

# Exploring Leadership

## SOCIAL AWARENESS: EMOTIONAL INTELLIGENCE

Emotional Intelligence (sometimes called EQ as a counterpart to IQ), measures a different kind of intelligence. EQ is defined as someone's ability to recognize, understand and manage their own emotions, while also recognizing, understanding and influencing the emotions of others. Emotional intelligence, by its nature, requires an environment of respect and empathy to flourish.

### CONVERSATION STARTERS:

- Have you ever had a conversation with a parent where they knew something was wrong even though you didn't say anything? The answer has to do with Emotional Intelligence.

IQ (intelligence quotient) measures cognitive abilities like logic, reasoning, and problem solving, and we used to believe that a high IQ was the secret to success, but it is now clear that Emotional Intelligence has a far greater impact on your future opportunities and success than your IQ. No matter how smart you are, if you cannot understand and connect with other people, it is difficult to succeed.

### KEY OBJECTIVES:

- Define and Illustrate Emotional Intelligence and differentiate from IQ.
- Use Emotional Intelligence to make sense of an abstract silent scene.

### WHAT YOU'LL NEED:

- Computer/projector to show the Heider-Simmel Illusion found in the below YouTube link:  
<https://www.youtube.com/watch?v=8FIEZXMUM2I>

## EXPLORATION ACTIVITY:

You are going to watch a short video that has no people, no captions, and no sound, but if you tap into your Emotional Intelligence, you will still understand the story. Two minutes from now you will be telling the story to the rest of the class (or a partner or small group), so watch carefully.

### FACILITATION TIPS:

- The Heider-Simmel Illusion is available from multiple websites, and there is no "correct" interpretation. We generate a story from it because of Emotional Intelligence, interpreting what we see based on our understanding of our own emotions and experiences.
- Depending on group size, you may break into pairs or smaller teams.

- Show the video link shared above in the "What You'll Need" box.
- With your group or partner, answer these questions:
  - Tell the story of the movie in a few sentences.
  - What kind of a character is the big triangle?
  - What kind of a character is the little triangle?
  - What kind of a character is the circle?
- Show the video again after attempting to answer these questions.

## REFLECTION QUESTIONS:

Have some participants share what they learned about what Emotional Intelligence means.

- How was your interpretation of the video similar to other people's?
- How was your interpretation different from other people's?
- What emotions did you identify in each of the "characters"? How?
- How would you rate your own Emotional Intelligence?

## APPLICATION DISCUSSION:

- When in real life do you have to be aware of your own emotions in the moment? Why?
- When in real life do you have to be aware of others' emotions? Why?



## CONCLUSION:

The primary skills employers look for are products of Emotional Intelligence: the ability to be aware of our own and others' emotions in the moment and to use that information to manage our behavior and our relationships appropriately. Effective teamwork is a product of Emotional Intelligence.

Emotional Intelligence is more powerful than IQ when it comes to determining who is a leader, and a well developed Emotional Intelligence benefits psychological and physical wellness, performance and achievement, memory, optimism, and relationships. It pays to develop your Emotional Intelligence!

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## REFERENCES

- <https://www.youtube.com/watch?v=8FIEZXUM2I>
- <https://sites.google.com/view/botslikeyou/emotional-bots/heider-and-simmel>
- <https://isei.com/>