It’s All About the Audience
By Laura Bell and Trisha Lamers
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II. True Colors Assessment
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Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge and to reflectively regulate emotions so as to promote emotional and intellectual growth.

-Mayer & Salovey, 1997
 EQ and IQ

- Emotional Intelligence (EQ)
- Intellect (IQ)
- **Emotional Intelligence (EQ)** - EQ-I, Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)
- **Intellect (IQ)** - Wechsler, Stanford-Binet
- Emotions and thinking?
- EQ and Retention (Lillis, 2011)
- EQ and Academic Performance (Lillis, 2011)
- Emotional awareness and stress (Liebeman et al., 2007)

EQ is responsible for:

58% of your job performance

90% of top performers have high EQ

$29,000

People with high EQ make $29,000 more annually than their low EQ counterparts

http://www.talentsmart.com/about/emotional-intelligence.php
This graph shows that when subjects name emotions, more activity in the cortex correlates with reduced activity in the amygdala, showing that naming feelings helps reduce reactivity.
EQ + IQ

EQ
Street Smart
Helps with Life
Bringer of People

IQ
Book Smart
Helps with Tests
Bringer of Solutions
• Many Ways
• Many Commercial Solutions
• Discussion and Self-Discovery is a Good Start
• Today: Using True Colors as a way of increasing your personal EQ and your class EQ


Anyone can become angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way; this is not easy.

(Aristotle)