

SCIENCE ^{OF} LEARNING

CONFERENCE 2025

PLATINUM SPONSORS



GOLD 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





- Birth records
- Family background (including maltreatment)
- Mental Health
 - Psychiatric disorders
 - Substance use disorders
 - Personality
- Crime/ antisocial behavior
- Educational experiences
- Family life (inc. parenting)
- Work life
- Finances
- Physical activity

- Neuropsychological testing
- Sexual & reproductive health
- Facial photographs
- Physical exams
 - Anthropometry
 - Lung function
 - Fitness testing
 - Dental exams
 - Cardio and vascular testing
 - Blood draws
- Medical histories
- Injuries, pain, sleep, nutrition
- 3-Gen Family histories
- Genomic bank

IQ?

Cultural Background?

Socio-economic status?

School?

Activity levels?

Personality

Grades?

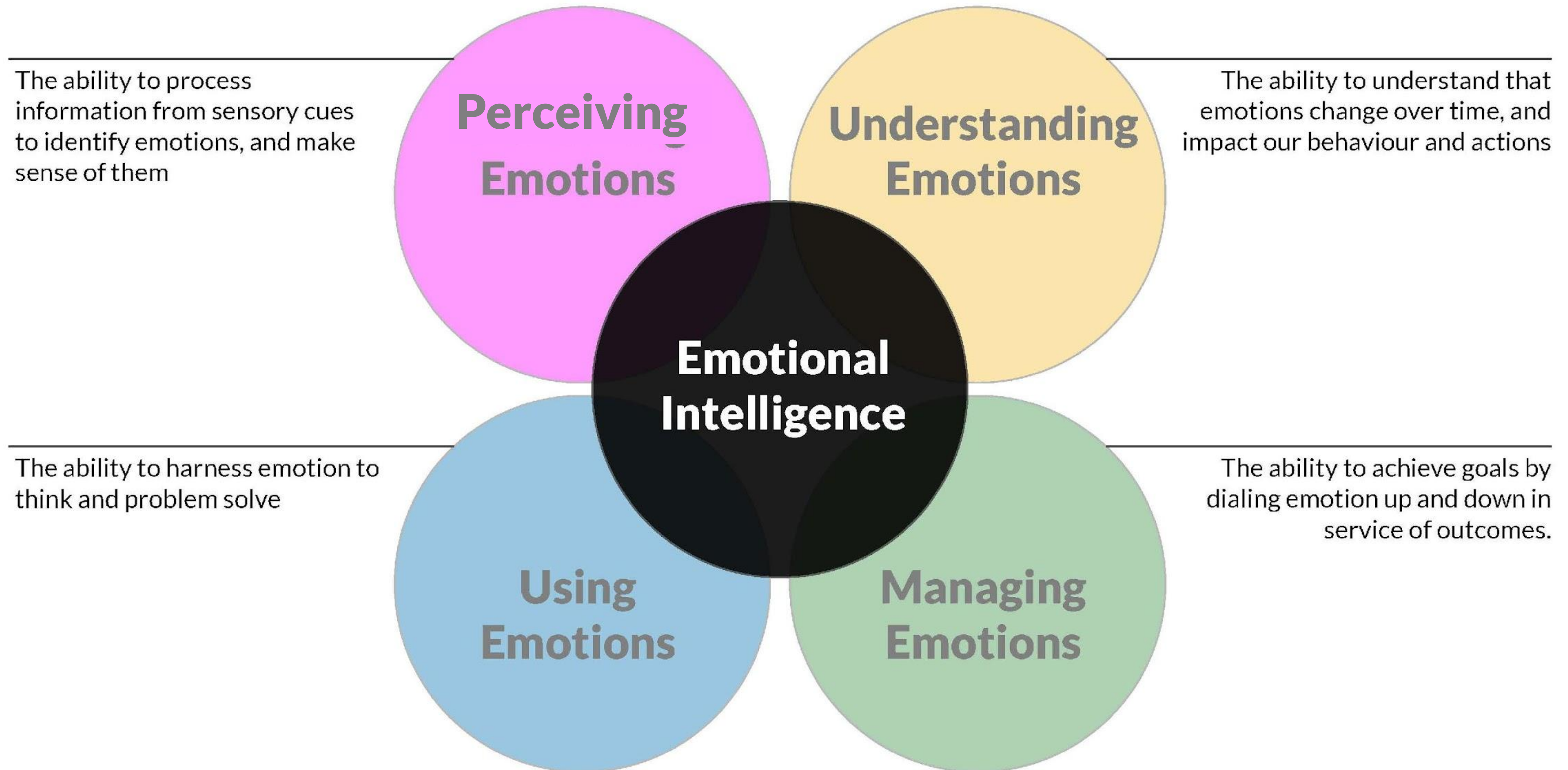
Religion?

Gender?

Music Talent?

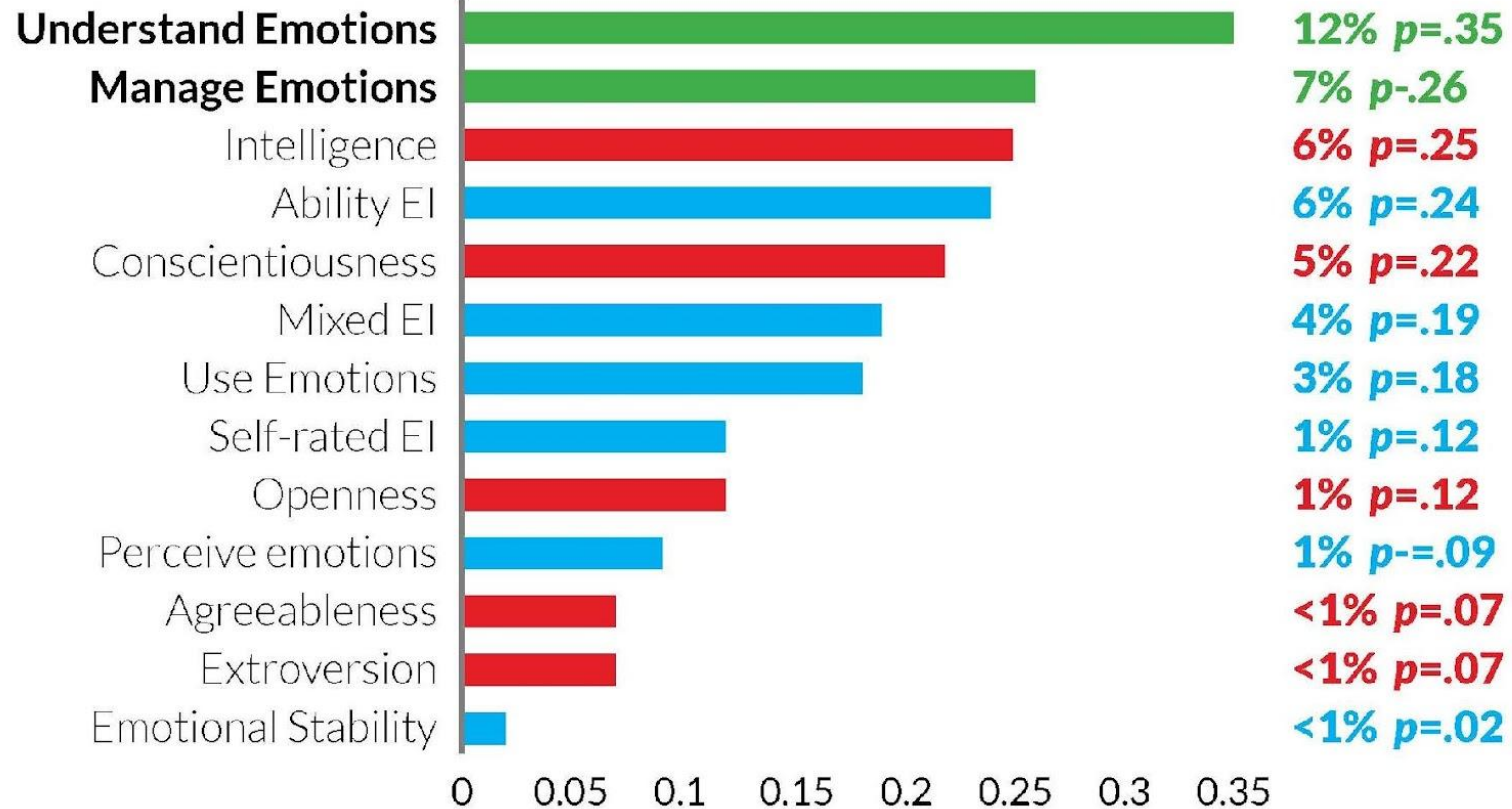
Emotional Intelligence

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



Academic Performance

What are the skills that correlate with academic performance?

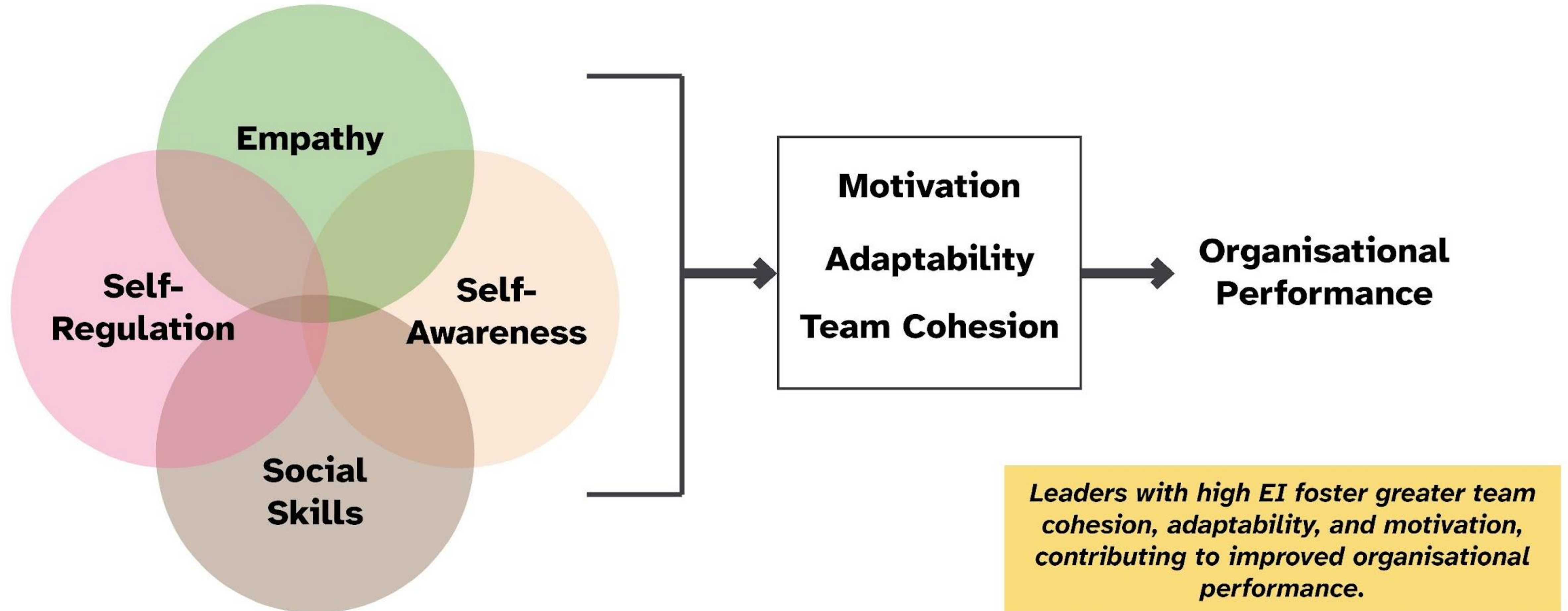


Poropat, A. E. (2009)
Psychological Bulletin
MacCann et al. (2019)
Psychological Bulletin

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

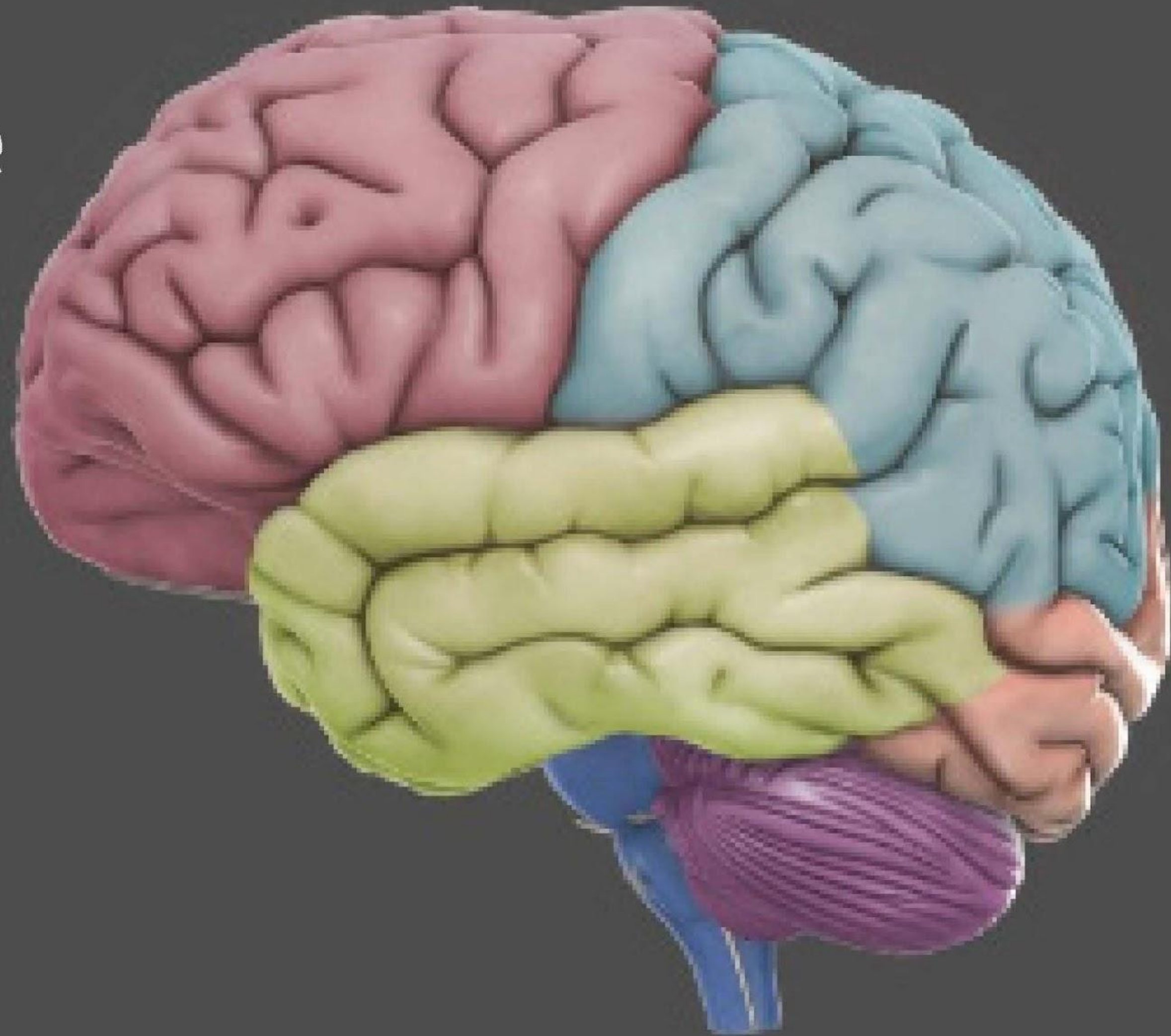
The Role of Emotional Intelligence in Leadership Effectiveness

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

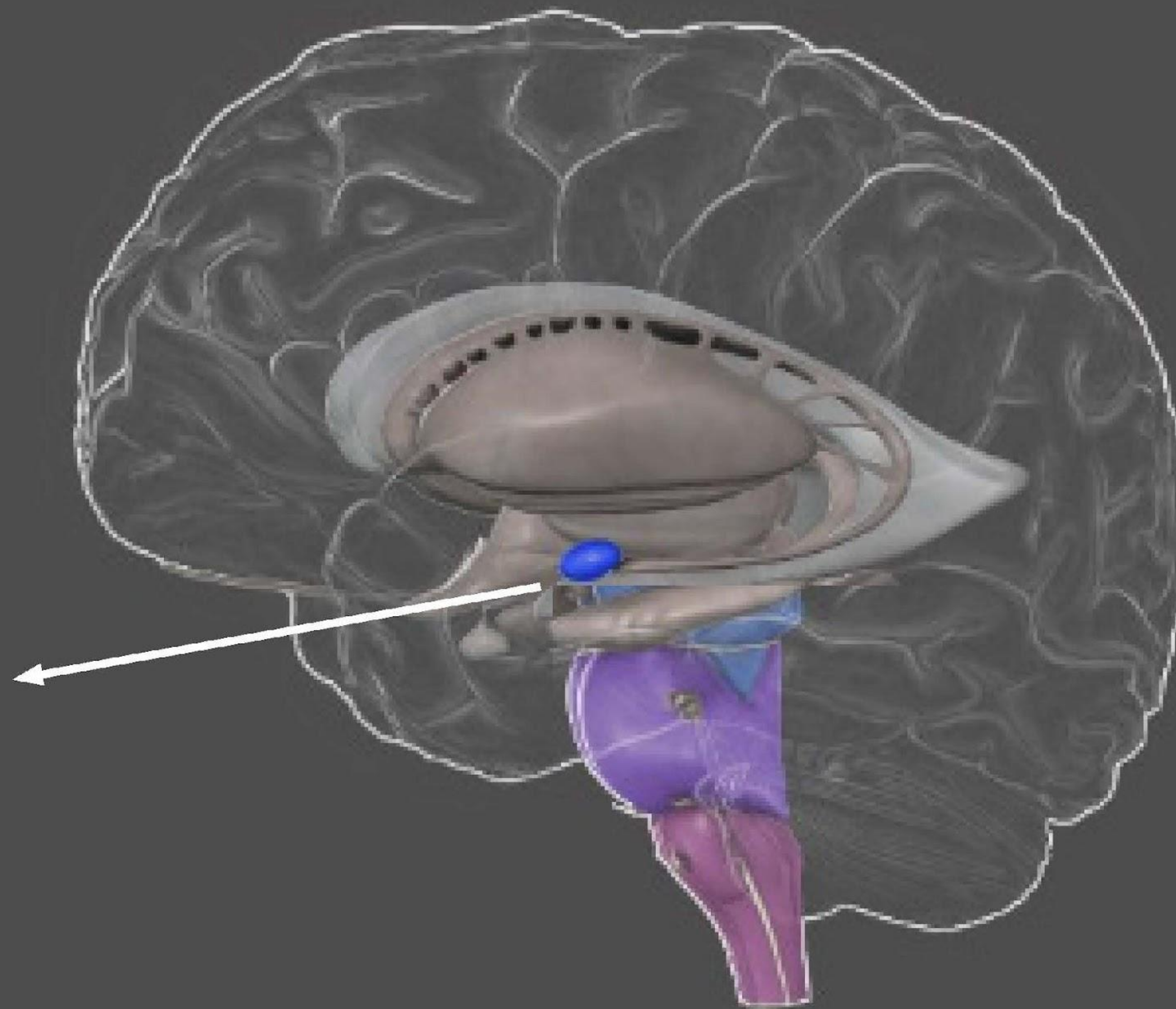


****Emotional intelligence, which includes cognitive empathy, is a more significant predictor of exceptional leadership success than IQ alone.**

What is the neuroscience of Emotional Intelligence?

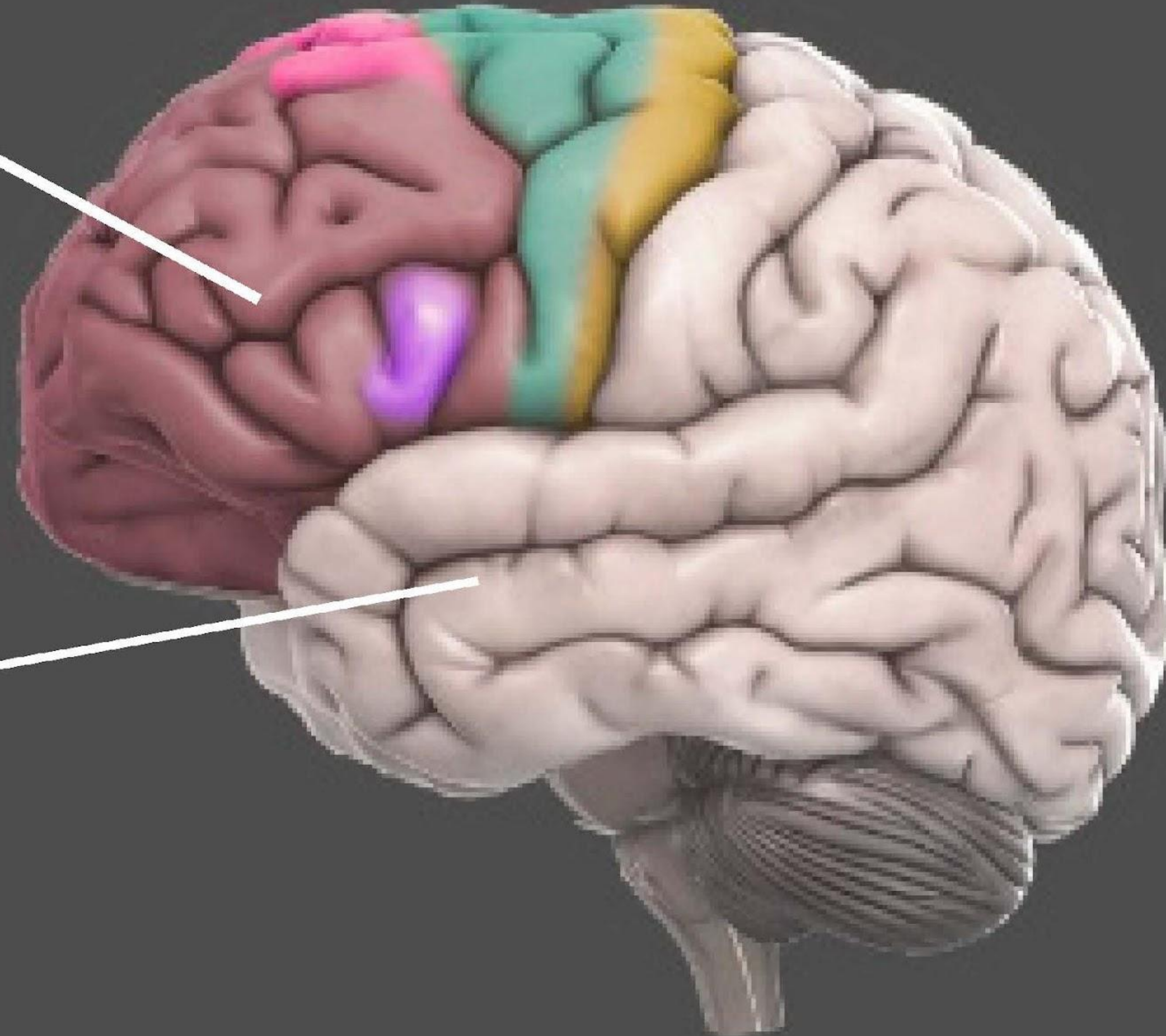


SYSTEM 1



SYSTEM 2

SYSTEM 1



SYSTEM 2

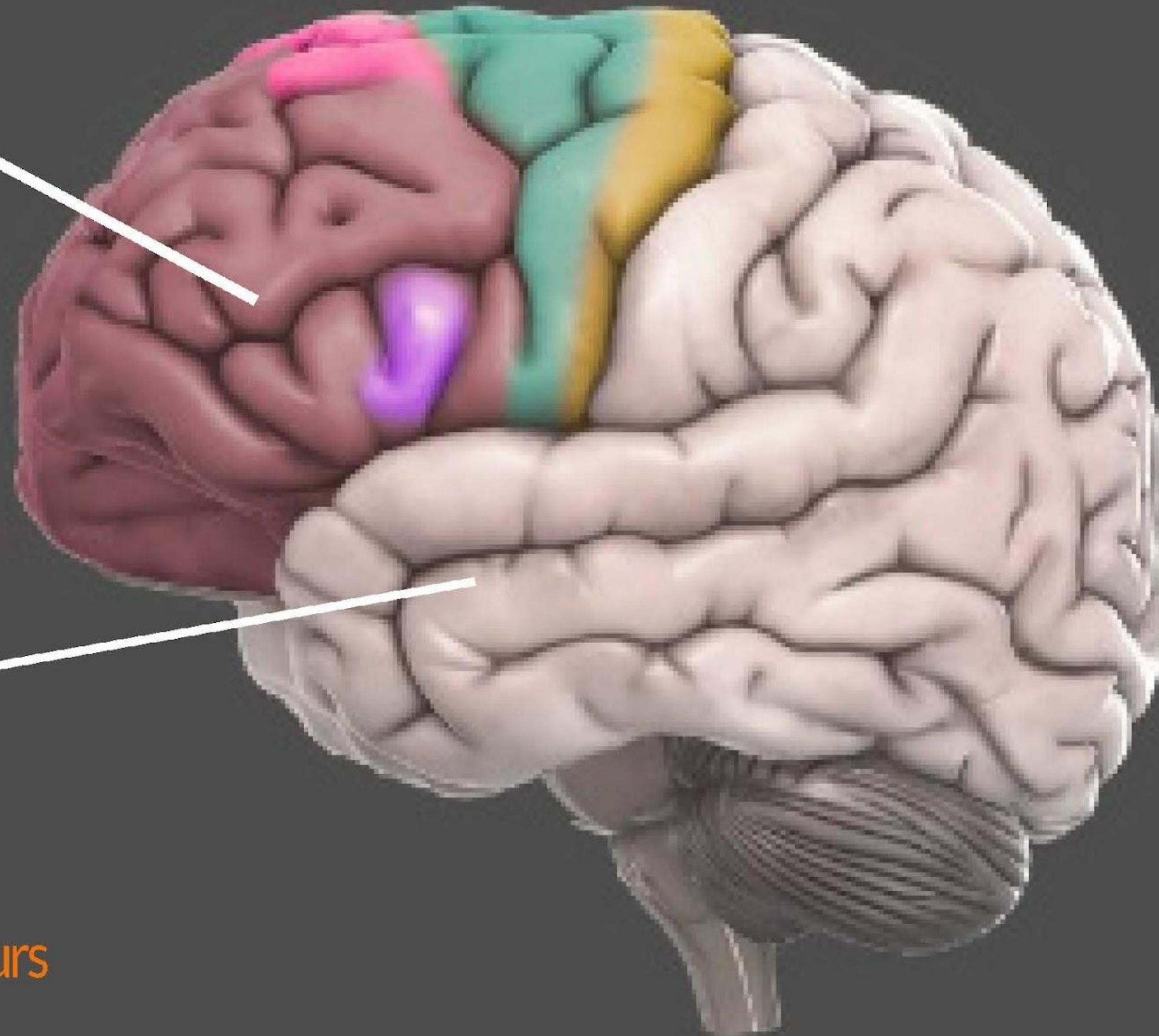
'Responds'

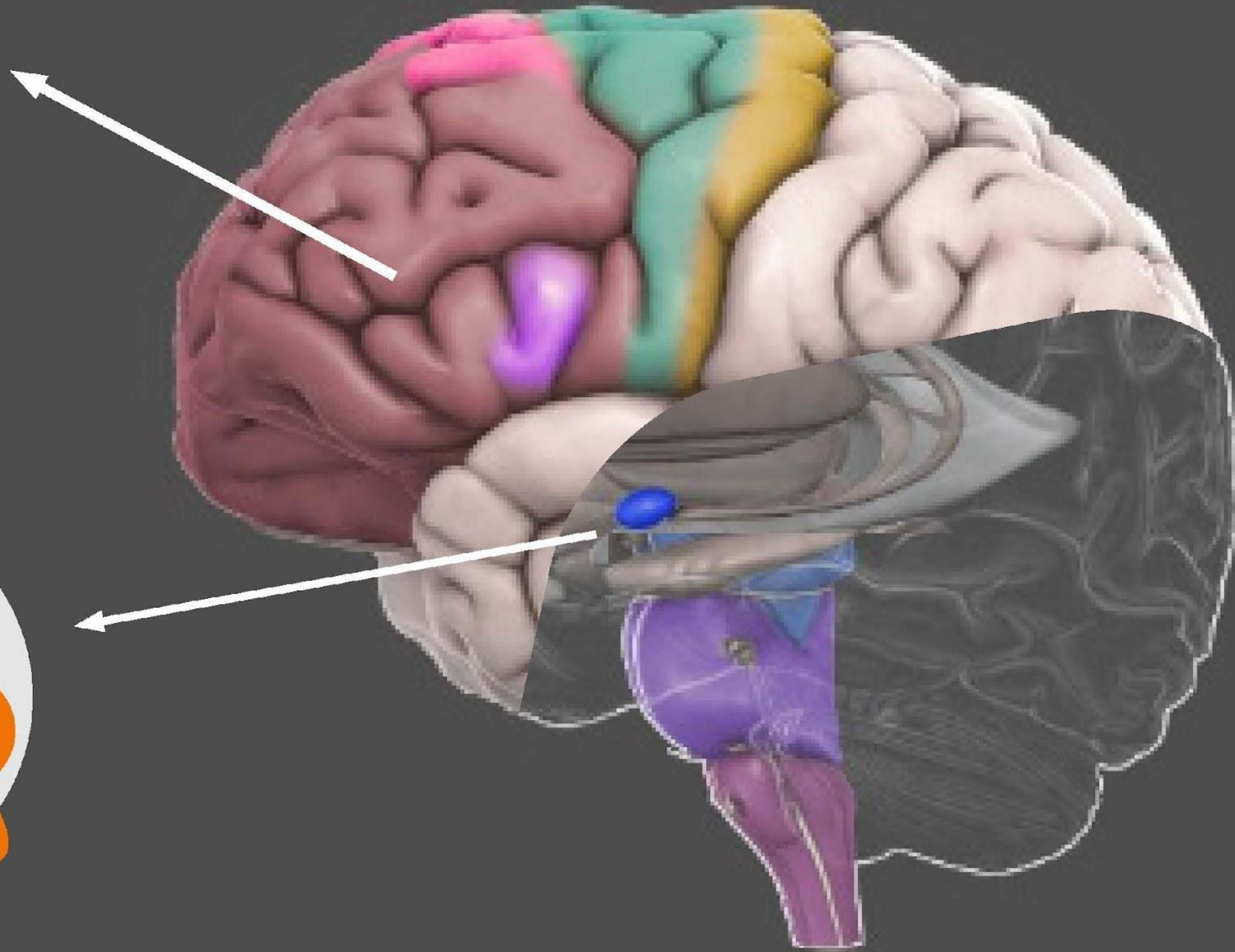
- Rational
- Planning
- Slower, considered thought
- Novel situation assessment

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

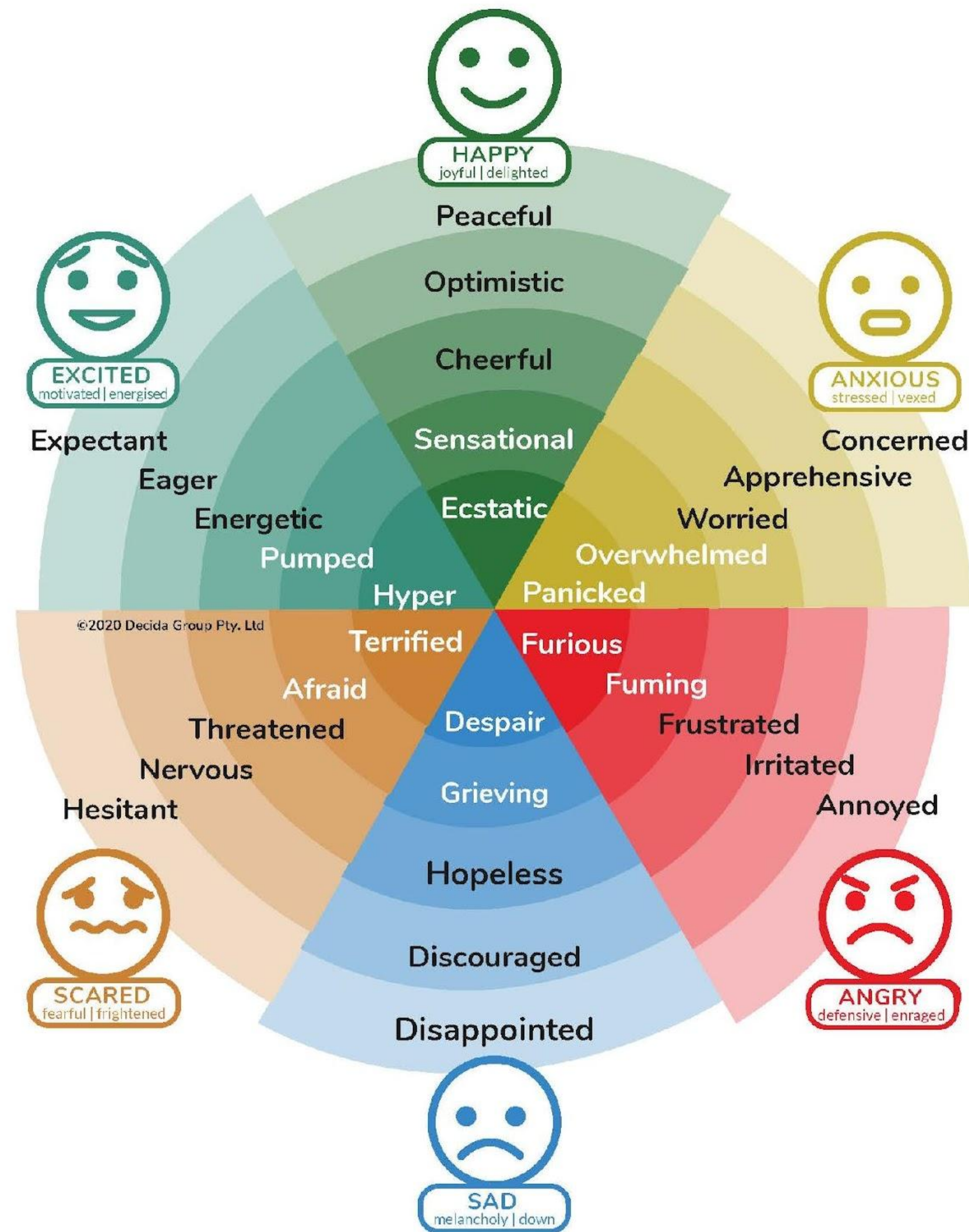
BLUE PURPLE BLACK

RED GREEN ORANGE

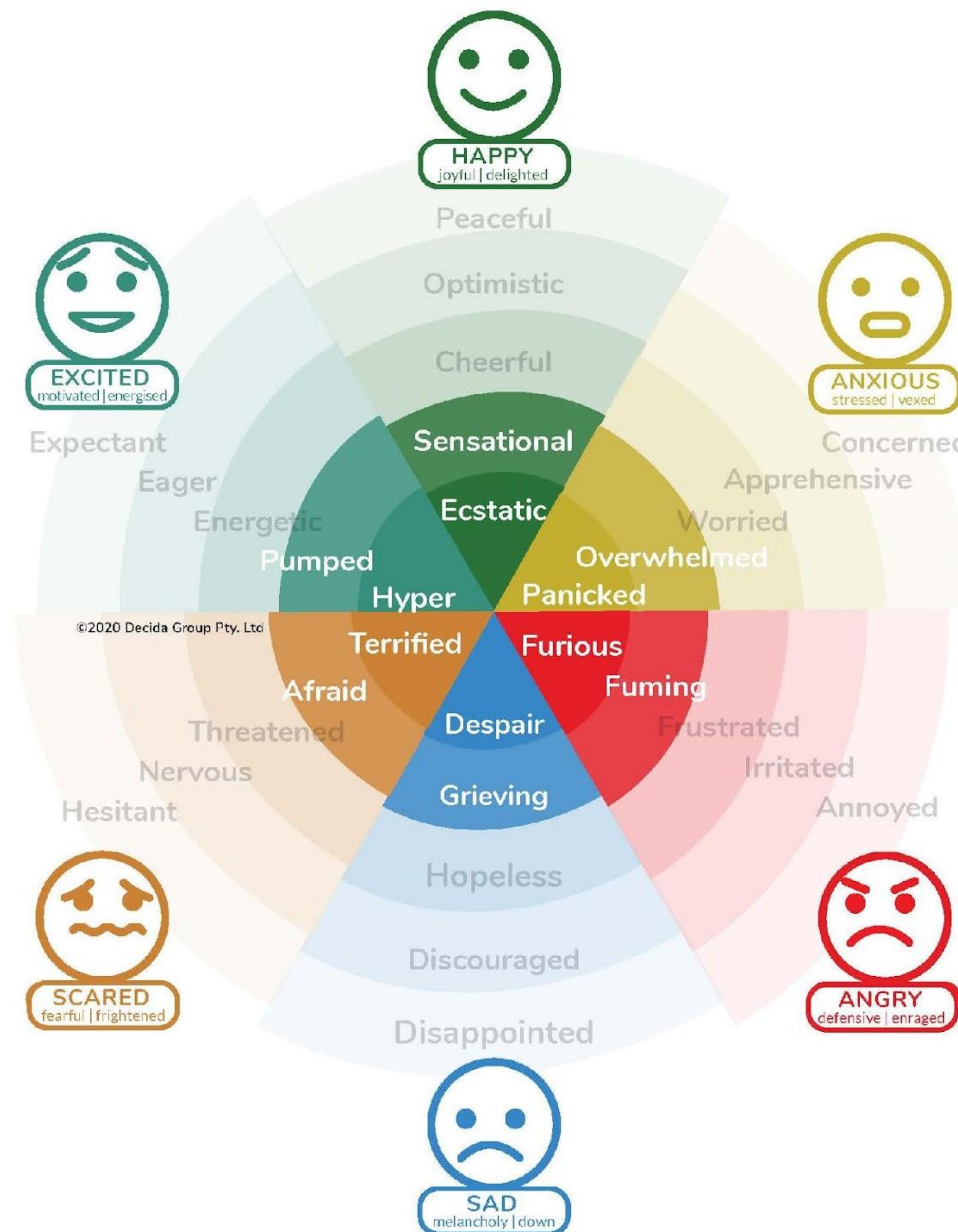


The Language of Emotion

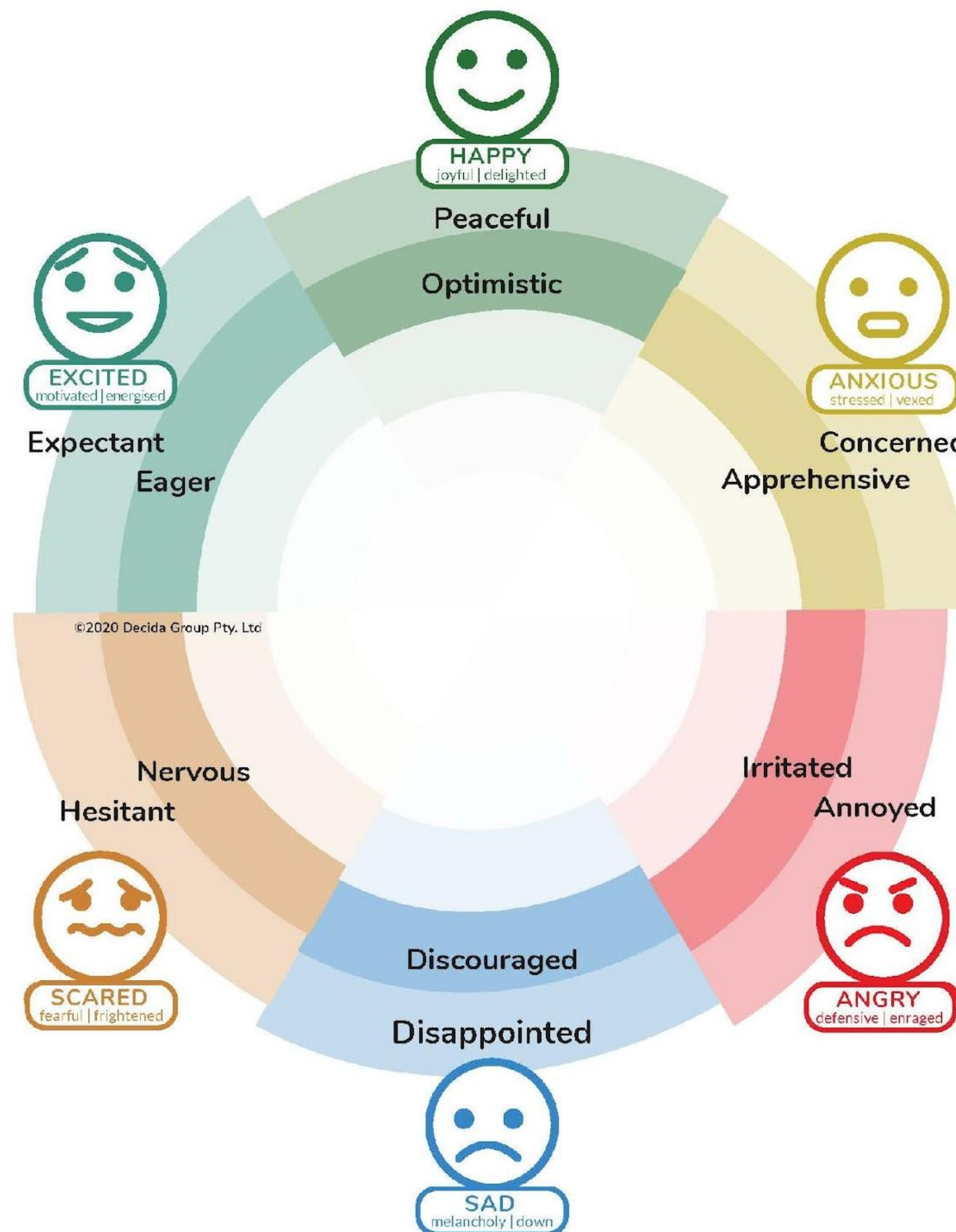
(Building a conceptual vessel in which to house emotional intelligence in the brain)



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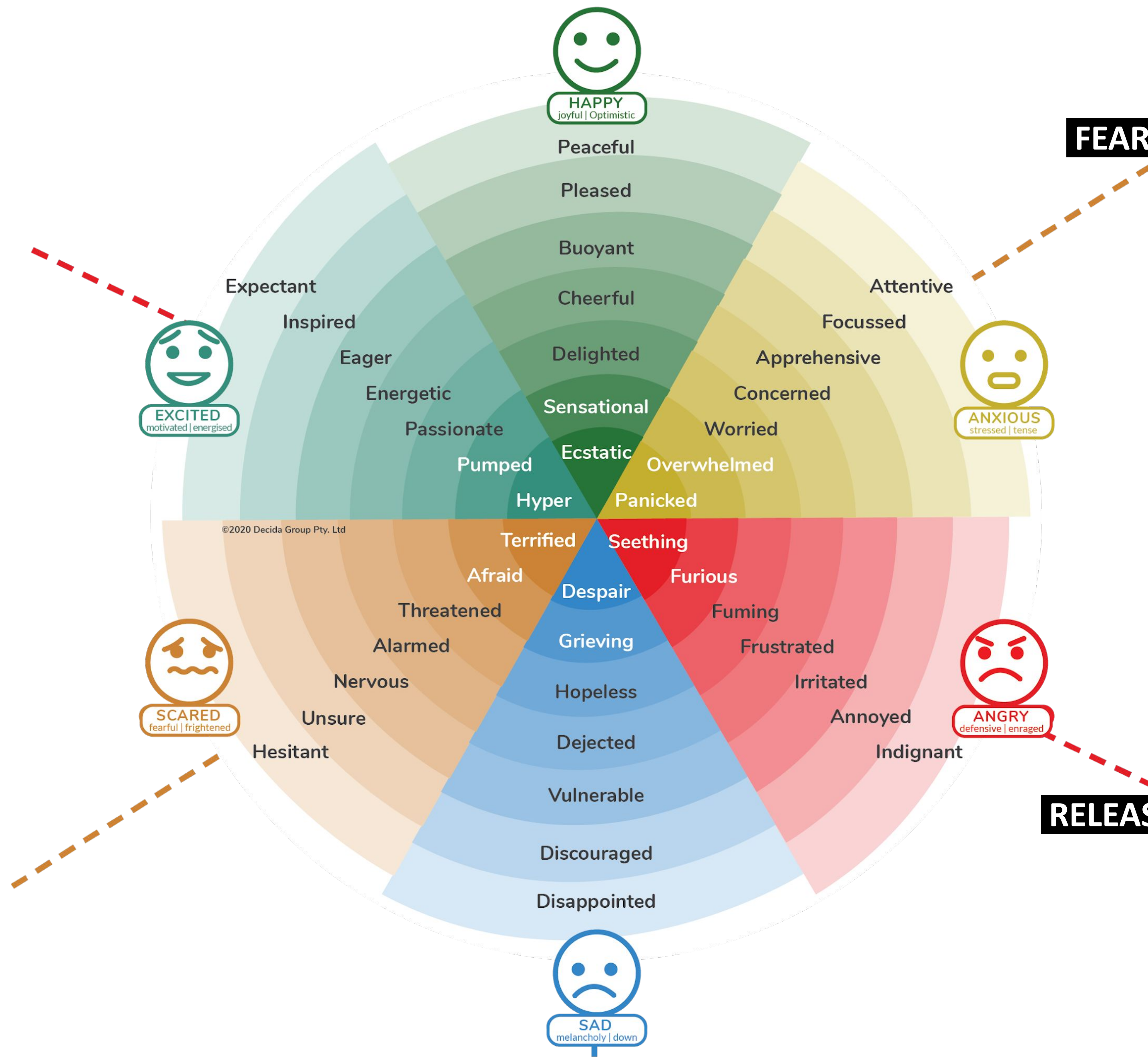
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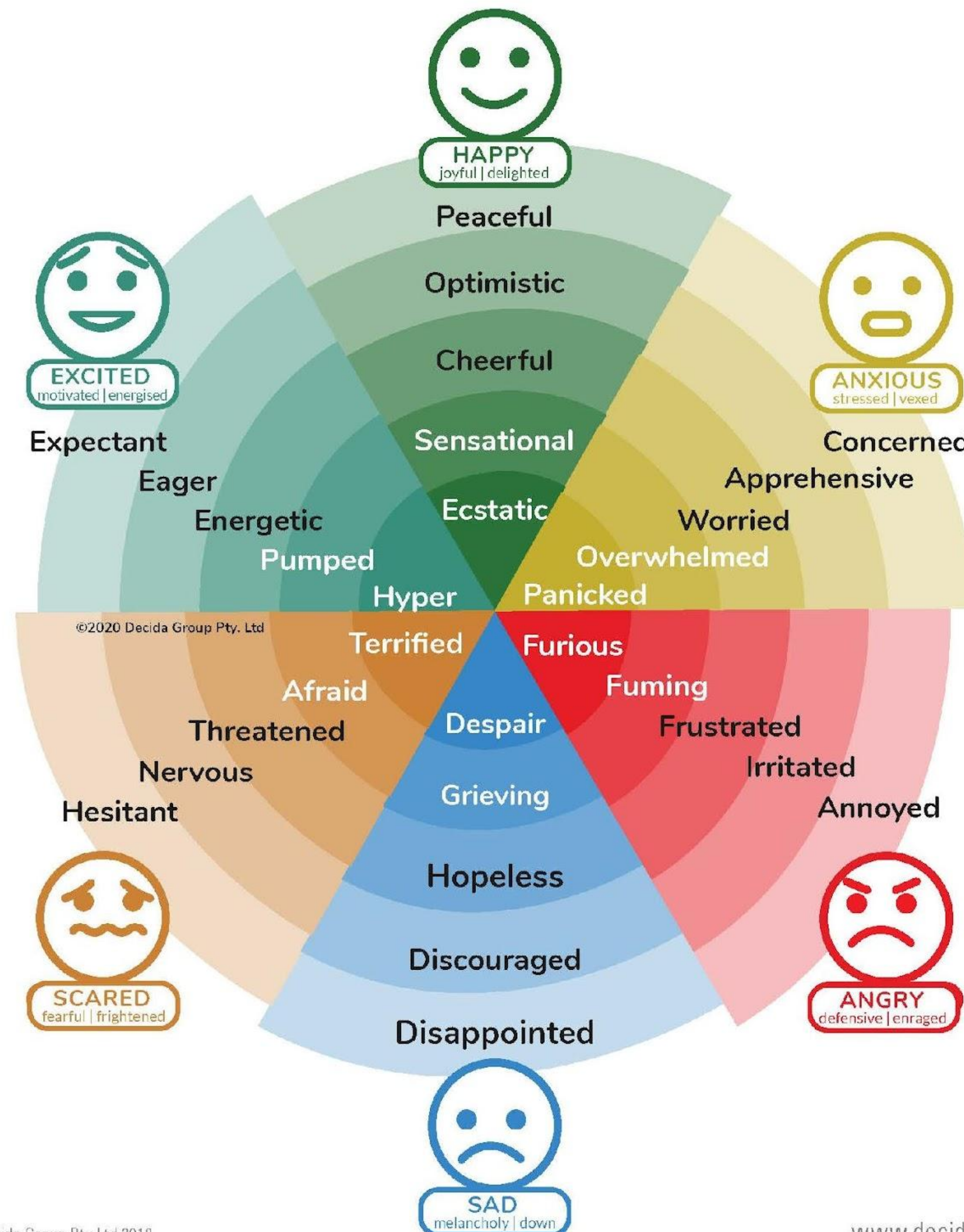


WHOLENESS dimension

FEAR dimension

RELEASE dimension





An Empathy Map

Validate **feelings**



I'm sorry
for you.

I understand.



VS.

Sympathy

Empathy

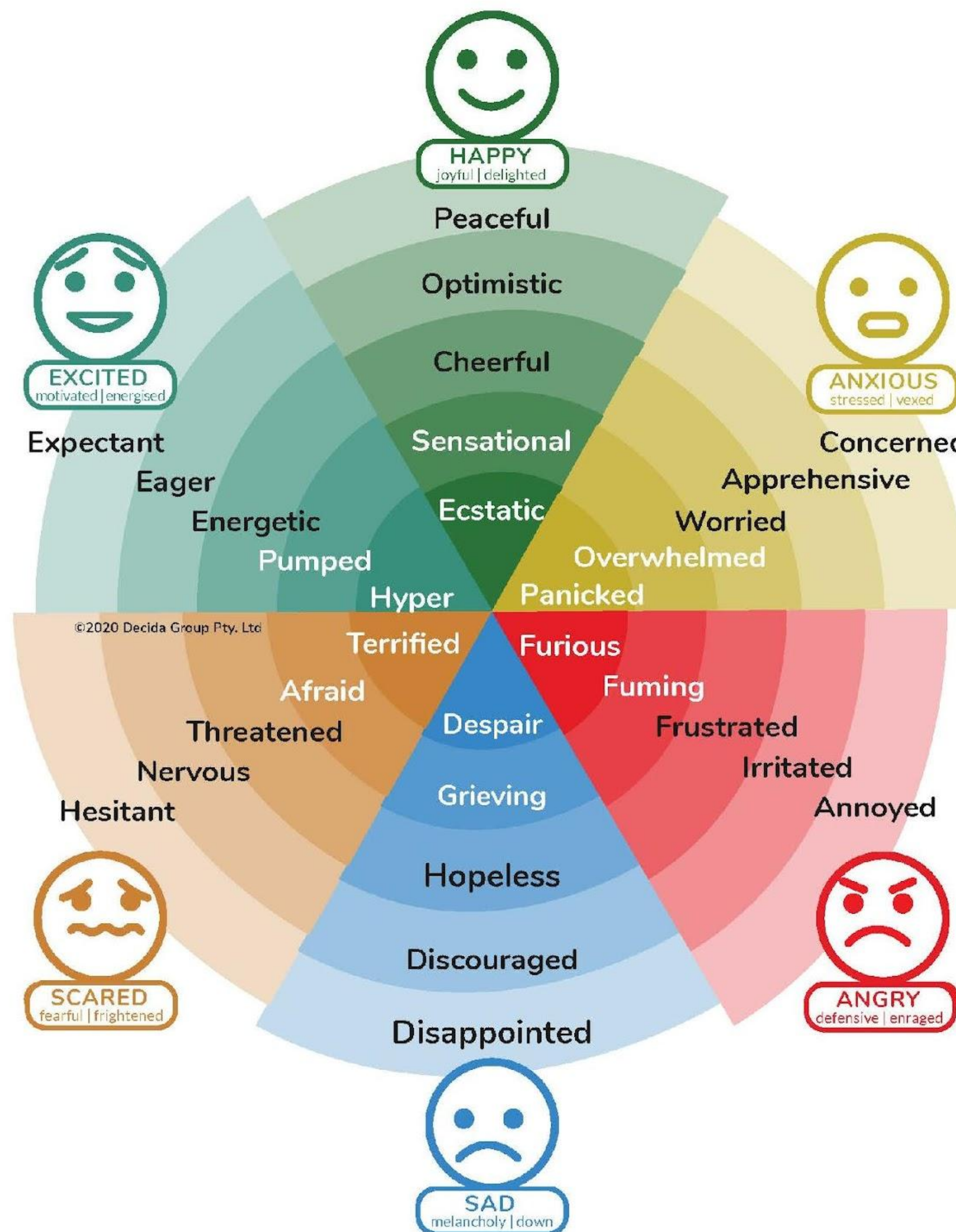


<https://youtu.be/KZBTYViDPIQ>

Active listening. Allow the person to feel heard.







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