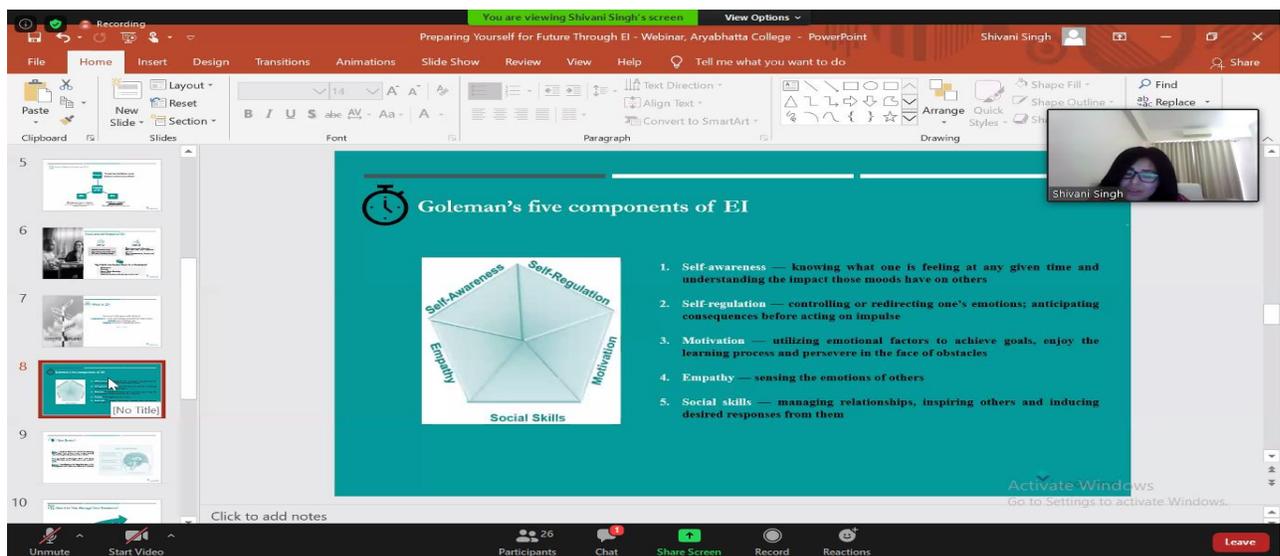


Webinar on ‘Emotional Intelligence- Preparing for the world of work.’

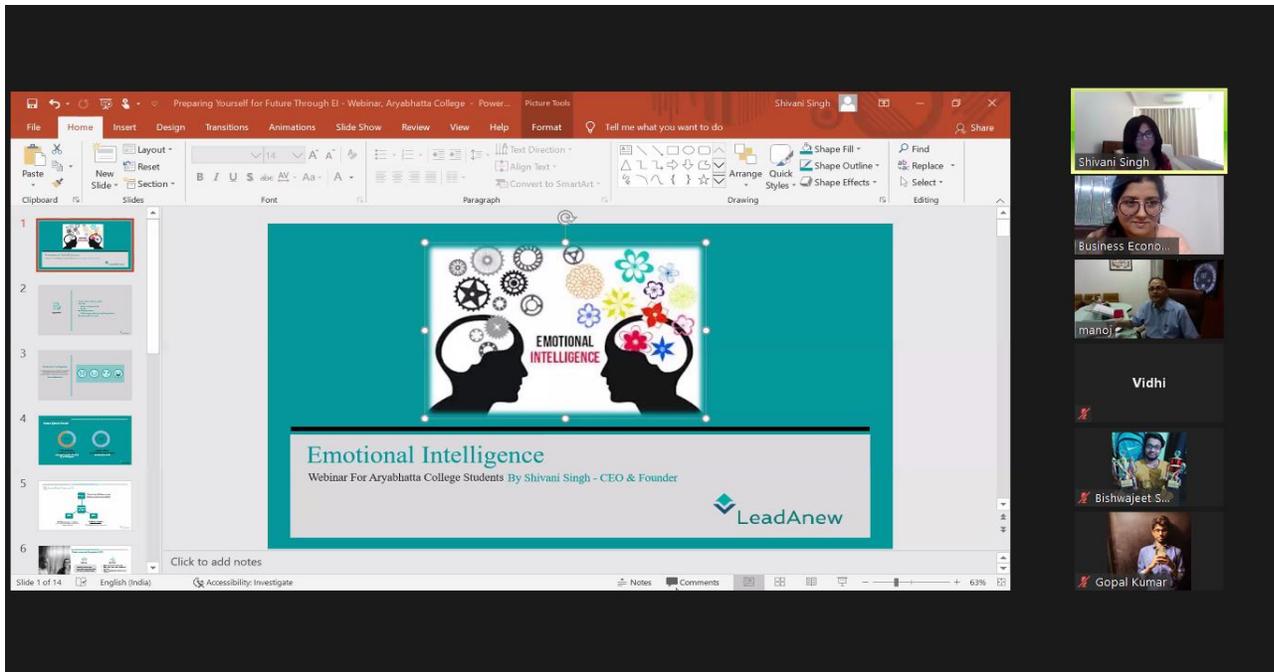
The Business Economics department of Aryabhata College conducted a webinar on the topic Emotional Intelligence- Preparing for the world of work on 04th June, 2020. The webinar was led by Ms Shivani Singh who is CEO & Founder, LeadANew. Our Principal, Dr. Manoj Sinha also joined the conversation and welcomed the speaker. The webinar started with the basics of Emotional intelligence and how it's in many ways even more important than IQ. She went on to discuss this in the context of the workplace with the help of statistics. Ms Shivani also acquainted students with the ways to improve EQ and how to know if someone is good at it. She talked at length about the value it adds to life and why it should be the priority to get a good life, when the economic picture is not so bright. Technical components related to the issue and research based approach to get more out of it were also in focus.



The screenshot shows a Zoom meeting interface. At the top, a green bar indicates "You are viewing Shivani Singh's screen". The main window displays a PowerPoint slide titled "Goleman's five components of EI". The slide features a central diagram of a pentagon with five vertices labeled: Self-Awareness, Self-Regulation, Motivation, Social Skills, and Empathy. To the right of the diagram is a numbered list of the five components with their definitions:

1. **Self-awareness** — knowing what one is feeling at any given time and understanding the impact those moods have on others
2. **Self-regulation** — controlling or redirecting one's emotions; anticipating consequences before acting on impulse
3. **Motivation** — utilizing emotional factors to achieve goals, enjoy the learning process and persevere in the face of obstacles
4. **Empathy** — sensing the emotions of others
5. **Social skills** — managing relationships, inspiring others and inducing desired responses from them

The Zoom interface includes a top menu bar with options like File, Home, Insert, Design, Transitions, Animations, Slide Show, Review, View, and Help. A sidebar on the left shows a list of slides, with slide 8 highlighted. At the bottom, there is a control bar with icons for Unmute, Start Video, Participants (26), Chat, Share Screen, Record, Reactions, and a red Leave button. A small video window in the top right corner shows the speaker, Shivani Singh.



Students found themselves intrigued by the webinar given the relevance of the subject and also because it was made very interesting by the speaker. A total of 45 students attended the interactive session wherein students from different departments asked questions enthusiastically. All the questions were taken up by the speaker very patiently. Vote of thanks was given by Gopal Kumar, President, Department of Business Economics. It was a very informative session with a lot of valuable offerings which helped everyone imbibe a lot of knowledge about Emotional Intelligence and how it can fuel personality growth for better life.

Zoom Meeting

Gayatri Yadav Vasundhira A... Tripti Sangwan Madhav Khurana Abhishek Abhinav Arora

Recording... Preparing Yourself for Future Through EI - Webinar, Aryabhata College - PowerPoint Shwani Singh

File Home Insert Design Transitions Animations Slide Show Review View Help Tell me what you want to do

Clipboard Slides Font Paragraph Drawing Editing

How Does Improving EI Impact!

	How to Improve EI?	Impact
Self Awareness	<ul style="list-style-type: none"> Monitor emotions, Recognize emotional reactions, Correctly identify specific emotions Always think in terms of 'What can you do to change things for the better?' 	<ul style="list-style-type: none"> Aware of your own strengths and limitations Open to new information and experiences, and Learns from your interactions with others Good sense of humour, Confident
Self Regulation	<ul style="list-style-type: none"> Do not react quickly; Take a deep breath or change your focus, Try to change your story Wait for the right time, place, and avenue to express it 	<ul style="list-style-type: none"> Take responsibility for their own action Flexible and adaptive, good at managing conflict Careful on how you respond to others' negative emotions
Social Skills	<ul style="list-style-type: none"> Use the knowledge of others' feeling to modulate your interaction with them 	<ul style="list-style-type: none"> Good Communication - Listening and responding appropriately Leadership Abilities - Persuasive, Inspirational, Problem Solver, Good Negotiator, Collaborator, Cooperative, Good at building Rapport
Empathy	<ul style="list-style-type: none"> Self awareness is key to developing empathy. If you cannot understand yourself, you cannot understand others 	<ul style="list-style-type: none"> Take an active interest in other's concerns Able to anticipate other's needs and the appropriate reaction Understand how different people behave and predict situations more accurately
Internal Motivation	<ul style="list-style-type: none"> Set goals, See problems as learnings Stay with enthusiastic people Know strengths and weaknesses, Seek feedback 	<ul style="list-style-type: none"> Initiative and the commitment to complete a task Perseverance in the face of adversity

Slide 13 of 14 English (India) Accessibility: Investigate Notes Comments 16:26 04-06-2020