

Chapter One Skills Section

In this section, activities are presented that introduce EQ knowledge and competencies.

ACTIVITY 1.1 EQ REFLECTION

This handout serves as a reflection tool. Each question addresses one of the key components of the Emotional Competence Framework and is directly related to the competencies in the Emotional Competency Inventory. These questions can be used to spark a daily journal entry or as a “gathering” at the beginning of a class or staff meeting.

ACTIVITY 1.2 EQ COMPETENCIES FOR SCHOOL LEADERS

The purpose of this activity is to help learners increase their awareness of what the competencies might look like in the actions and words of an EQ leader. Learners will write one observable behavior and one statement of a leader who demonstrates strength in each of the competencies. To help learners focus on the competencies, they may refer to Appendix B from *Primal Leadership* (in the Readings Section of this book) or their ECIU competency assessment results. If done in groups, divide up the competencies and have individuals share their responses with the entire group when finished. Note the example provided in the emotional self-awareness competency.

ACTIVITY 1.3 THE EQ ROLE-PLAY: SELF-AWARENESS

This activity introduces the role play strategy as a tool for developing emotional competencies. This first role play is used to increase self-awareness. Read the rules for conducting the role-play before facilitating the role-play.

ACTIVITY 1.4 PROBLEM-BASED LEARNING ACTIVITY

Problem-based learning (PBL) has increasingly become a desired mode of professional development for aspiring school leaders. It can also assist current school leaders as they grapple with the reality of their own problems and dilemmas in their schools. PBL allows learners to bring prior knowledge together with new knowledge as they analyze and take steps to solve problems. Participants develop problem solving ability while implementing the strategies they propose. They learn and reflect upon their leadership skills and emotional competencies as they work in teams. To learn more about PBL we recommend that you read *Implementing Problem-Based Learning in Leadership Development*.¹

¹Edwin M. Bridges and Philip Hallinger. *Implementing Problem-Based Learning in Leadership Development*. (Oregon: ERIC Clearinghouse on Educational Management, 1995)

