

Emotional Character

G Singh (Nov 2019)



Emotional character

- ❖ What do you want from this session?
- ❖ What do you think this session will be like?

Confirmation bias

- ❖ What do you want from this session?
- ❖ What do you think this session will be like?

Whatever happens over the next hour will probably confirm what you already thought!

Confirmation bias

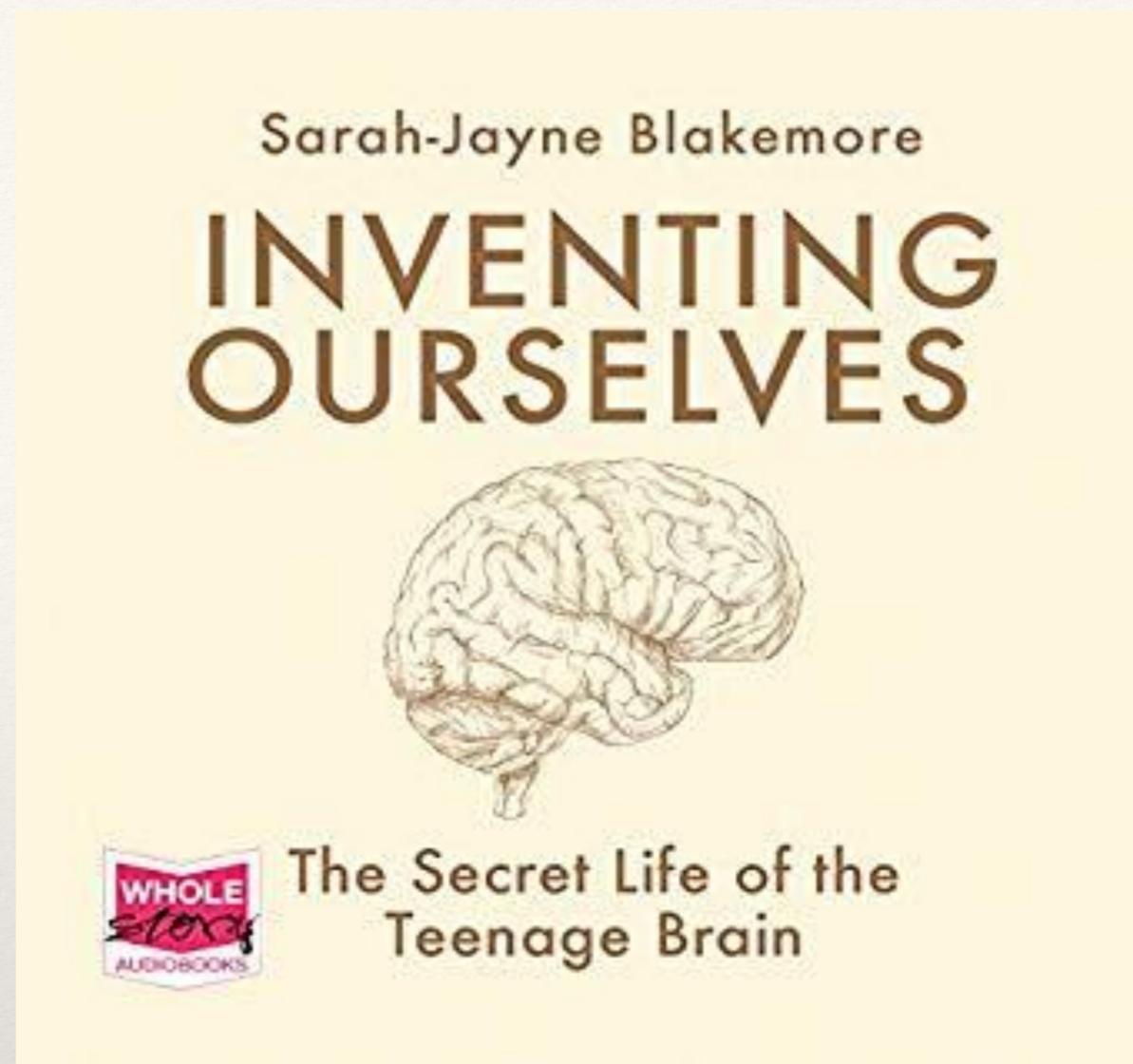
Confirmation bias is the tendency to search for, interpret, favour and recall information in a way that affirms one's prior beliefs or hypotheses.

Learning Part V

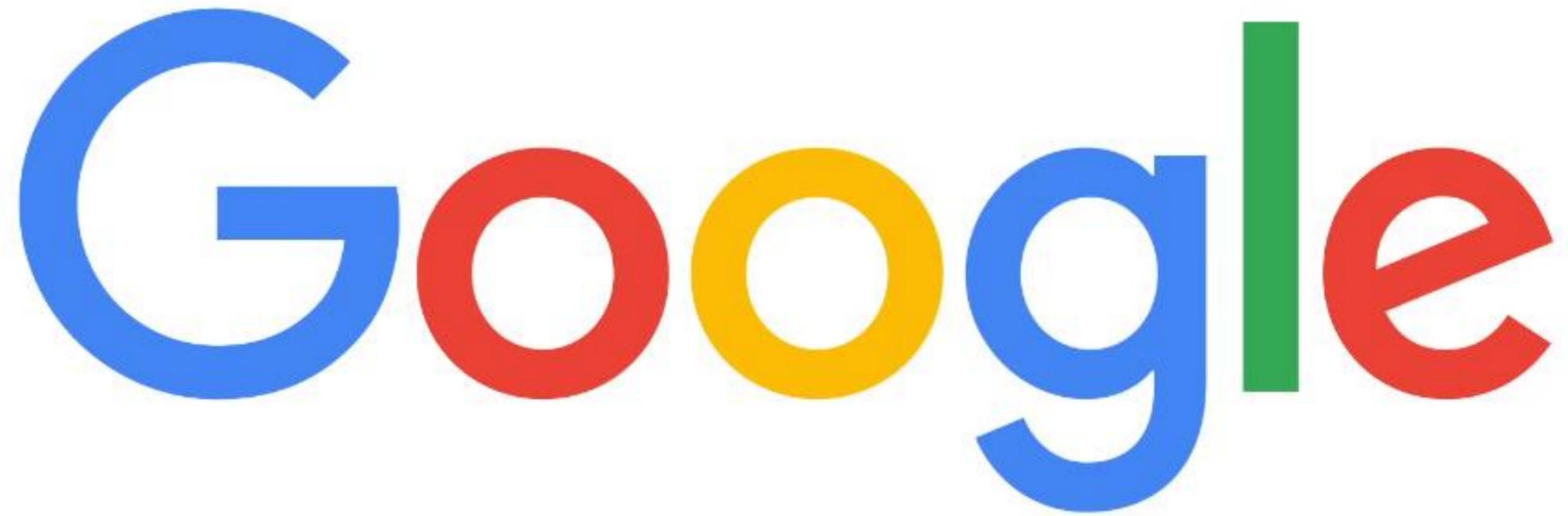
IKEA JOB INTERVIEW



PART I: Qualifications open the door; character gets you the job.



PART II: the brain is undergoing a huge change in adolescence that has a knock-on effect on the decisions you make

The image shows the Google logo in its standard multi-colored font. The letters are: 'G' (blue), 'o' (red), 'o' (yellow), 'g' (blue), 'l' (green), and 'e' (red).

Google

PART III: too good to be true?



PART IV: Who am I?



PART V: Emotional Intelligence



“Challenges are what make life interesting and overcoming them is what makes life meaningful.”

 @JisMotivations

...but often we don't have a choice

Why are we facing such an increase in mental health issues when our lives are as comfortable as they ever have been?

Challenging yourself or being challenged by others?

Pressure from others or the pressure we put on ourselves?



How easily can you be manipulated

to...

react, think, say, act, feel, accept, reject,

stress, worry...

by who?

Why do so many students struggle with the move to A-Level study?

The masks we wear



The masks we wear

How are you doing?

Do you understand?

Are you keeping up with homework?

How was school today?

Are you happy?

Why do we do this?



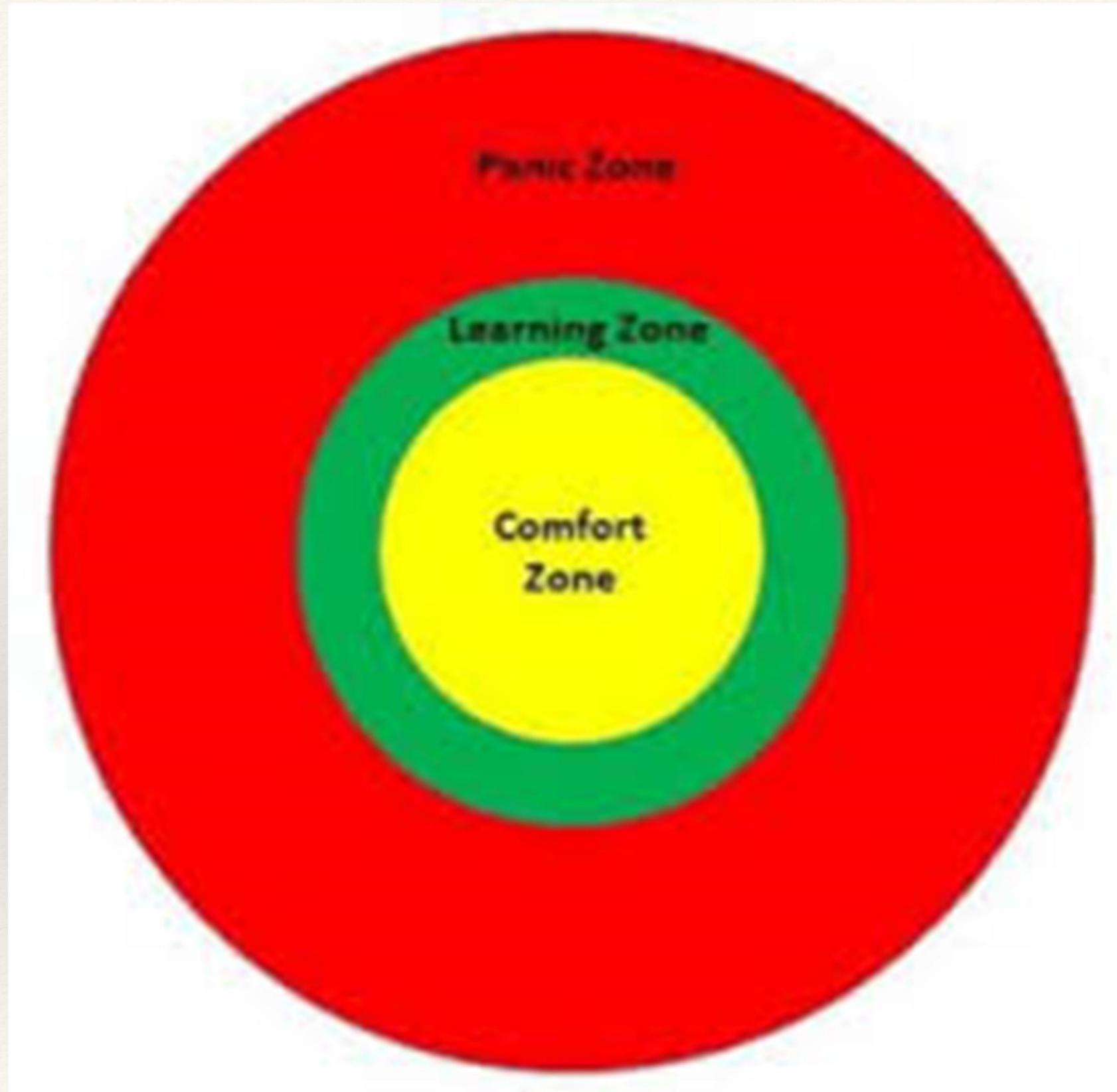
The masks we wear – how it can come across to others

Dishonesty

Laziness

Immaturity

Rudeness





Why do we get stressed?

- Sense of control
- Threat to the ego
- Unpredictability
- Novelty

Why do we get stressed?

Sense of control

When you feel you have little or no control over a situation

Why do we get stressed?

Threat to the ego

When your competence is threatened or questioned

Why do we get stressed?

Unpredictability

When the situation is an unknown or you don't know how something is going to go

Why do we get stressed?

Novelty

When something is new and you have not experienced it before

Why do we get stressed? my story...

- Sense of control
- Threat to the ego
- Unpredictability
- Novelty

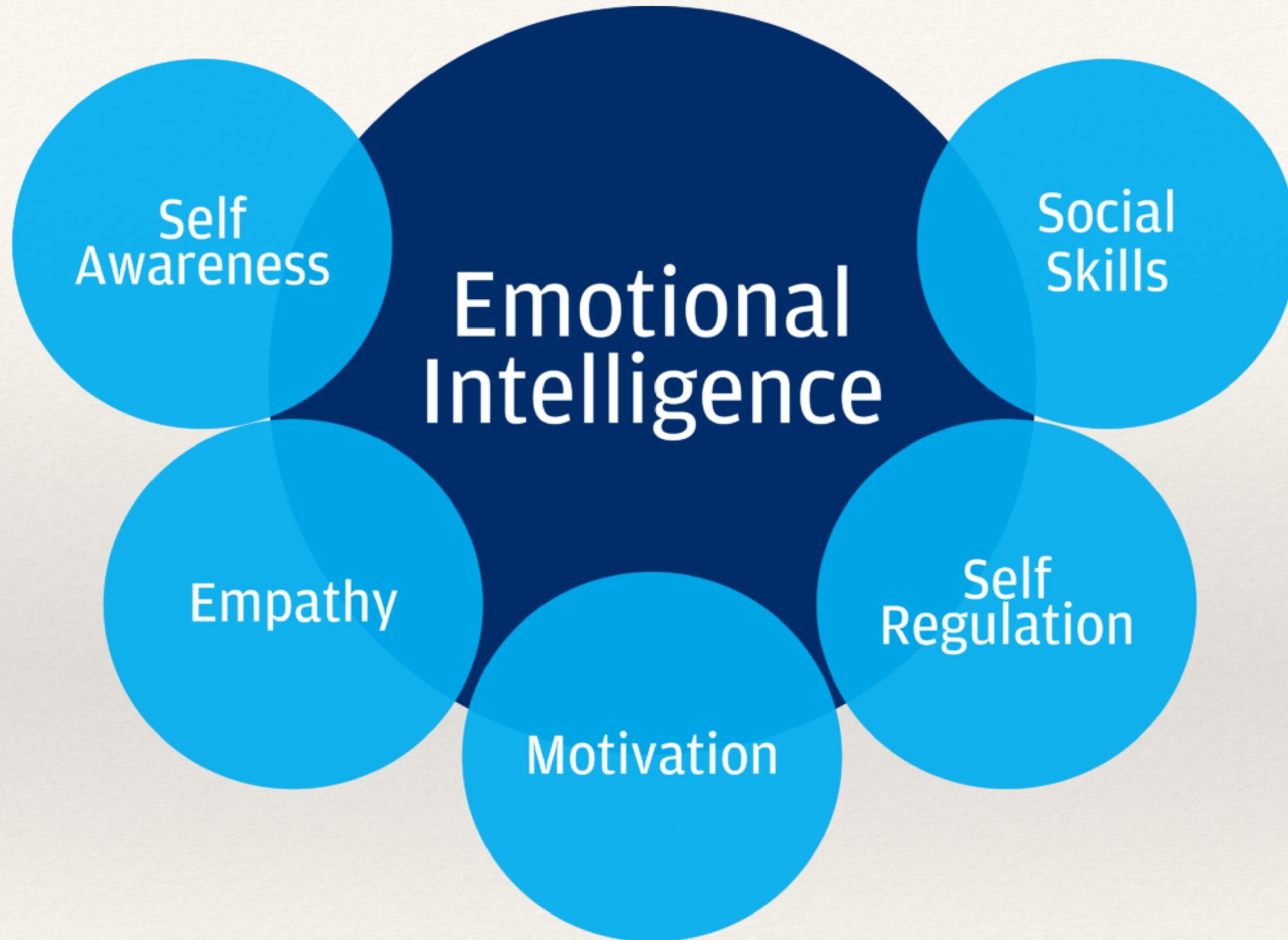
Some good clear points but nothing wrong with questioning this



Emotional Intelligence

The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

The key to both personal and professional success



Key habits to develop emotional character

- **Self awareness and reflection** – understand what triggers your stress and use this to manage it better
- **Self esteem** – get in control after failure/challenges
- **Empathy** – develop better understanding of those around you and treat others with no bias

Questions?