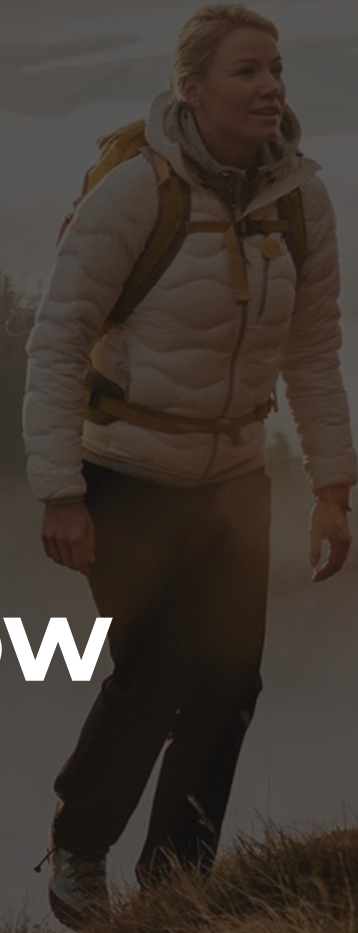


Hintsa

Navigating crisis

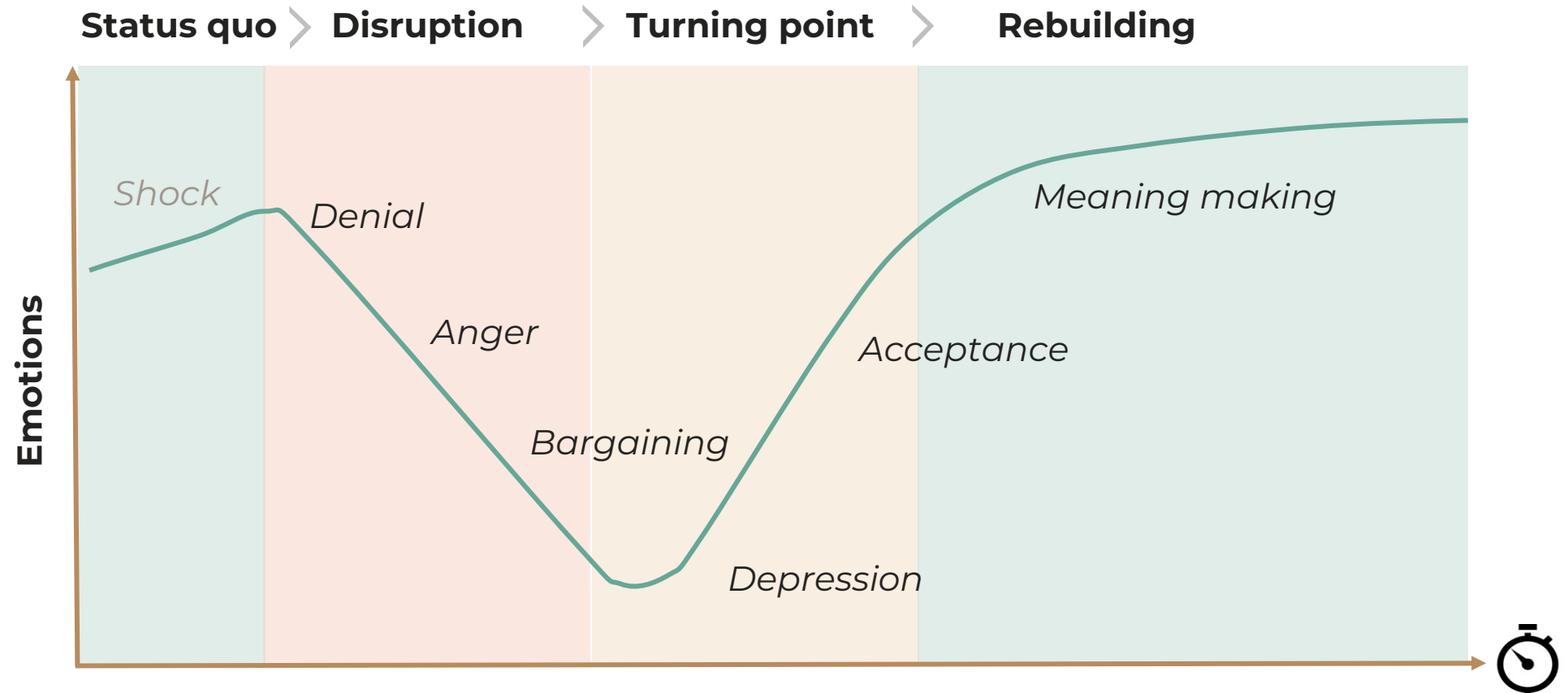
What happens to us and how should we respond?

May 2021



6 stages of grief and loss

Any stage, any time



Emotional Intelligence

4 domains, 12 competencies

Self-awareness

1 Emotional self-awareness

Self-management

2 Emotional self control

3 Adaptability

4 Achievement orientation

5 Positive outlook

Social awareness

6 Empathy

7 Organisational awareness

Relationship management

8 Influence

9 Coach / mentor

10 Conflict management

11 Teamwork

12 Inspirational leadership

Emotional Intelligence

4 domains, 12 competencies

RECOGNISE

SELF

Self-awareness

- 1 Emotional self-awareness

SOCIAL

Social awareness

- 6 Empathy
- 7 Organisational awareness

REGULATE

Self-management

- 2 Emotional self control
- 3 Adaptability
- 4 Achievement orientation
- 5 Positive outlook

Relationship management

- 8 Influence
- 9 Coach / mentor
- 10 Conflict management
- 11 Teamwork
- 12 Inspirational leadership

Post Traumatic Growth

5 ways to move through trauma to growth

Education

Rethink/reflect - trauma as disruption of core beliefs

Emotional regulation

Awareness, control and agency

Disclosure

Discuss events, struggles, meaning making

Narrative

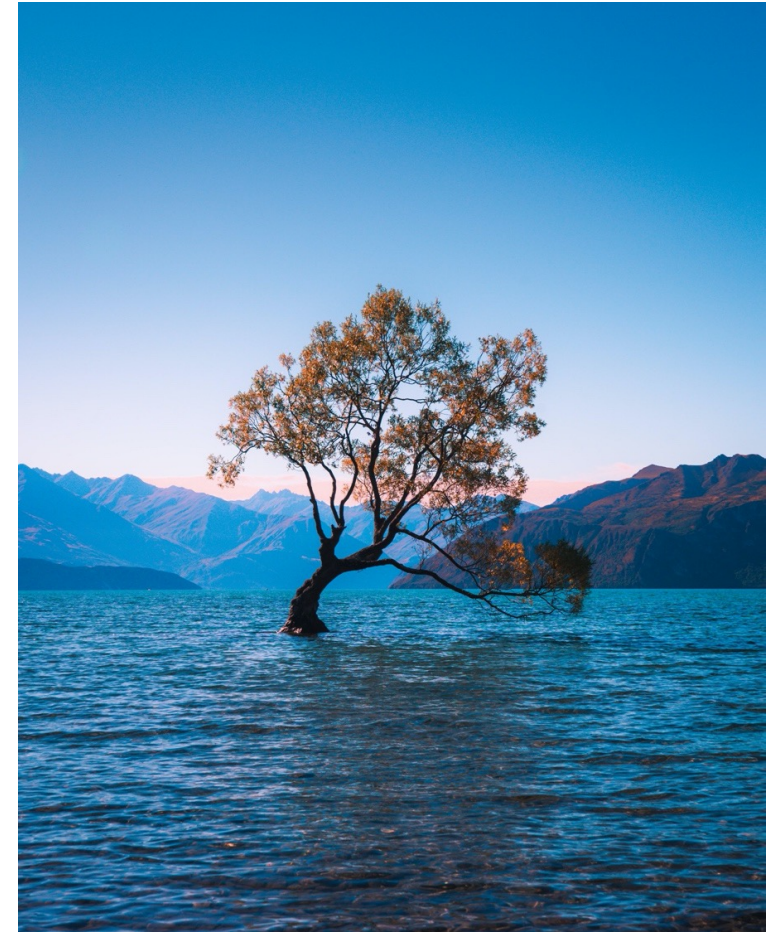
Acceptance and future creation

Service

Do things for others



Life appreciation, personal strength, new possibilities, improved relationships, hope



Thank you!

Hintsa