



Emotional Intelligence in Peer Mentoring



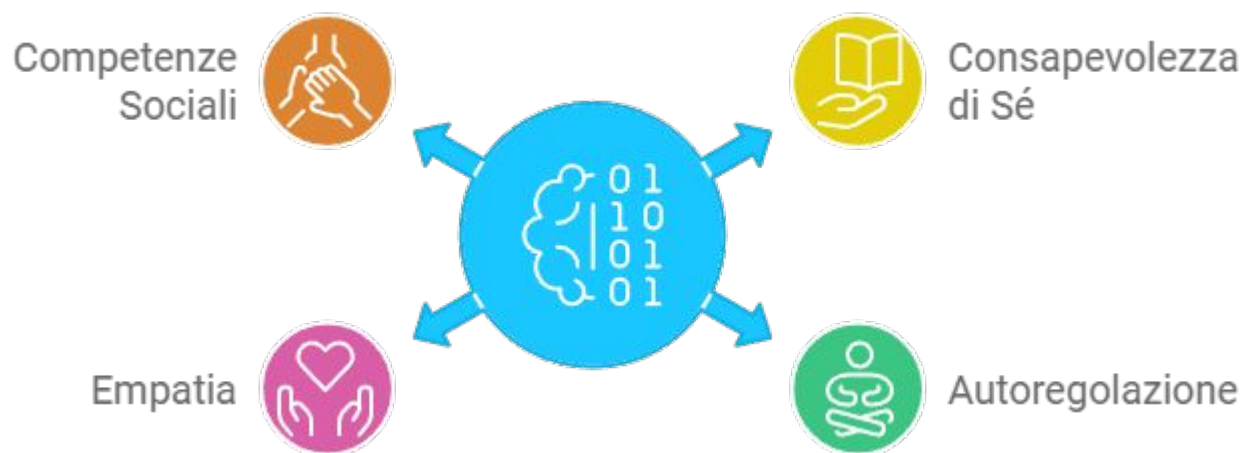
Empathy



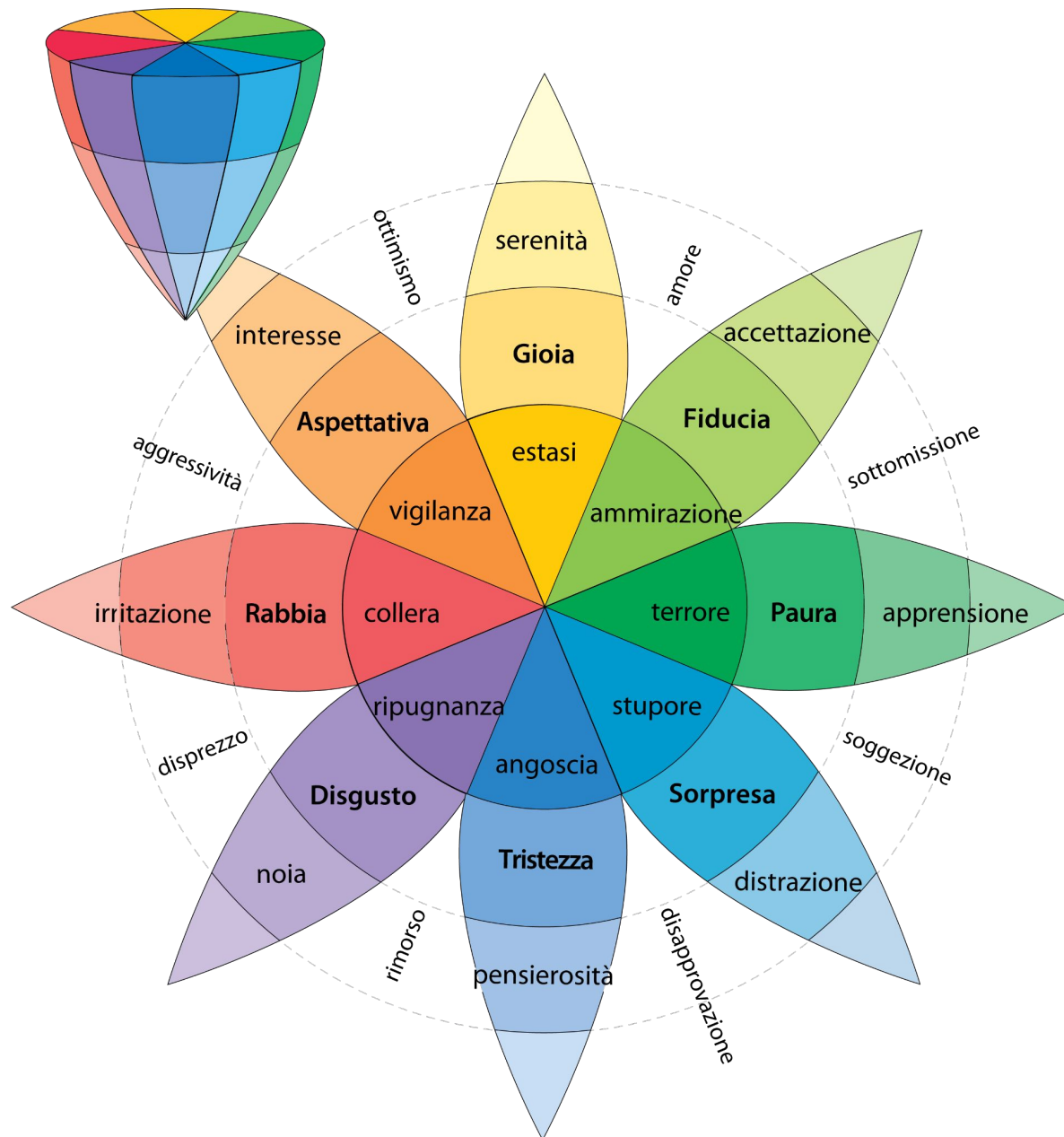
Creativity

What is emotional intelligence?

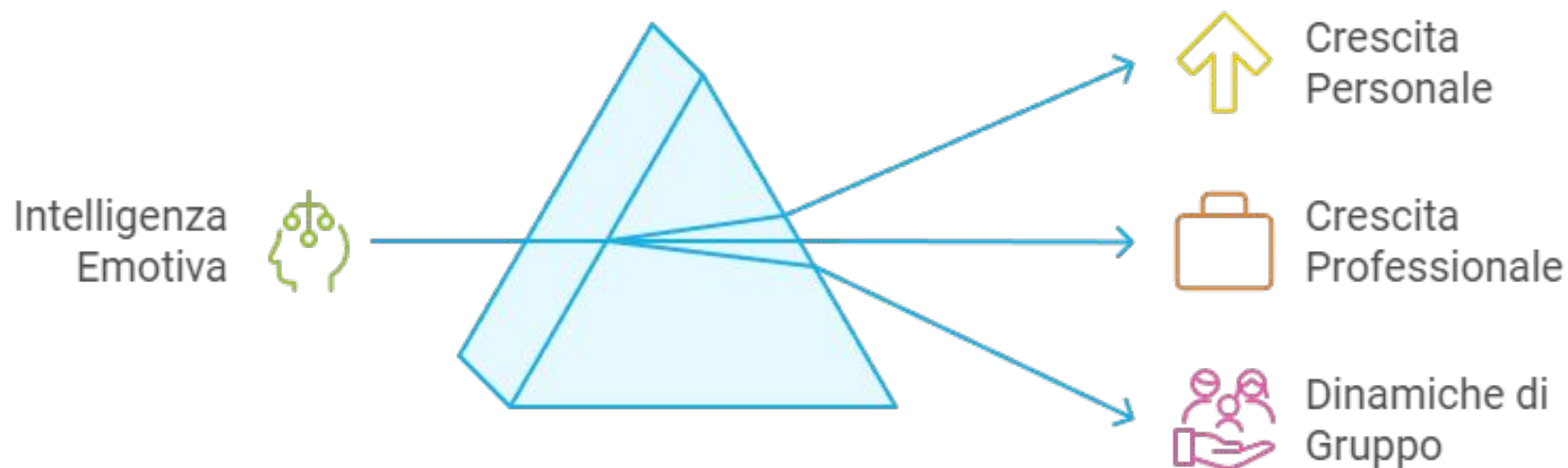
- Emotional intelligence, or EQ, is the ability to recognise, understand and manage one's own emotions, as well as to recognise and influence the emotions of others.
- It is a key competence to improve communication, build stronger relationships and face challenges effectively.



The wheel of emotions (Robert Plutchik)

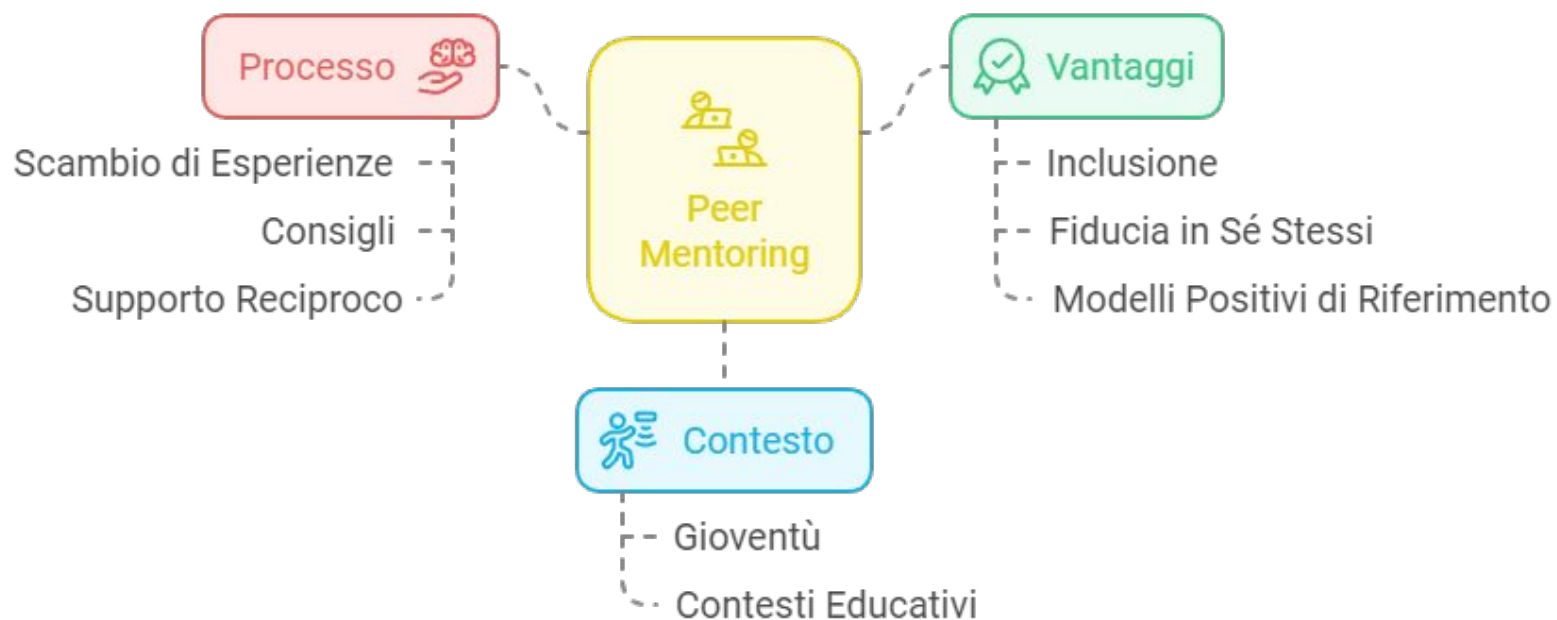


What is emotional intelligence for?



What is Peer Mentoring?

- A process in which people learn from others through the exchange of experiences, advice and mutual support.
- A more informal and confidential learning environment than traditional teaching methods.
- Sharing common experiences facilitates communication and a sense of mutual understanding.





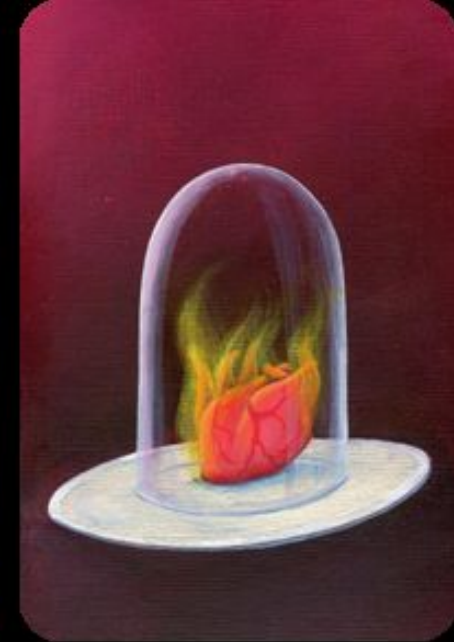
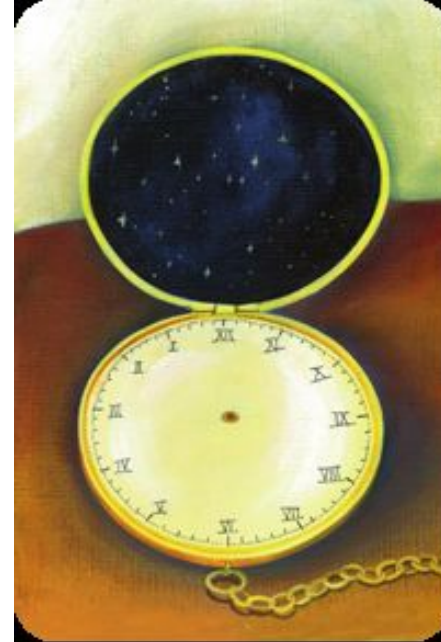
Let's talk about EMPATHY

Empathy means putting oneself in the shoes of others, understanding their emotions and reacting appropriately, feeling an emotional connection that fosters mutual support and understanding.



Activity 1: DIXIT

- a) How do I feel right now, at this moment?
- b) Who would I like to be? (dreams, aspirations)
- (c) What am I afraid of?



What is a Conflict?

- A conflict is a divergence of opinions, interests or needs between two or more persons.
- It can result from misunderstandings, differences in personality or competence, and lack of communication.

Types of Conflicts:

- Interpersonal: Between two or more individuals.
- Intrapersonal: Within an individual, such as the conflict between personal desires and values.
- Collective: They involve groups or teams and can influence the whole group.



Activity 2: Role-Play





Let's talk about Creativity

- Creativity can be defined as the ability to find new and unexpected solutions to existing problems. It is the ability to see things from a different perspective, identify hidden connections and transform abstract ideas into concrete solutions.
- A positive emotional environment fosters creativity, stimulating curiosity and the desire to explore new possibilities.
- Emotions such as curiosity, passion or even frustration can become engines of original ideas, turning into fuel for creativity.
- Rigid thinking or fear of failure can block creativity.





Activity 3: Crazy 8

8 Minutes- 8 Objects- 8 Uses





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