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# EMOTIONAL INTELLIGENCE (EQ)

## WEEK 1

**TAYLORE MOUNTAIN**  
Taylored Living  
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# ●●● Agenda

## 5.15.24

What is Emotional Intelligence (EQ)?

- Self-Awareness
- Self-Regulation
- Empathy for self and others

Intersectionality

Emotional Expression

- Breaking Stereotypes
  - Black and Brown Communities
  - Lesbian/Queer Community



# Emotional Intelligence

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# COMPONENTS OF EMOTIONAL INTELLIGENCE

## SELF-AWARENESS

The ability to recognize and understand one's own emotions, including strengths, weaknesses, values, and goals.

Involves being mindful of how emotions influence thoughts and behaviors.



# COMPONENTS OF EMOTIONAL INTELLIGENCE

## EMPATHY

The skill of understanding and resonating with the emotions and perspectives of others.

Involves listening attentively, showing compassion, and considering others' feelings in decision-making.



# COMPONENTS OF EMOTIONAL INTELLIGENCE

## SOCIAL SKILLS

The ability to build and maintain healthy relationships, communicate effectively, resolve conflicts, and collaborate with others.

It includes skills such as active listening, assertiveness, and emotional expression.



# Emotional Intelligence Intersectionality

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# ... Intersectionality and EQ

## IDENTITY

- Queer women of color may navigate intersecting identities that influence their emotional experiences, including racism, homophobia, and misogyny.
- These experiences can shape self-awareness, emotional responses, and social interactions.



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# Intersectionality and EQ

## CULTURE

- Cultural norms and values impact emotional expression and communication styles.
- Queer women of color may draw from diverse cultural backgrounds, influencing how they perceive and manage emotions within their communities and broader society.



# ... Intersectionality and EQ

## SOCIETAL CONTEXT

- Systemic inequalities and discrimination can affect access to resources, opportunities, and support networks, impacting emotional well-being.
- Understanding these broader societal factors is crucial for developing empathy and advocating for social justice.



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**THANKS!**

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