



# Emotional Intelligence

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TERI AULPH • THE PERSIMMON GROUP





# Self Awareness







# Social Awareness





**Being In Control**

**Attention**

**Peacefulness**

**Order**

**Being Right**

**Fun**

**Respect**

**New Challenges**

**Being Valued**

**Freedom**

**Consistency**

**Inclusion**

**Being Treated Fairly**

**What are your emotional triggers?**

# Inner Dummy



**THROUGH WORDS**

**7%**

**THROUGH VOICE  
TONE, MODULATION,  
PAUSES**

**38%**

**55%**

**THROUGH BODY  
MOVEMENTS,  
FACE, ARMS**



for what is the best  
to be best in any  
point of view.

# Empathy

understanding and  
feelings, thought  
another. exper





Q B N  
T M R S  
X A J T O C  
G E T U A T O C  
S J U K E S D X O S N  
W L A P X K L S N  
Q B A S K T B » J L ? N  
E M I R S J S  
T A H Q N S O  
Z M S O





**“When awareness is brought  
to an emotion, power is  
brought to your life.”**

**–Tara Meyer Robson**



Q

&

A





Thank You!

- Teri



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