

Welcome!

Soft Skills Training Sessions #1 – 2021:

Emotional Intelligence

What drives you during
changing times – Part 1

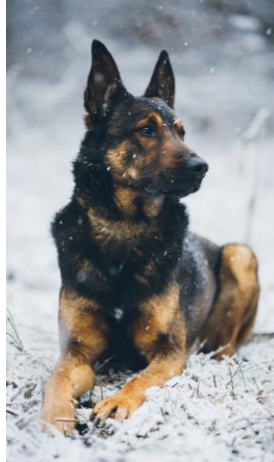
- Imran Khurshid



About the facilitator

- **Imran Khurshid** is a Learning Designer and Facilitator and has 6+ years of experience in designing and delivering **soft skills training**.
- He has been certified by the University of Cambridge, the UK on teaching and training. Imran has trained professionals at various organizations across industries in multiple countries.
- Most recently he has completed his post-graduate education on “Leadership for Sustainability” from Malmö University in Sweden.
- Imran is an active member of Project Management Institute's Sweden chapter and is part of the Young Professionals network.





Emotional Intelligence

What drives you during changing times - Part 1

Imran Khurshid

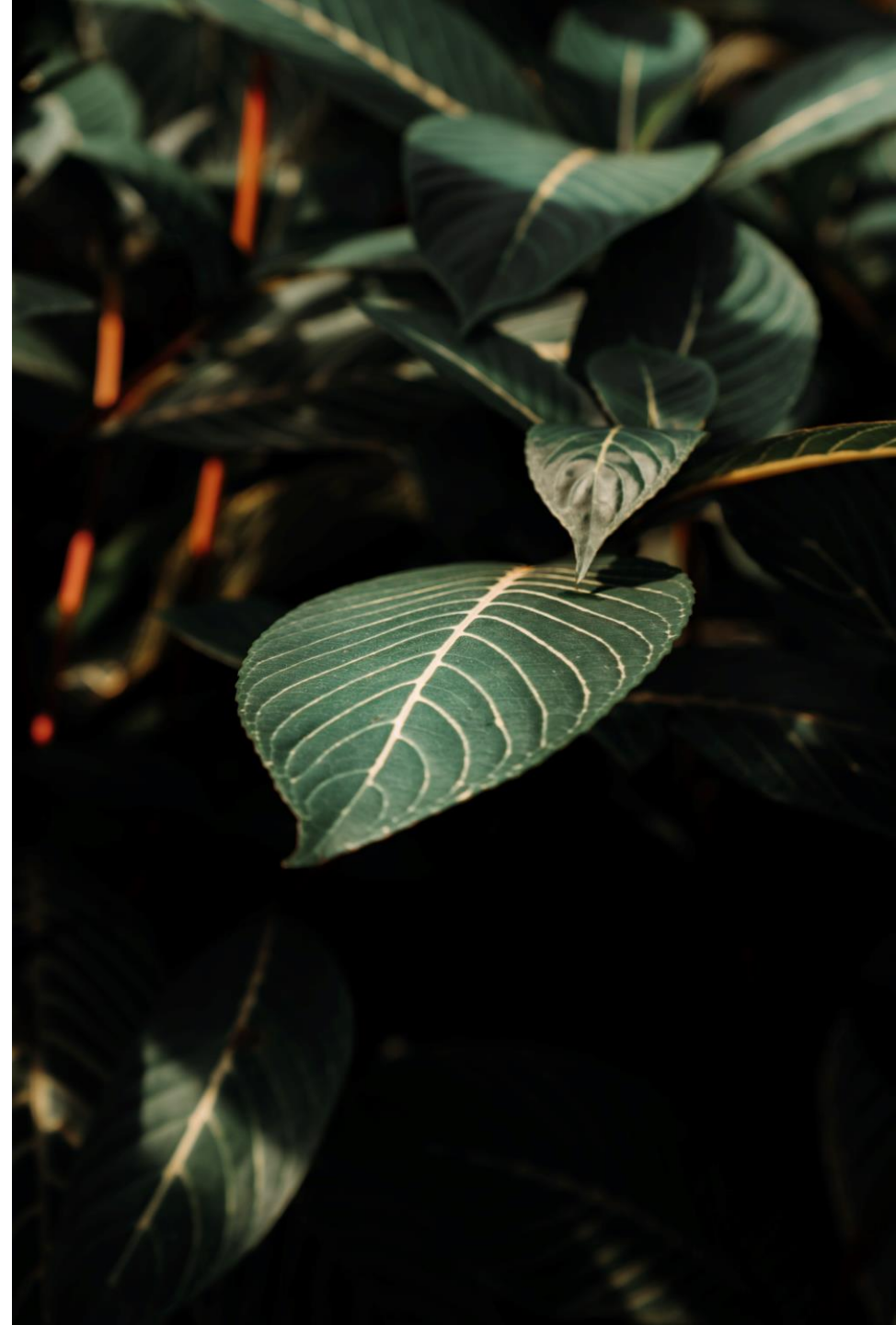
Certified Trainer, University of Cambridge, UK
Event Manager, PMI-Sweden Chapter

How familiar are we with the topic?



Let's take the poll!

Image credit: Eriks Abzinovs



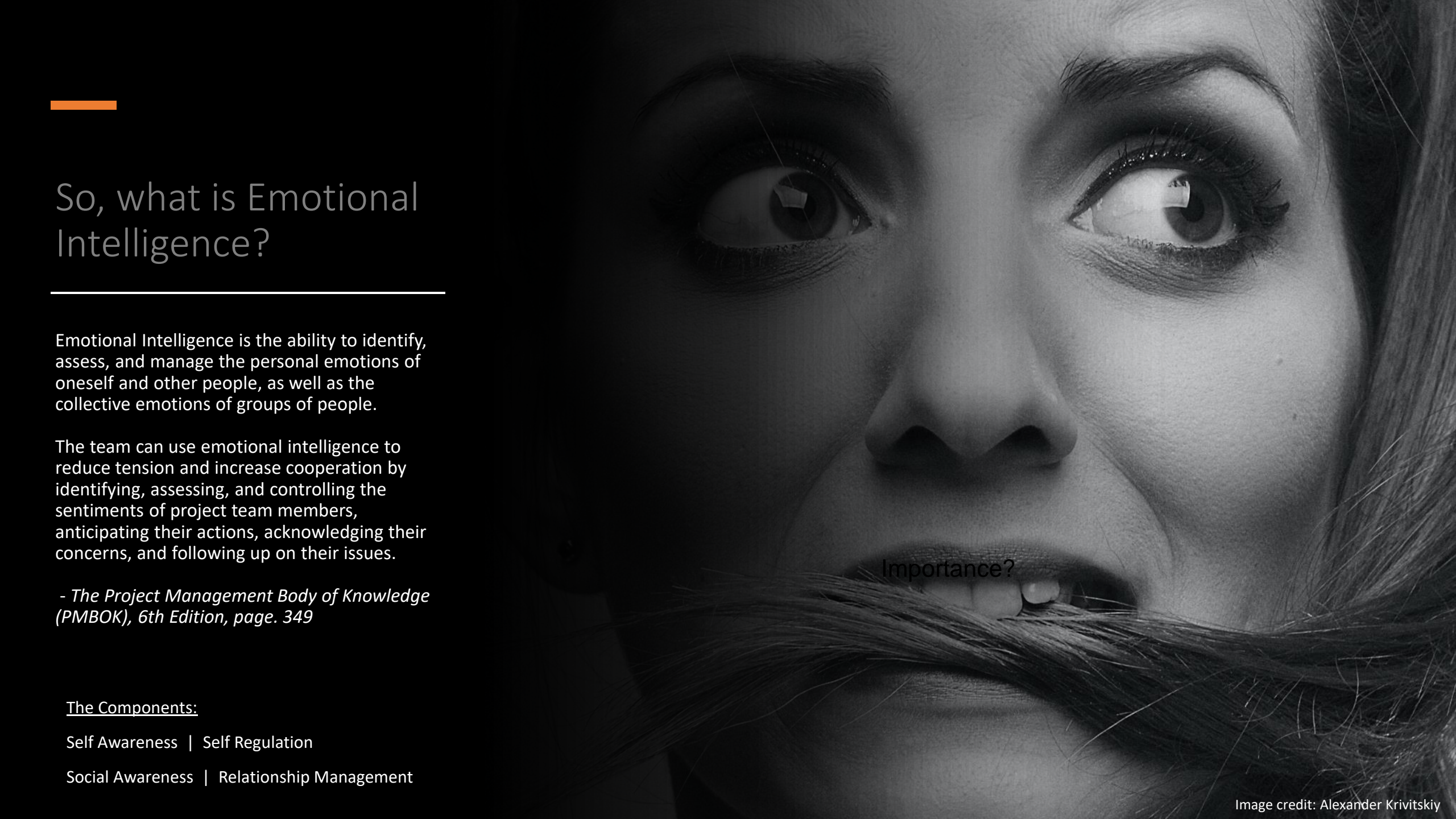
Let us explore our emotions when we are working on projects

Breakout Rooms

10 min

Please remember which breakout room you are participating in.

1. What emotions do you commonly go through while working on a project during these days?
2. How do you know you are experiencing these emotions? In other words, what signs tell you that you are experiencing these emotions?
3. What happens at a personal, the team, or stakeholder level because of these emotions?
4. What causes these emotions to occur?



So, what is Emotional Intelligence?

Emotional Intelligence is the ability to identify, assess, and manage the personal emotions of oneself and other people, as well as the collective emotions of groups of people.

The team can use emotional intelligence to reduce tension and increase cooperation by identifying, assessing, and controlling the sentiments of project team members, anticipating their actions, acknowledging their concerns, and following up on their issues.

- *The Project Management Body of Knowledge (PMBOK), 6th Edition, page. 349*

The Components:

Self Awareness | Self Regulation

Social Awareness | Relationship Management

Importance?



Image credit: Marcos Paulo

Importance of Emotional Intelligence

The 6th Edition of the PMBOK (page. 310) states the following about the importance of EI:

The Project Manager should invest in personal EI by improving inbound (.e.g., self-management and self-awareness) and outbound (e.g., relationship management) competencies.

Research suggests that project teams that succeed in developing team EI or become an emotionally competent group are more effective.

Additionally, there is reduction in staff turnover.

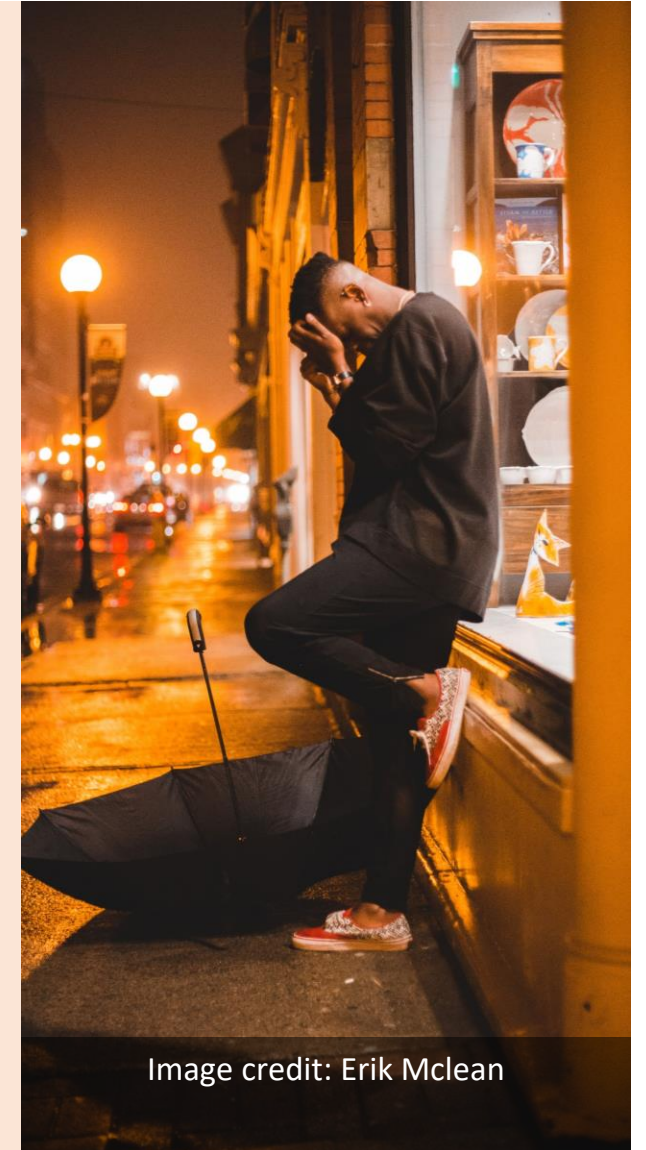


Image credit: Erik Mclean

Self Awareness

It's your ability to recognize your emotions, their signs and their effects on your performance.

Importance:

- You know the causes of your feelings and emotions.
- You know the effects of your emotions and how it affects team members.
- You have better relationship with yourself.
- You are more confident.

Tangible Outcome: Meeting the targets of Quality, Time and Cost of your project.



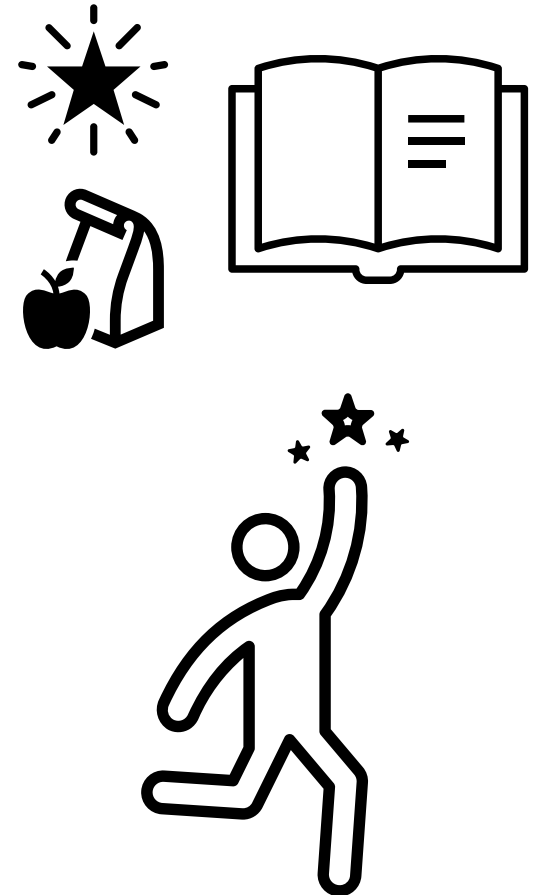
What triggers our Emotions?

When your brain perceives that someone has taken or plans to take one of the important things that you value in your lives away from you, then your emotions are triggered.



Our Values

Acceptance	Respect	Be Liked
Be Understood	Be Needed	Be Valued
Be in Control	Be Right	Be Treated Fairly
Attention	Comfort	Freedom
Peacefulness	Balance	Consistency
Order	Variety	Love
Safety	Predictability	Included
Fun	New Challenges	Autonomy



How can we increase Self-Awareness?

- Slow down
- Reflect
- Meditate
- Take psychometric tests
- Ask trusted friends
- Get regular feedback at work



Have you used
Google
Jamboard?

Let's checkout the following link:

<https://jamboard.google.com/d/1T4hzOb2Vhx-fgtyBCMB1oTMqfaY9a10OWE9SDL3vCe0/viewer?f=0>

Activity

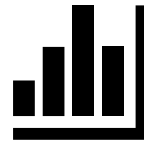
1. What emotions do you go through during changing times?
2. What stimulates the positive emotions?
3. What stimulates the unwanted emotions?
4. What are the signs?

Go to the link of the Jamboard. Join the breakout room.

Please make sure the number on the board (frame) matches with the number on the breakout room.



Self-Assessment



Thank You!

For questions, please reach out at imran.khurshid@pmi-se.org.

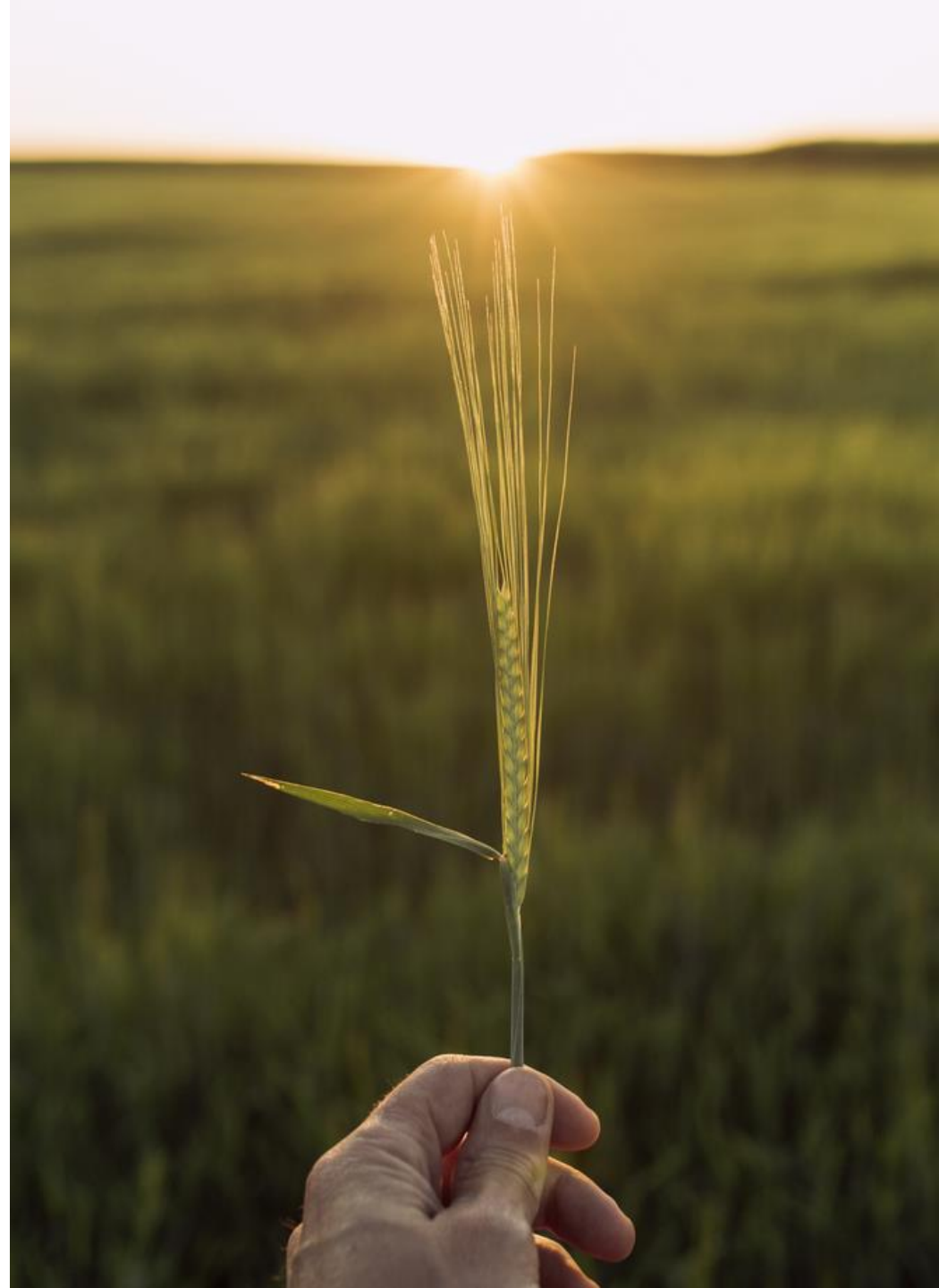
Feel free to connect on LinkedIn:

<https://www.linkedin.com/in/imrannkhurshid/>



Thank you for participating!

- The recording will be shared on our website
- **Part 2** of the **Emotional Intelligence** webinar series find place the 5th of May, 18:00 – 19:00
- Visit our homepage (pmi-no.org) for more events



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“ Empowering people to make ideas a reality.