**Self Reflection Exercise**

**Emotional Intelligence**

**Purpose**

This reflection exercise is intended for you to give some thought to how you can apply the strategies outlined in the Emotional Intelligence module of the on-demand learning series to your work as a leader in chronic disease and health promotion. Reflect on the themes in the green boxes and the related ideas and keywords that branch out in all directions. Brainstorm additional themes and ideas that relate to your work and enter your thoughts in the open boxes.

Manage conflict

Teamwork

Needs of Others

Adapt

Take initiative

Manage emotions

Control feelings

Character

Desires

Motives

Feelings

Self Awareness

Relationship Management

Social Awareness

Emotional Intelligence

Self Management

Empathy

**Opportunity for Additional Technical Assistance**

### If you would like technical assistance from NACDD in thinking through this discussion guide and your experience with the Emotional Intelligance module in the on-demand learning series please complete the below form and email this document to [phlp@chronicdisease.org](mailto:phlp@chronicdisease.org).

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