

# Transitions: High School and Beyond

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Today we will discuss:

- **Emotional Intelligence**
  - **Communication**
  - **Empty Nesting**
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# Emotional Intelligence

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Name and regulate those feels



# What is Emotional Intelligence?

- Emotional intelligence refers to how well a person can identify, control, and evaluate emotions, both in themselves and in others.
- Some researchers think these skills are genetic, but most believe they can be learned or at least strengthened. Virtually all agree it takes both a high emotional quotient (EQ) as well as a high IQ to be successful in life.

# Four Components of EQ

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Management

# Self-Awareness

- Self-awareness refers to how well a person understands their own emotions. Self-awareness is the cornerstone of EI, and the other three components all depend on how well a person masters self-awareness. This trait involves being cognizant of how your emotions affect others.

# Self-Management

- Self-management builds on self-awareness. Good self-management means that, since you are aware of your emotions, you can control and manage them and the behaviors that result. One good example of this is stepping back and taking a deep breath when something angers you rather than immediately lashing out verbally or physically.



Emotion  
Mind

Wise  
Mind

Rational  
Mind

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# Social Awareness

- The key component in social awareness is empathy. Someone with good social awareness is able to relate to what others are feeling and act accordingly. This differs from putting yourself in someone else's shoes.
- Social awareness is about what the other person is feeling, not what you would feel in their place. People with strong social awareness skills tend to be kind and well-respected.



**Empathy is simply listening,  
holding space, withholding  
judgment, emotionally  
connecting, and  
communicating that  
incredibly healing message  
of you're not alone.**

—Brene Brown



# Relationship Management

- Relationship management, also referred to as social skills, is often what differentiates a good manager from a mediocre one.
- These skills include influence, conflict management, teamwork, and the ability to inspire others.
- They are not only beneficial for creating strong working relationships, but they can help with every relationship in a person's life, including family dynamics, romantic relationships, and project teams at school.

# Benefits of a Healthy EQ

- The ability to meet and adjust to deadlines
- Accepting criticism and learning from it.
- Getting along in the workplace
- Being open to change in the workplace

# Cultivating a Healthy EQ

- Practice self-awareness: mindfulness, feedback, journaling, etc.
- Empathize with others: practice experiencing what others might be feeling
- Stay positive: affirmations, gratitude, etc.
- Listen to Feedback: take it in, filter it, consider it, grow from it
- Understand your motivations: what do I want from this interaction/situation
- Keep negative emotions in check: rarely react in anger/frustration but rather wait until they can express things constructively.
- Network: the more people you talk to, the more opportunity to practice these things!

# Communication



Clear is Kind; Unclear is Unkind

~Brene Brown



# Assertive Communication

- Often confused with aggressive communication because it involves stating needs/wants/opinions
- Express needs clearly and respectfully
- Treat others with respect
- Considers the needs of others
- Often involves compromise
- Strengthens relationships
- Builds self-esteem

# Active Listening

- Focus on intent and purpose of conversation
- Pay attention to body language
- Give encouraging verbal cues
- Clarify and paraphrase information

*If I'm understanding you correctly....*

*What I hear you saying is...*



It's really happening!



Remember: This is what you've worked for the last 18 years!



# Empty Nest Syndrome: What Is It?

- Empty nest syndrome is the sadness or emotional turmoil that parents grapple within the wake of their children growing up and moving out of their family home.
- 'Nest' refers to the popular saying that children 'spread their wings' when they grow up and move on.

# What Can It Look Like?

- Loneliness
- Emotional Distress
- Loss of Purpose
- Fear of Lack of Control
- Worry and anxiety
- Depression

## 3 Stages of Empty Nest

- Grief

*My baby's gone!!*

- Relief

*I have a little of my life back.*

- Joy

*I HAVE A LIFE AGAIN!!!*

# What Can You Do?

- Make connections: new friends, old friends, hobbies, groups, etc.
- Talk to a professional: counselor, social worker, clergy
- Set some goals for the future. What have you put off?
- Find a new hobby or even a new career.
- Reconnect with your partner.
- Practice self-care
- Focus on the positives
- Keep in touch with your children.



Thank you

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