As you go through and listen to me speak throughout the slideshow complete the following work:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

**Case Study – Jamie**

How could Jamie respond?

|  |
| --- |
|  |

Which responses show high emotional intelligence?

|  |
| --- |
|  |

Which responses show low emotional intelligence?

|  |
| --- |
|  |

Which competency area(s) relate to each response?

|  |
| --- |
|  |

 **Application to Peer Mentoring**

How is emotional intelligence relevant and applicable to your role as a Peer Mentor?

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| --- |
|  |

Choose three of the EI components that you think will be the most valuable and/or effective in your role as a Peer Mentor.

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| --- |
|  |

What is one strategy you will practice to further enhance your strongest EI domain?

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| --- |
|  |

What is one strategy you will practice to develop a weaker EI domain?

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| --- |
|  |



Emotional intelligence Activities

Watch this talk by Brené Brown: “The Power of Vulnerability – Brené Brown” on The RSA’s YouTube channel (<https://www.youtube.com/watch?v=sXSjc-pbXk4>, 21:47 minutes long). Note: There are several YouTube clips with similar names; please use this URL and watch this talk for the purpose of this exercise.

Respond to the following questions:

1. What is one new idea that you are taking away from this video?
2. What did you learn about empathy?
3. Brené Brown says that empathic responses never begin with: \_\_\_\_\_\_\_\_\_. What phrase does she use? Have you experienced someone responding to you in this way? How did it make you feel?
4. Brené Brown says, “Rarely does a response make something better. What makes something better is connection.” How could you apply this philosophy to your role as a peer mentor and to your interactions with a Mentee?

**Complete the 16 Personalities Test**

(available here: <https://www.16personalities.com/free-personality-test>)

This test is based on The Big Five Personality Traits, and inspired by the Myers-Briggs Type Indicator and Jung’s Theory of Psychological Traits.

**What were the results of your personality test?**

**Did the results fit with who you are? Give an example or piece of evidence from your life to explain if the result “fit” you, or not.**