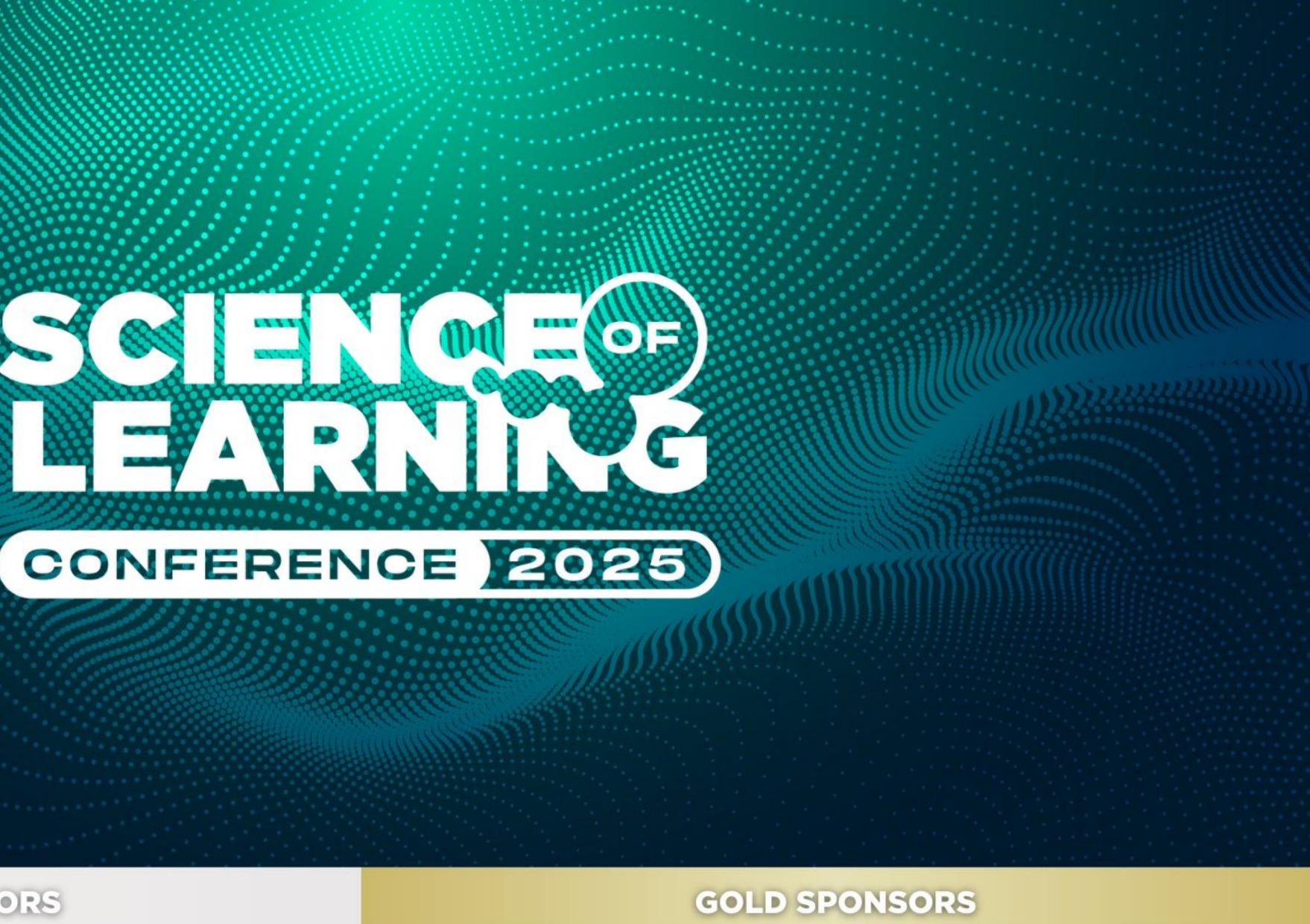
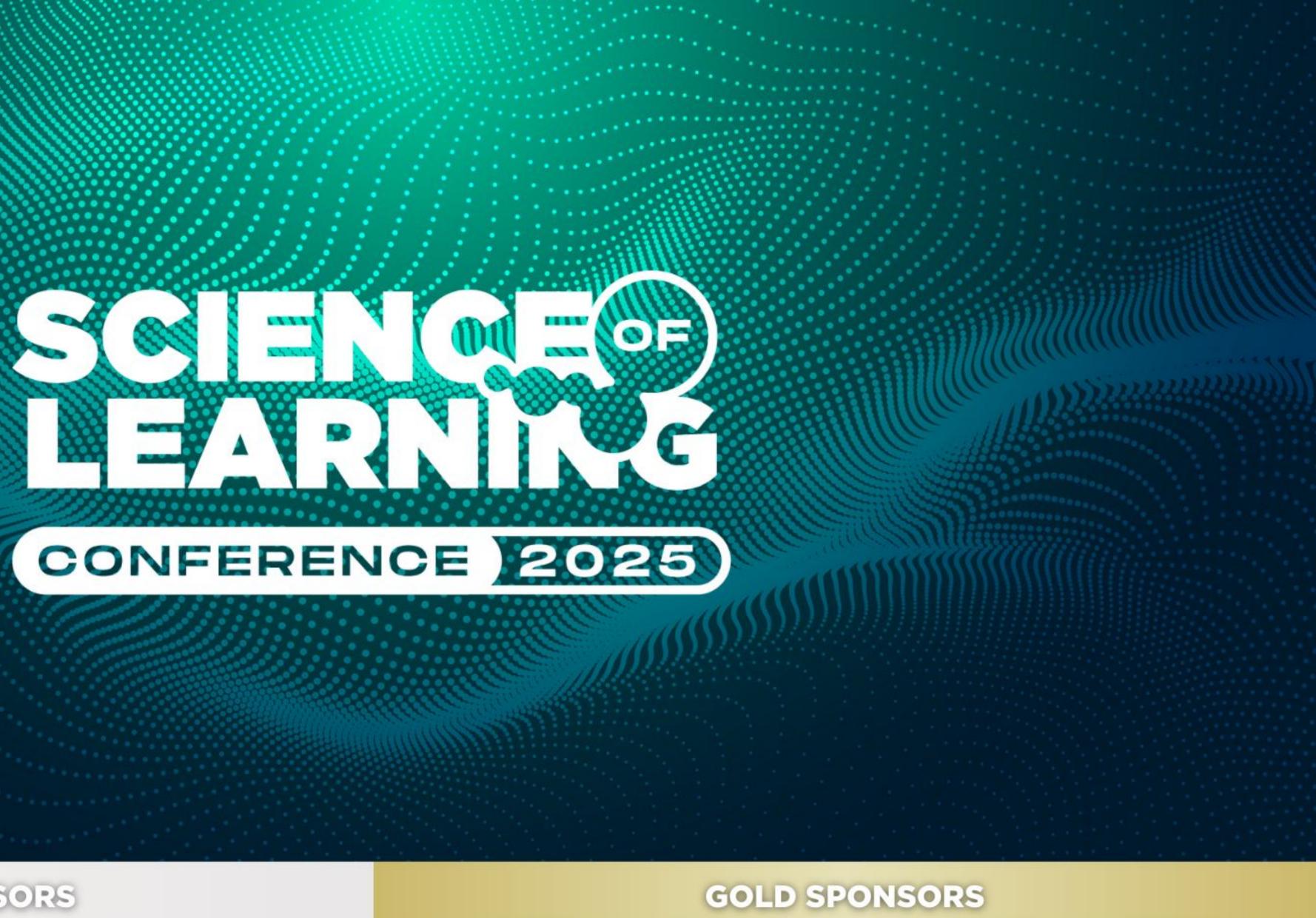


#### PLATINUM SPONSORS









### **Cognitive empathy** Staying connected and leading with empathy through managing connective load

#### **Phil Slade**



## The Science of Switching

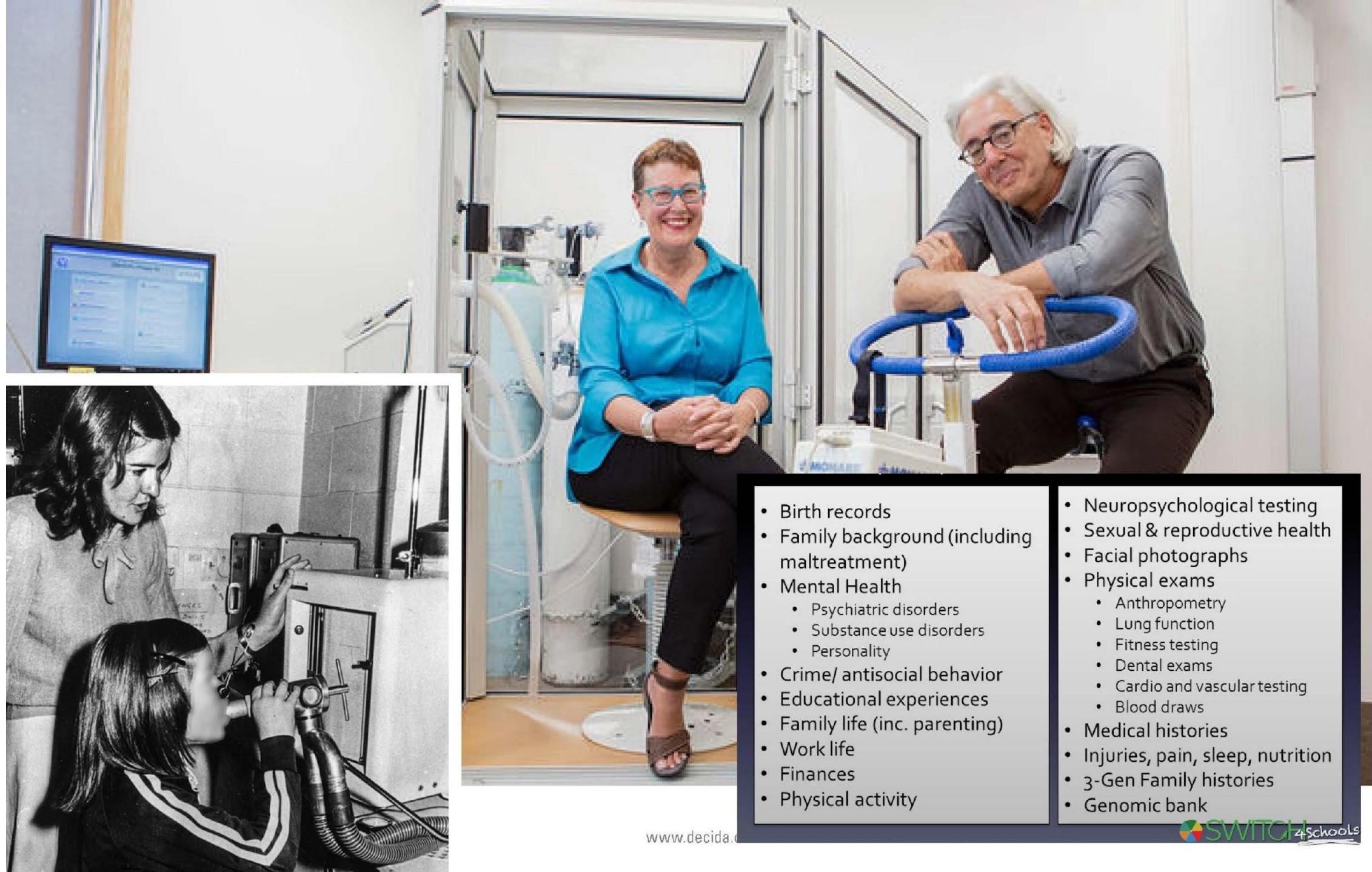


Understanding, managing, and using the superpower inside of all of us













# Cultural ckground? Sc) 501? Per onality Rely ion? **IVIUSIC** lalent:





## Emotional Intelligence a psychological protective factor that improves subjective well-being in all people, young or old.

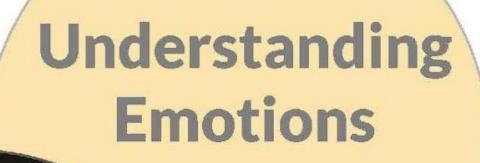
The ability to process information from sensory cues to identify emotions, and make sense of them

The ability to harness emotion to think and problem solve

Perceiving

**Emotions** 

Using **Emotions** 



The ability to understand that emotions change over time, and impact our behaviour and actions

#### Emotional Intelligence

#### Managing **Emotions**

The ability to achieve goals by dialing emotion up and down in service of outcomes.

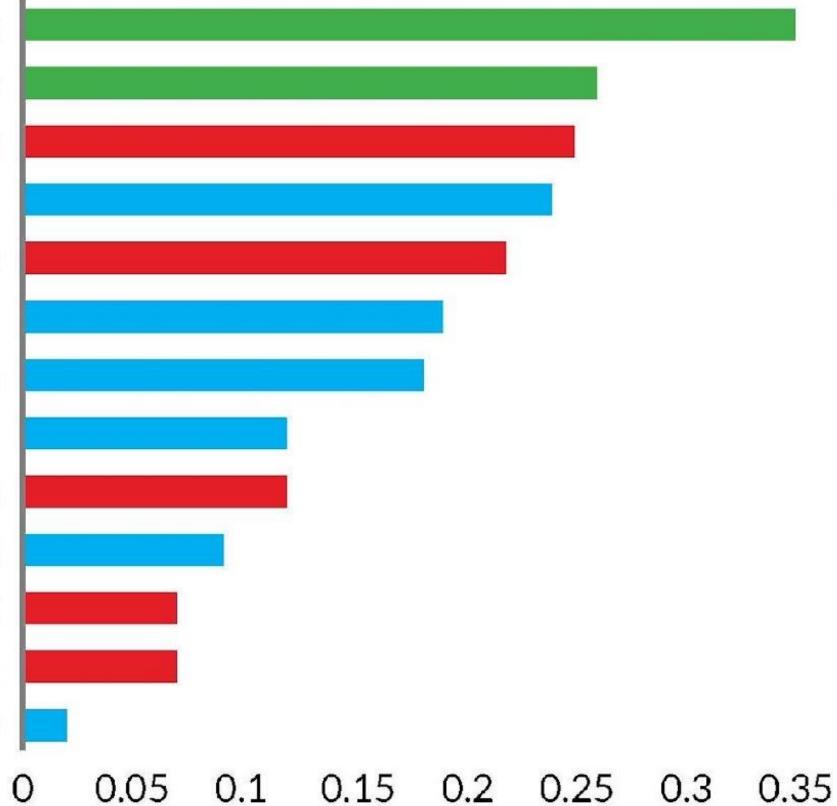


## Academic Performance

What are the skills that corellate with academic performance?

#### Understand Emotions Manage Emotions

Intelligence Ability EI Conscientiousness Mixed EI Use Emotions Self-rated El Openness Perceive emotions Agreeableness Extroversion Emotional Stability



Poropat, A. E. (2009) Psychological Bulletin MacCann et al. (2019) Psychological Bulletin

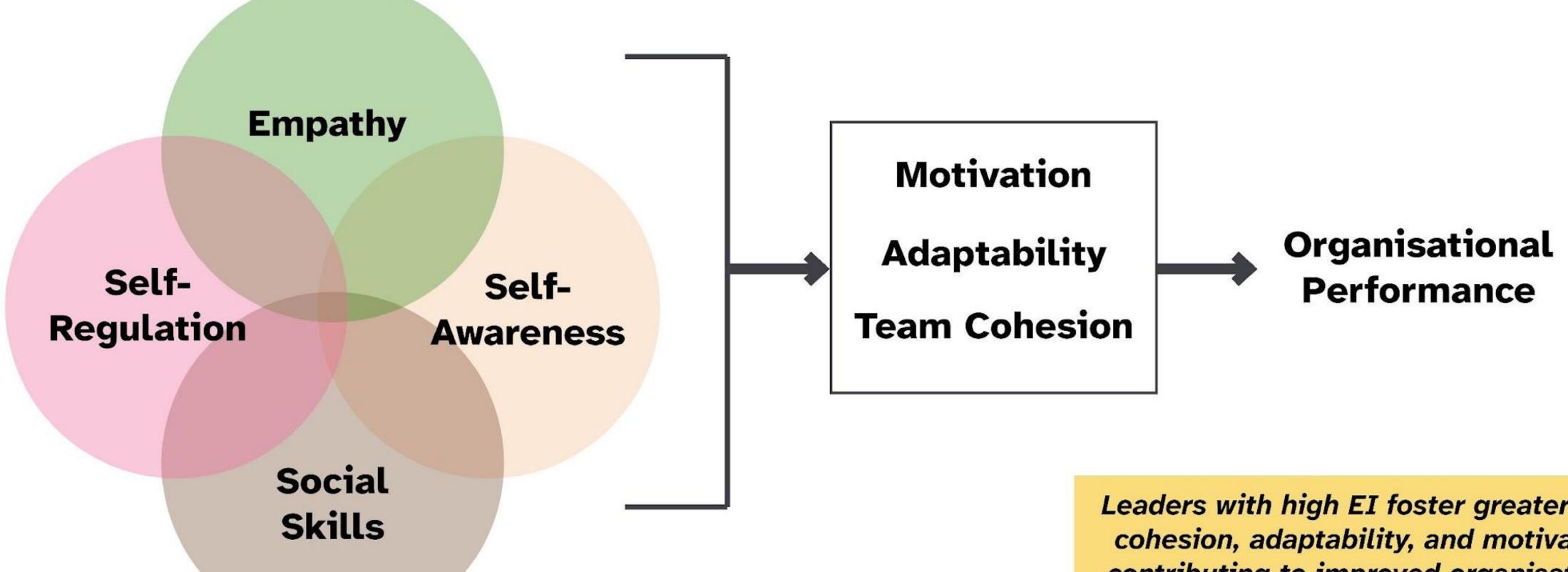
12% p=.35 7% p-.26 6% p=.25 6% p=.24 5% p=.22 4% p=.19 3% p=.18 1% p=.12 1% p=.12 1% p-=.09 <1% p=.07 <1% p=.07 <1% p=.02

Understanding and managing emotions are more important than **intelligence** or personality!



### The Role of Emotional Intelligence in Leadership Effectiveness

Ridho, A. (2024). Beyond IQ: Why Emotional Intelligence is the Key to Exceptional Leadership. Riwayat: Educational Journal of History and Humanities.



\*\*Emotional intelligence, which includes cognitive empathy, is a more significant predictor of exceptional leadership success than IQ alone.

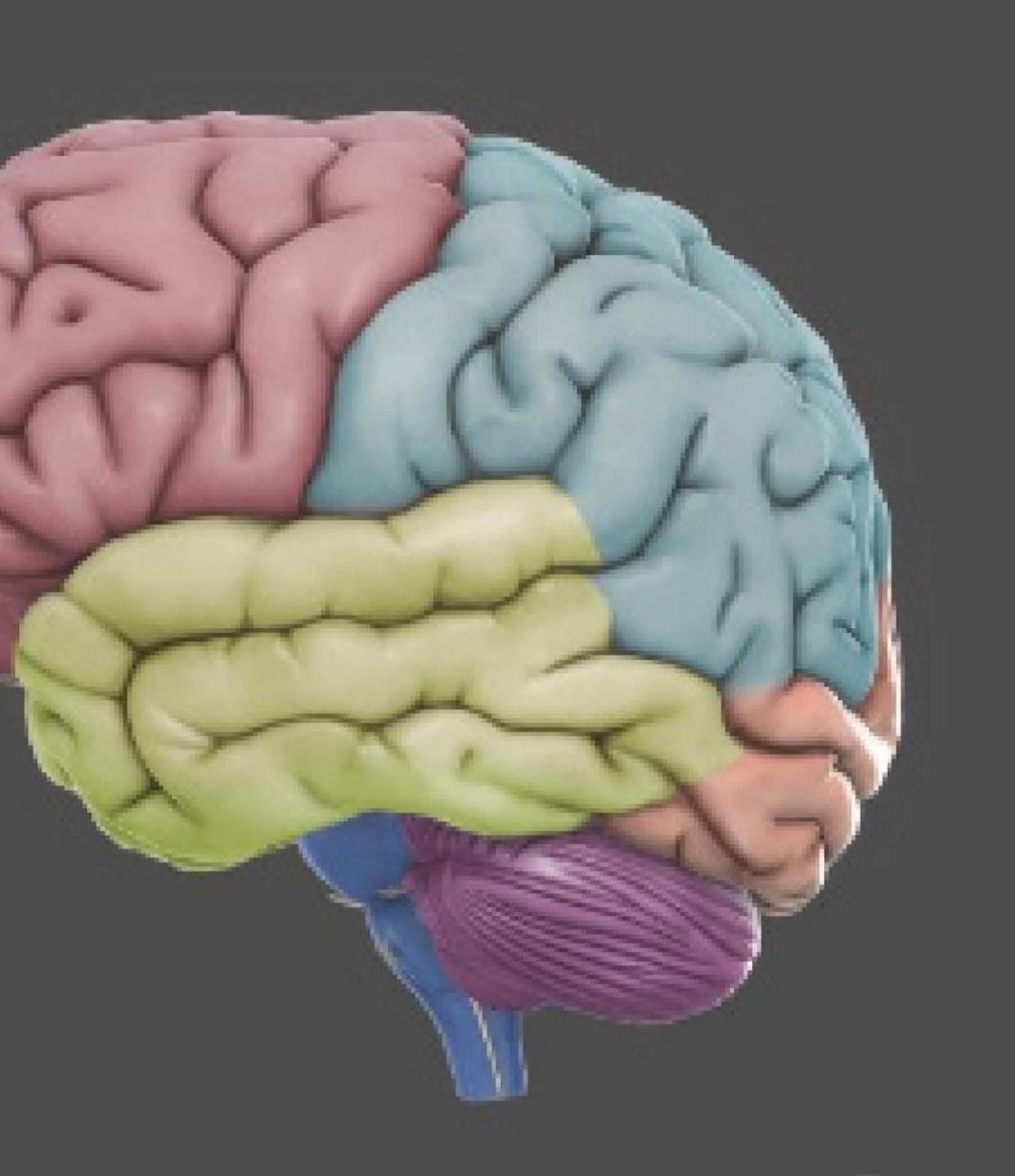
Leaders with high EI foster greater team cohesion, adaptability, and motivation, contributing to improved organisational performance.





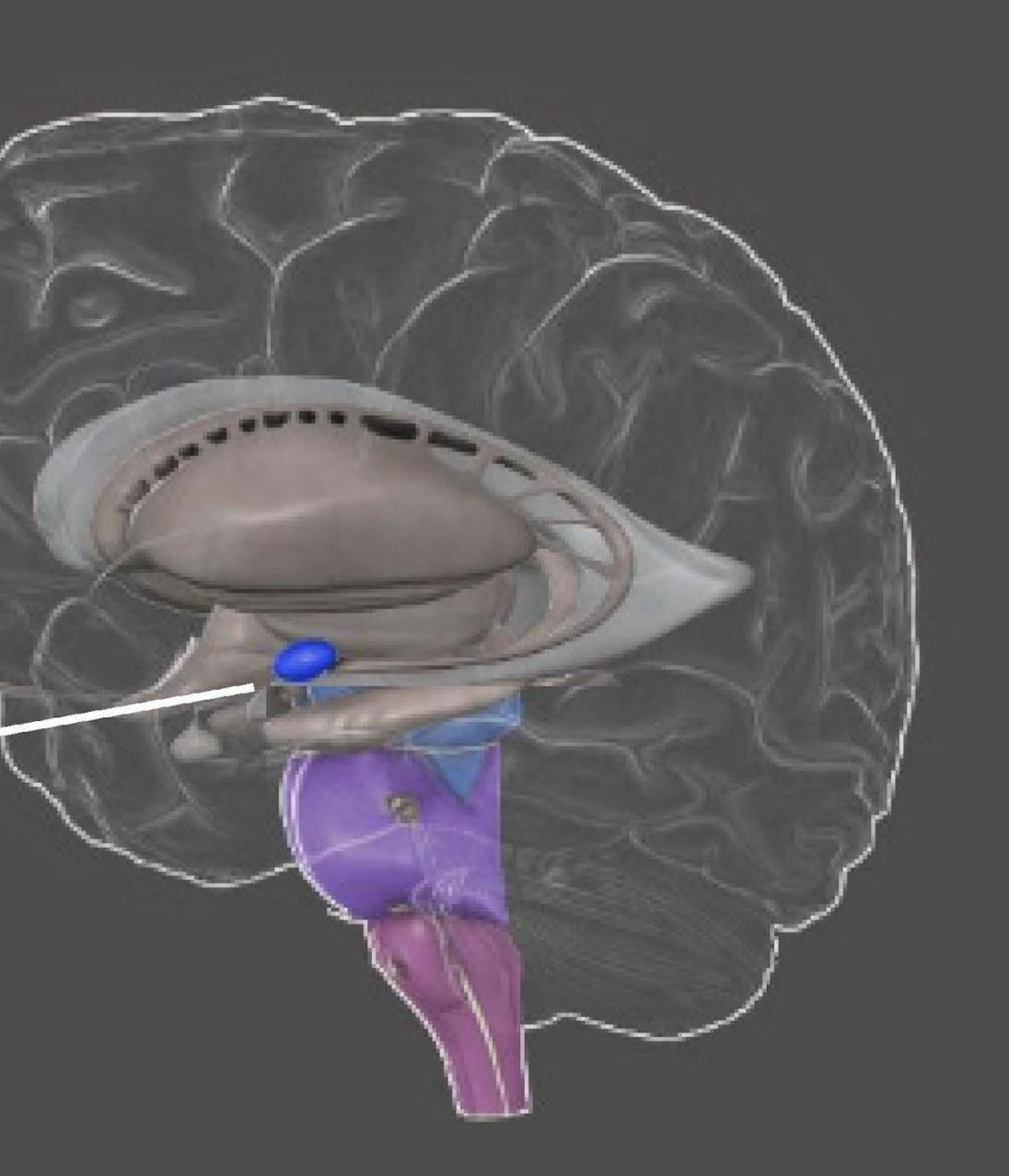


## What is the neuroscience of Emotional Intelligence?





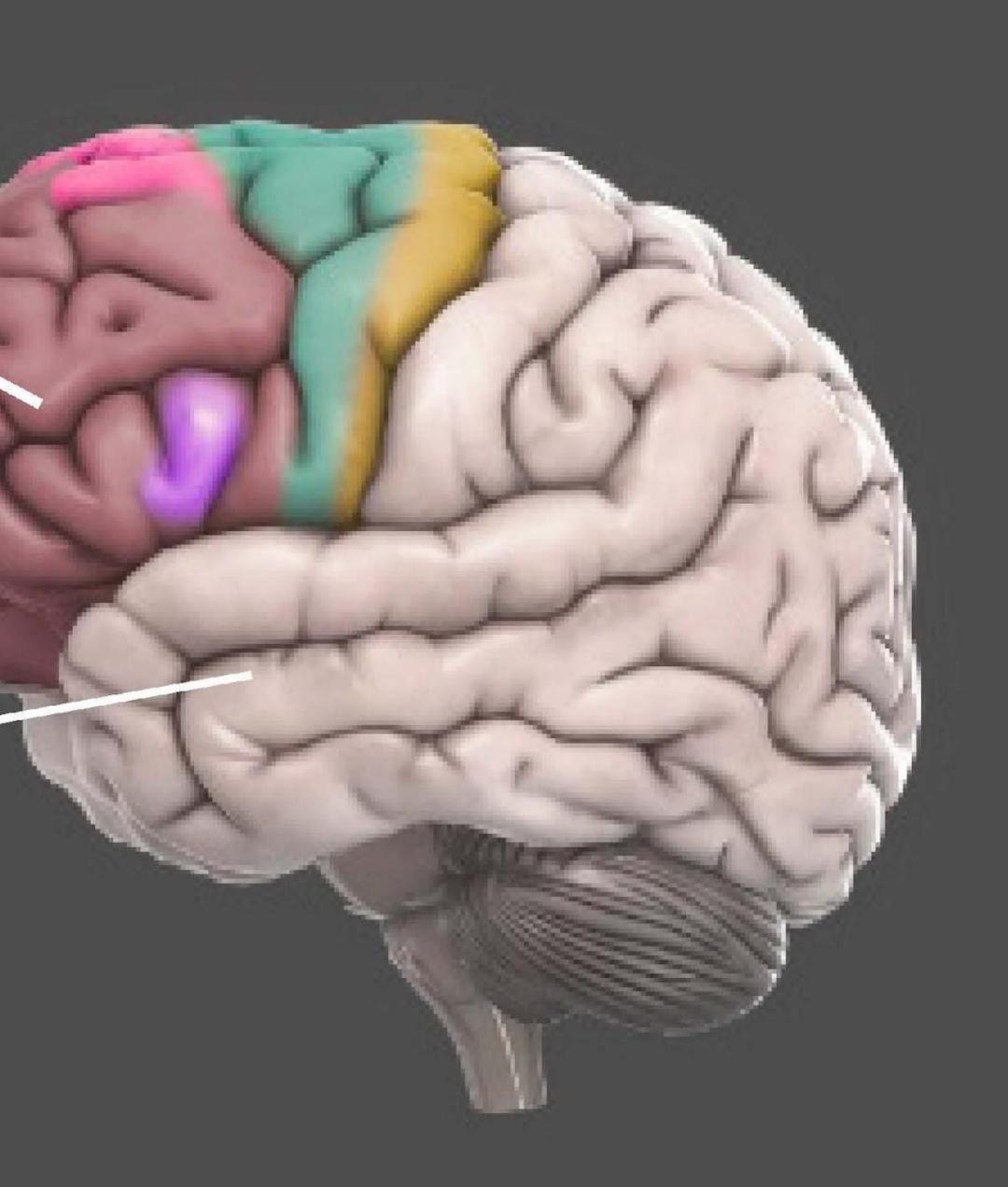
## SYSTEM 1





## SYSTEM 2

## SYSTEM 1



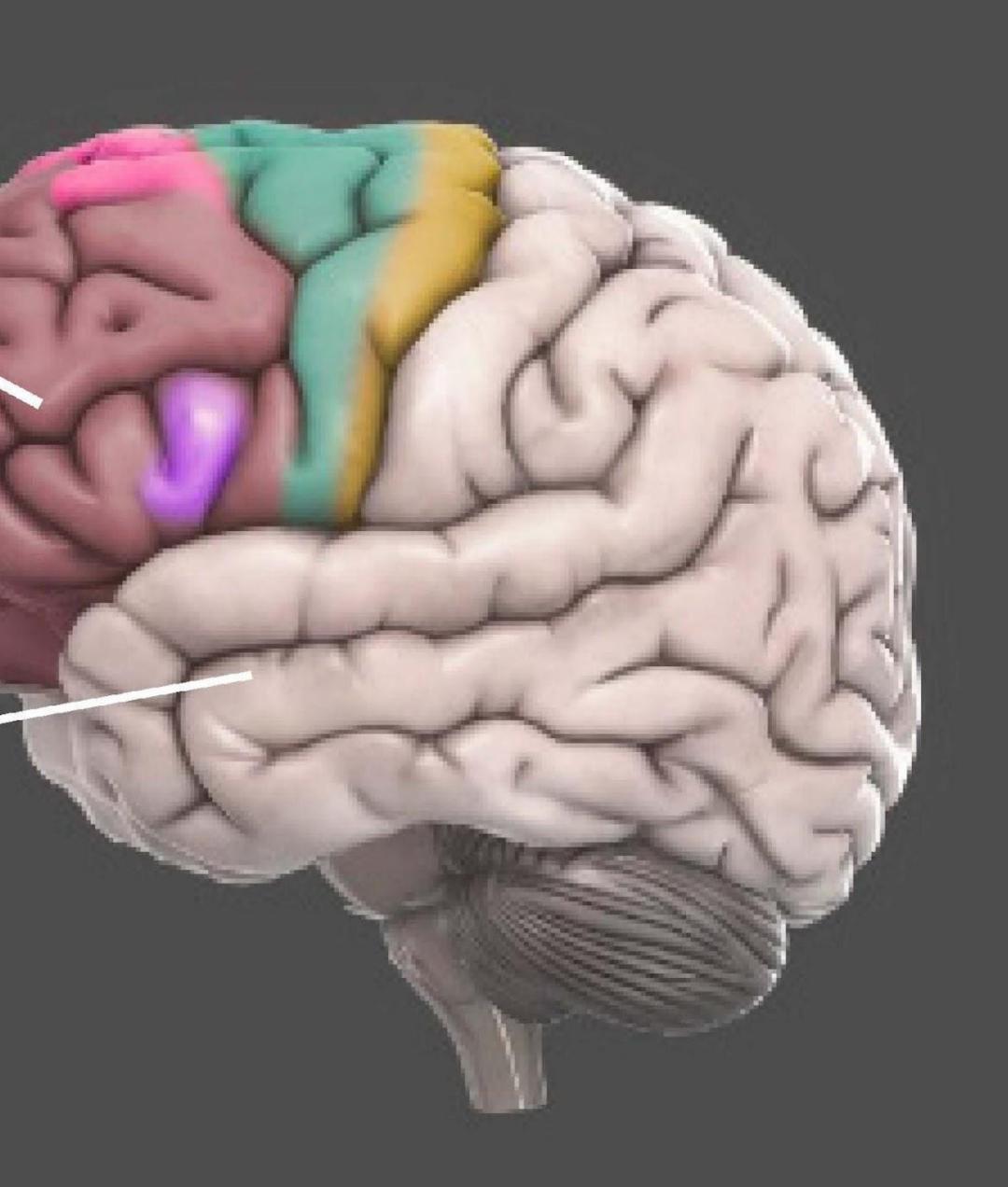


### SYSTEM 2 'Responds'

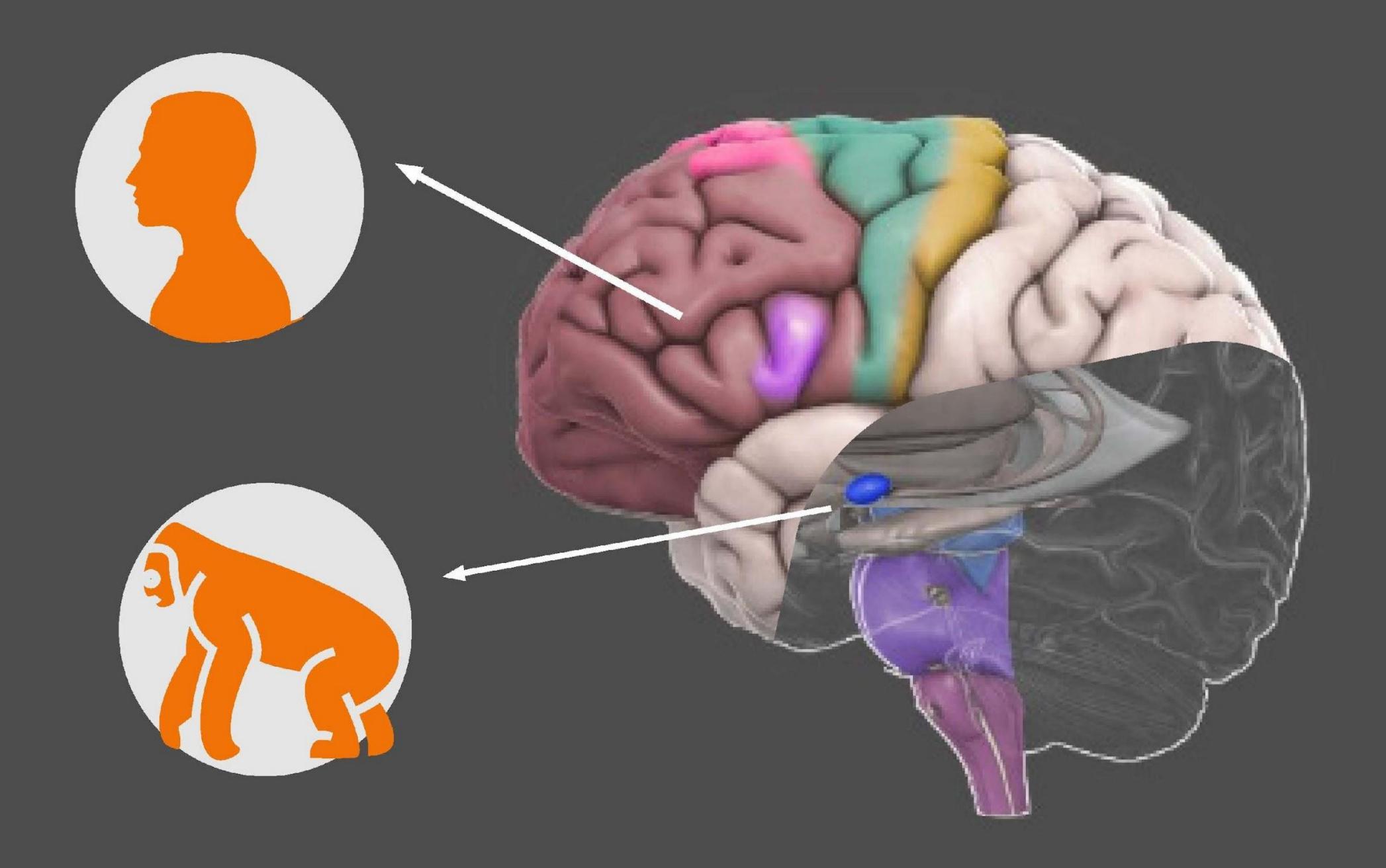
 Rational Planning Slower, considered thought Novel situation assessment

## SYSTEM 1 'Reacts'

 Fast Instinctive Emotional • Automatic 'learnt' behaviours • Jumps to conclusions









# PURPLE YELLOW RED BLACK RED GREEN **RED YELLOW ORANGE** BLUE PURPLE BLACK **RED GREEN ORANGE**

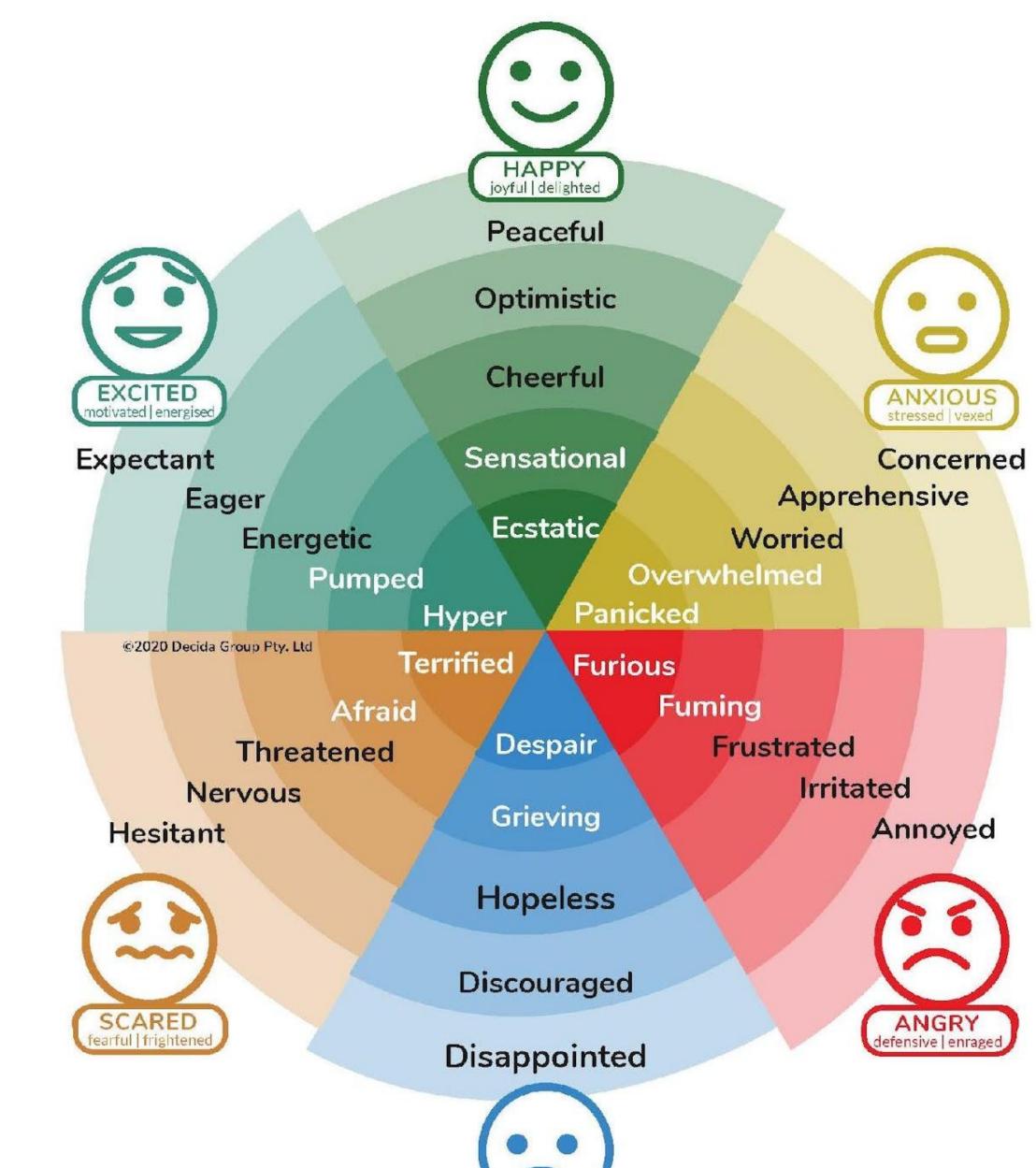
# PURPLE YELLOW RED BLACK RED GREEN RED YELLOW ORANGE BLUE PURPLE BLACK **RED GREEN ORANGE**

# The Language of Emotion

(Building a conceptual vessel in which to house emotional intelligence in the brain)

WORD









www.decida.co

SAD melancholy | down









Optimistic

Cheerful

Sensational

Apprehensive Ecstatic/ Vorried Overwhelmed Panicked Furious Fuming

Despair

ustrated

Grieving

Hopeless

Discouraged

Disappointed



www.decida.co



Annoyed

Irritated

ANXIOUS stressed | vexed

Concerned





Expectant Eager

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Nervous Hesitant



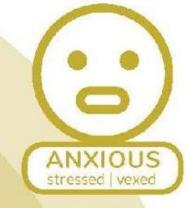
n





Peaceful

Optimistic



#### Concerned Apprehensive

Irritated Annoyed

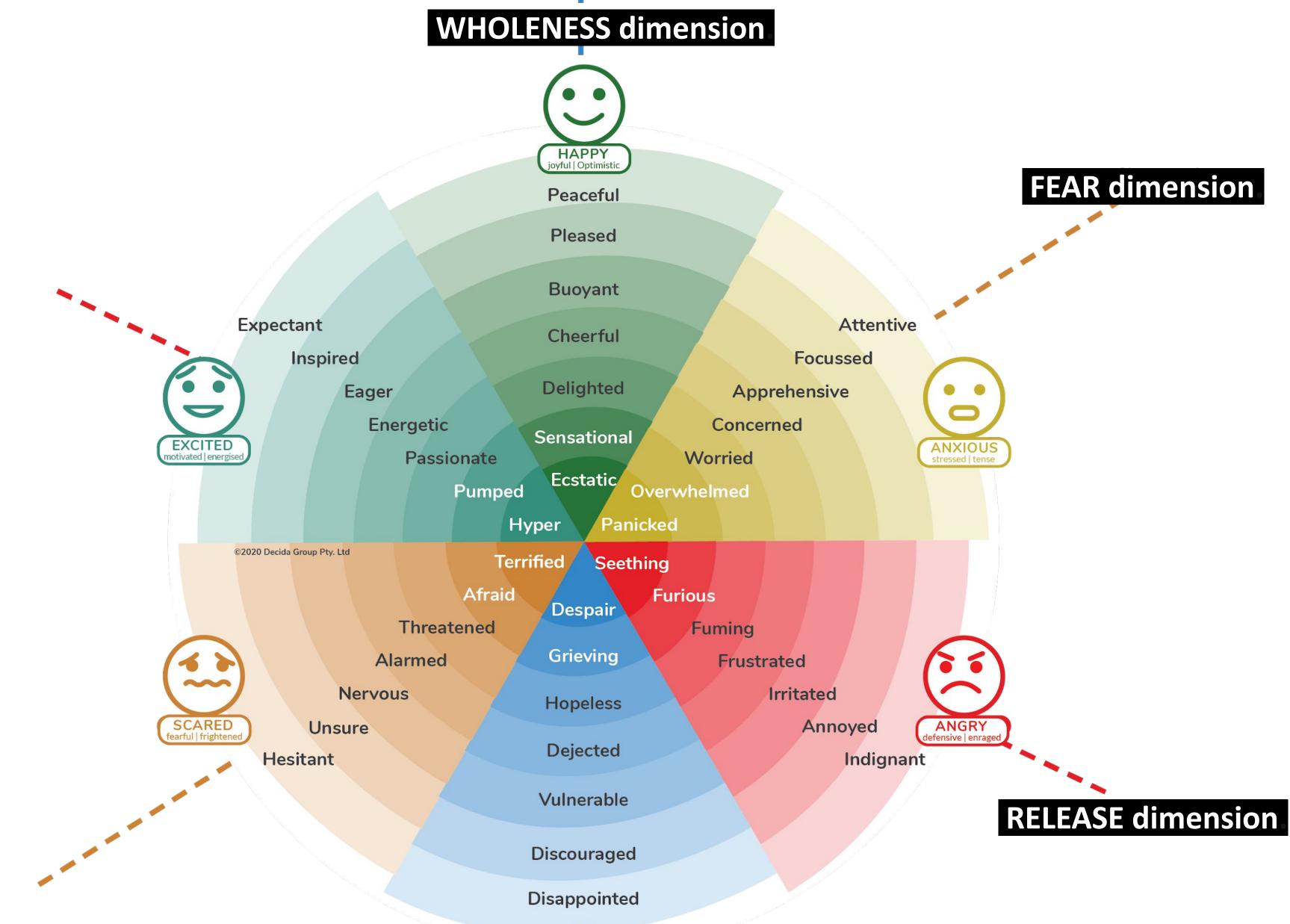


Discouraged

Disappointed











Peaceful

Optimistic

Cheerful

Sensational

Ecstatic/

Worried Overwhelmed

Panicked Hyper

Terrified 🖌 Furious

Fuming

Frustrated

Irritated





EXCITED motivated | energised

Expectant

Eager

©2020 Decida Group Pty. Ltd

Nervous

Energetic

Threatened

Pumped

Afraid

Grieving

Despair

Hopeless

Discouraged

#### Disappointed





Concerned Apprehensive

Annoyed

# An Empathy Map



Sympathy https://youtu.be/KZBTYViDPIQ











HAPPY joyful delighted Peaceful				
Optimistic			(:	$\cdot$
Cheerful			ANX	IOUS
Sensational				erned
Ecstatic	Wa	Appre orried	ehensiv	ve
Ov Hyper Panick	erwheli ed	ned		
rrified Furious				
F	uming			
Despair	Frus	trated		1
Grieving		Irrita	ated Anno	yed
Hopeless	X		6	2
Discouraged			Ľ	シ
Disappointed			defensive	









#### PLATINUM SPONSORS

