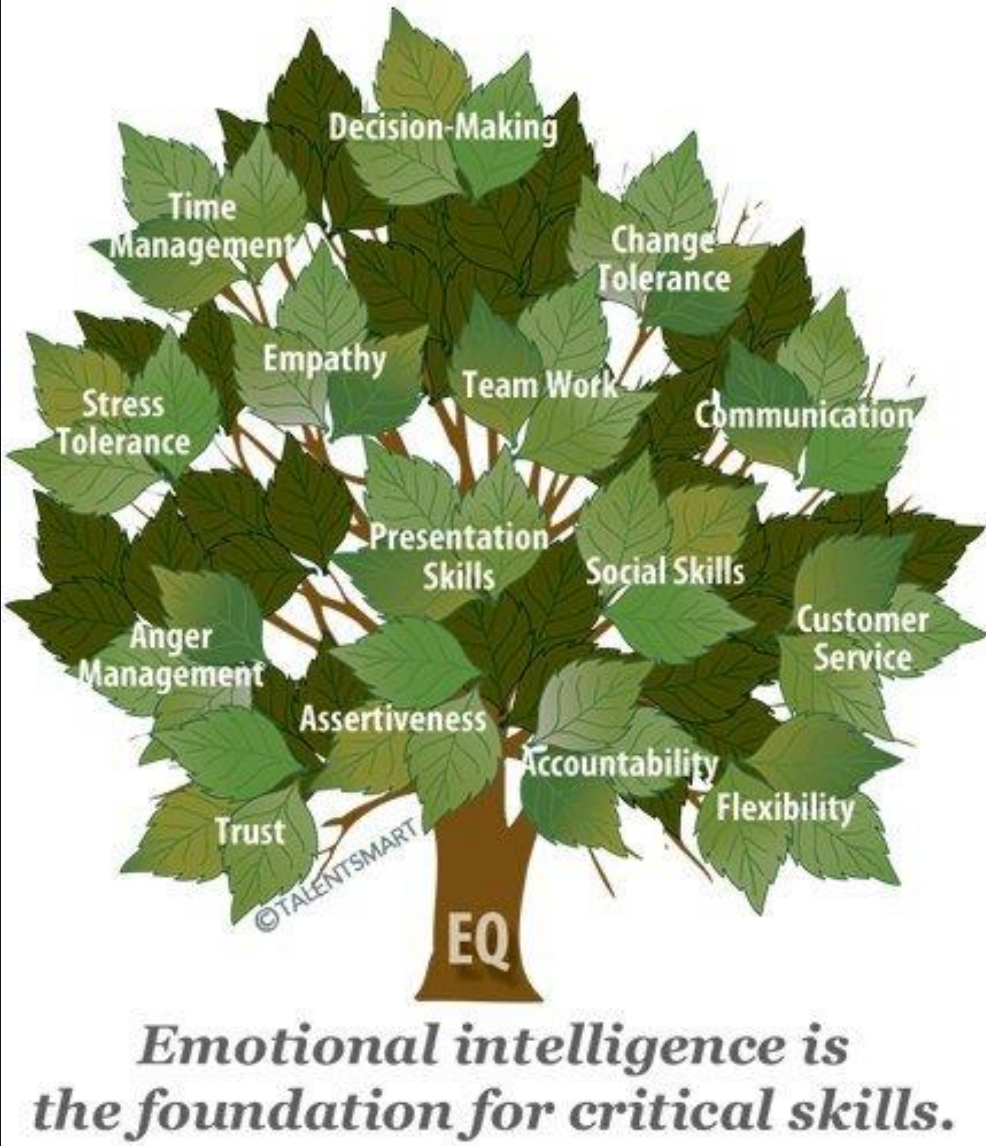
How do you plan on actively improving your emotional intelligence?

Give us one example or one way you will practice it daily or at least weekly.

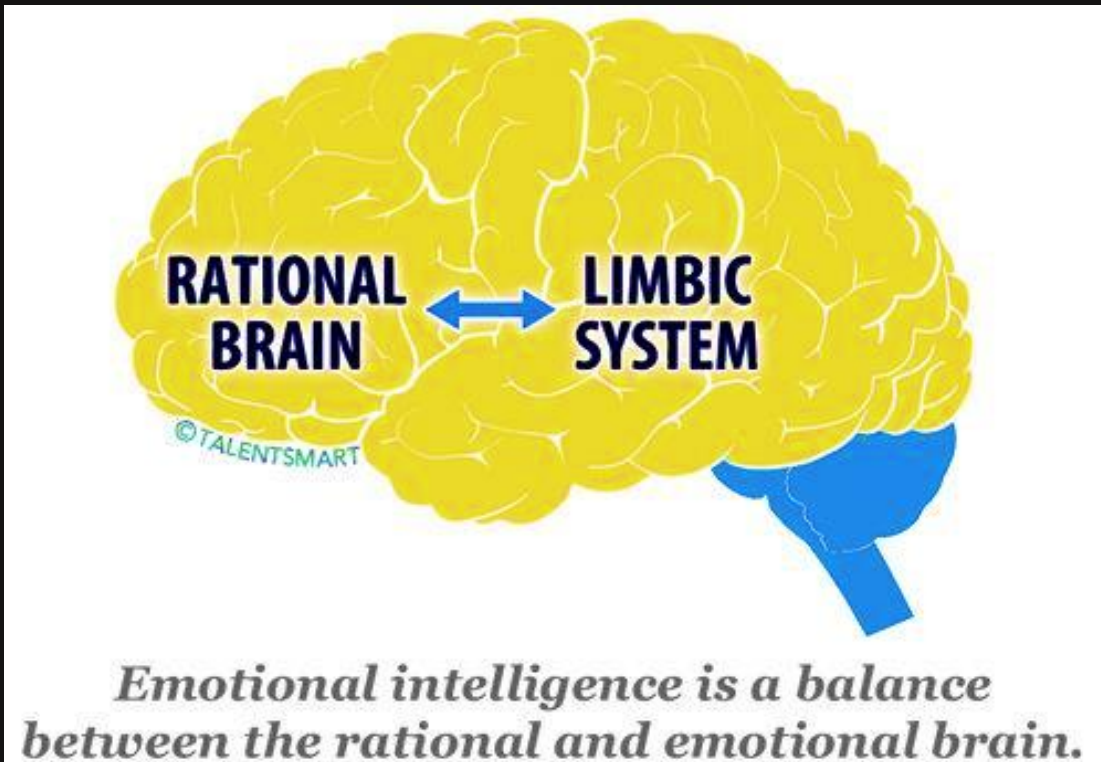


Why does this matter at work?

- Your non-technical skills rely upon your ability to understand and manage your own emotions – aka your EQ.
- Ability to engage professionally with coworkers and at the workplace is directly influenced by your EQ
- Just like your physical health, your mental health impacts your ability to be successful at work



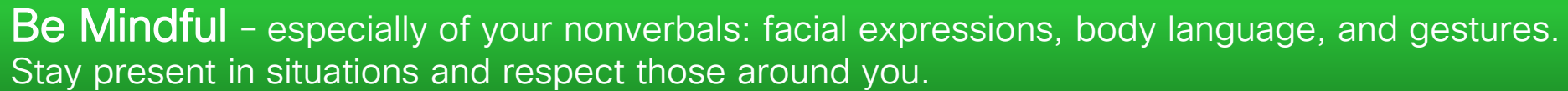
Practice does lead to perfection



- More you practice emotionally intelligent behaviors – the more you will create a balance in your brain
- You have the ability to rewire your reflexes to social situations



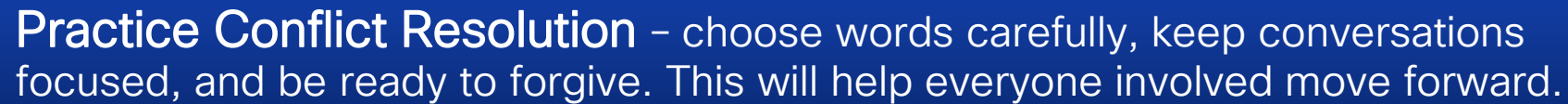
What should you do next?



Be Mindful – especially of your nonverbals: facial expressions, body language, and gestures. Stay present in situations and respect those around you.



Reduce Stress – practice techniques that help you stay calm and relaxed even in high-stress situations. Try to analyze situations objectively – don't take things personally.



Practice Conflict Resolution – choose words carefully, keep conversations focused, and be ready to forgive. This will help everyone involved move forward.



Stay Positive – there is a silver lining in every situation, even when you fail because it is an opportunity to learn and improve. Fail, but fail fast– keep moving forward.



Be Introspective – reflect upon your thoughts, behaviors, actions each day – did you react in the most appropriate way? Is there a way to improve how you respond?





Why does emotional intelligence translate to being successful at work?







Q&A

