

EQ and Personal Growth

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童年

Songs



Instructor

1. IP Kam Hee, Ivan 葉錦熙 (BSW, MA, RSW)
2. Former Social Worker & now Lecturer / Freelance Trainer
3. PT Lecturer of CityU since 1996
4. Also PTL in PolyU & BaptU

3

Schedule of Lesson One

1. Warm up games: "Crow & Tortoise"
2. Small group sharing & introduction
 - names, departments, frequent hobbies
 - Colour your emotion
 - Merit building
 - Course expectation, name one
 - Starting time for each lessons
3. EQ Framework

4

Teaching schedule: 13 lessons

1. Lesson 1 & 2, lectures by tutor
2. Lesson 3 – 12, presentations by students
3. Lesson 13, round up & sharing (mini-presentation) by the whole class

5

Assessment (1)

1. Participation 25%
 - 3 sessions absent fail
 - sign you names, not ✓
 - readiness to disclose
 - effort made

6

Assessment (2)

2. Facilitation 25%

- 10 small groups, three students each
- 1.5 hour facilitation (presentation) with games, exercises, psy. tests, group discussion and sharing, briefing and debriefing, conclusion.
- concise handouts
- structure: Present + Q & A + Conclusion

7

Assessment (3)

3. Round up 25%

- Case presentation
- Ways to enhance and impede personal growth
- 5 minutes: case presentation
- 5 minutes: Q & A
- 5 minutes: recommend solutions
- concise handouts required

8

Assessment (3)

4. Written reflection 25%

- inspiration, implication, positive changes in your personal growth
- knowledge (facts, theories & definitions) $\leq 30\%$
- analysis and reflects $\geq 70\%$
- due by the start of the last lesson

9

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10

誤解與真相

1. IQ只佔成功的10% - 20%, 而EQ則佔80 - 90%
 - 誤解
 - 真相
2. EQ 比IQ更重要
 - 誤解
 - 真相
3. EQ可以預測成就, 所以透過一些EQ測驗, 便可估計出未來的成就
 - 誤解
 - 真相
4. EQ是可以培育的, 所以應將子女送到情緒智能學校, 接受情緒智能教育
 - 誤解
 - 真相

11

情緒是……

我們對外在或內在環境的轉變而產生的反應

這反應包括：

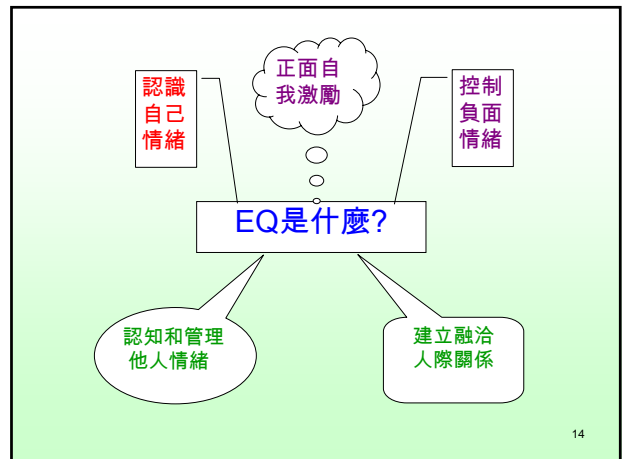
1. 主觀感受 (鬨怒、悲傷、快樂)
2. 生理反應 (心跳、頭痛、出汗)
3. 行動反應 (退縮、攻擊、逃走)

12

EQ 是...

1. 認知及管理自己的情緒
2. 認知及管理別人的情緒

13



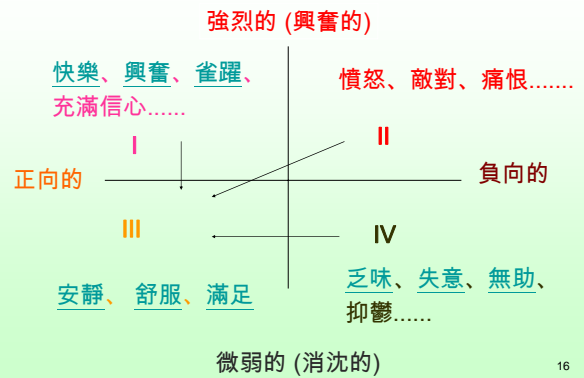
14

認識自己情緒

1. 情緒詞語 (情緒識字率)
2. 情緒 → 思想、情緒、行為、表現
3. 事件 → 情緒 (情緒的由來)
4. 個人內省能力↑

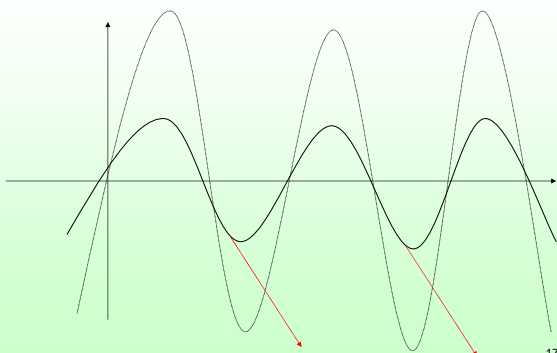
15

情緒反應的類別



16

情緒週期



17

正面自我激勵

1. 高期望 → 高堅持 / 支持 → 高成就
2. 追求快樂 vs 擁抱挑戰
3. 愉快學習 vs 磨練學習
4. 知識 vs 創意
5. 智能 vs 努力

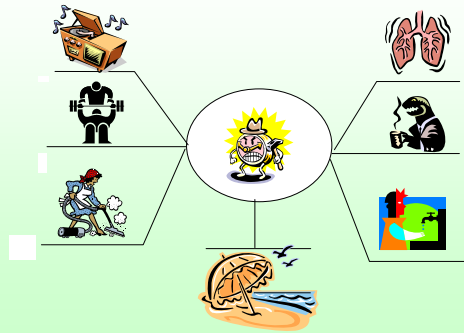
18

調節負面情緒

1. 壓力
2. 焦慮
3. 緊張
4. 憤怒
5. 挫敗
6. 無價值
7. 停 → 靜 → 想

19

身心鬆弛 (即時紓緩法)



20

身心鬆弛 (長期紓緩法)



21

身心鬆弛八大法

1. 呼吸鬆弛法
2. 音樂鬆弛法
3. 肌肉鬆弛法
4. 遊戲鬆弛法
5. 自律鬆弛法 (內察)
6. 意像鬆弛法 (外察)
7. 自我催眠法
(內察 + 外察 + 精神
標語植入 + 提示離開)
8. 冥想



22

EQ四步曲

1. 認識情緒
2. 表達情緒
3. 調節情緒
4. 尋找解決問題之道

23

天氣報告



1分



10分

1. 圖畫
2. 分數 (1-10分)
3. 情緒詞語 (如微笑、疲倦、憤怒、平靜...)
4. ??? 原因 / 事件

24

認知及管理他人情緒

1. 情緒敏悅
2. 同理心

25

建立和諧人際關係

- | | |
|-------------------------|-------------------------------|
| 1. Social Exchange | 1. Communication skills |
| 2. Equity & Emotion | 2. Assertiveness skills |
| 3. Cognitive Dissonance | 3. Relating Skills |
| | 4. Leadership skills |
| | 5. Conflict Management skills |

26

The End

27