

Emotional Intelligence

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Delivered by

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Learning Outcomes

- Identify the components of emotional intelligence or emotional quotient (EQ)
- Apply the aspects of EQ to your own role

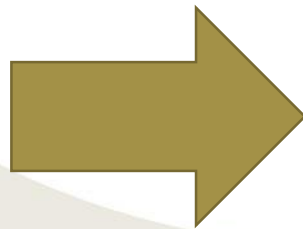
What are we trying to achieve in
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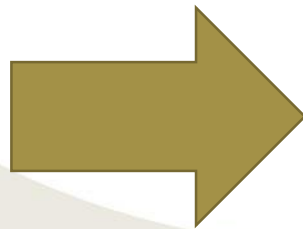
Enjoyment (intrinsic
motivation)



What are we trying to achieve in competitive swimming?



Transferable skills



What are we trying to achieve in competitive swimming?

Every adult working in competitive swimming has a role to play in ensuring the best positive outcomes (performance, wellbeing, future prospects)

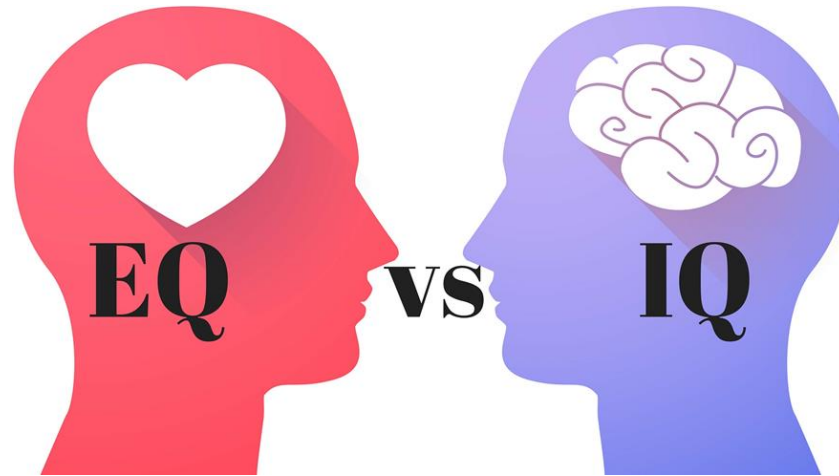
How you interact with the swimmers has a really important role to play

What do you understand by
emotional intelligence?



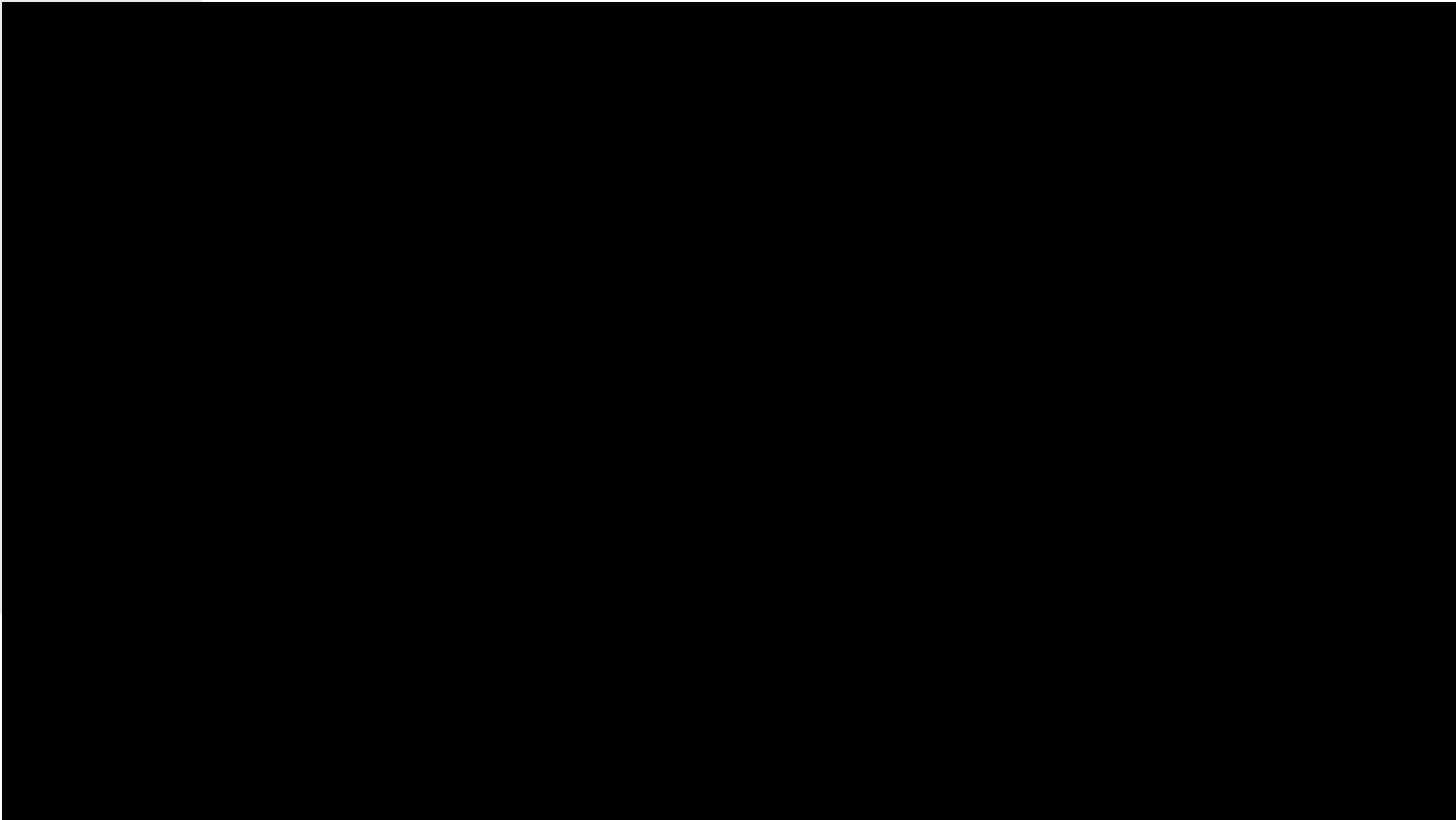
What is Emotional Intelligence?

Identify, evaluate and control emotions, perceive and assess others' emotions and understand emotional meanings



Ability to learn, understand, and apply information to skills, logical reasoning, and decision making

Success



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Identify, evaluate and control emotions, perceive and assess others' emotions and understand emotional meanings

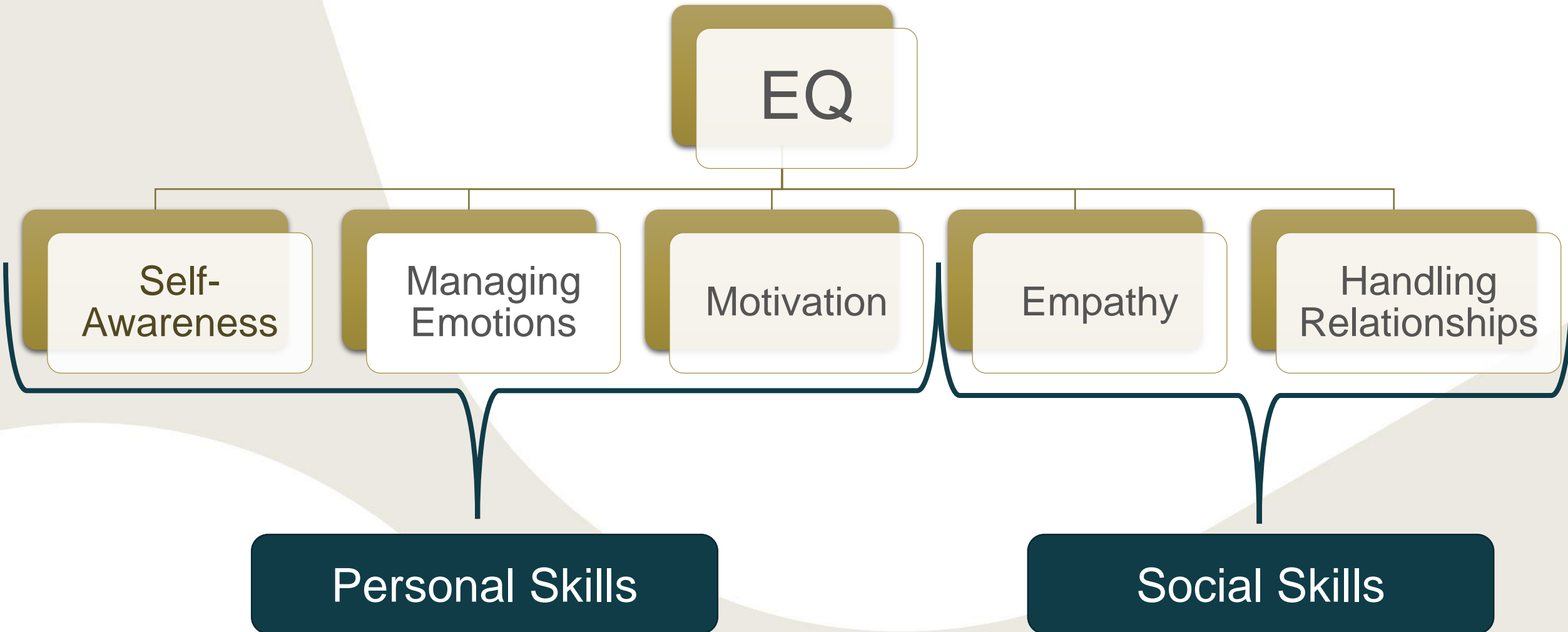


Particularly useful in roles that involve teamwork, leadership, requiring successful relations, initiative, and collaboration

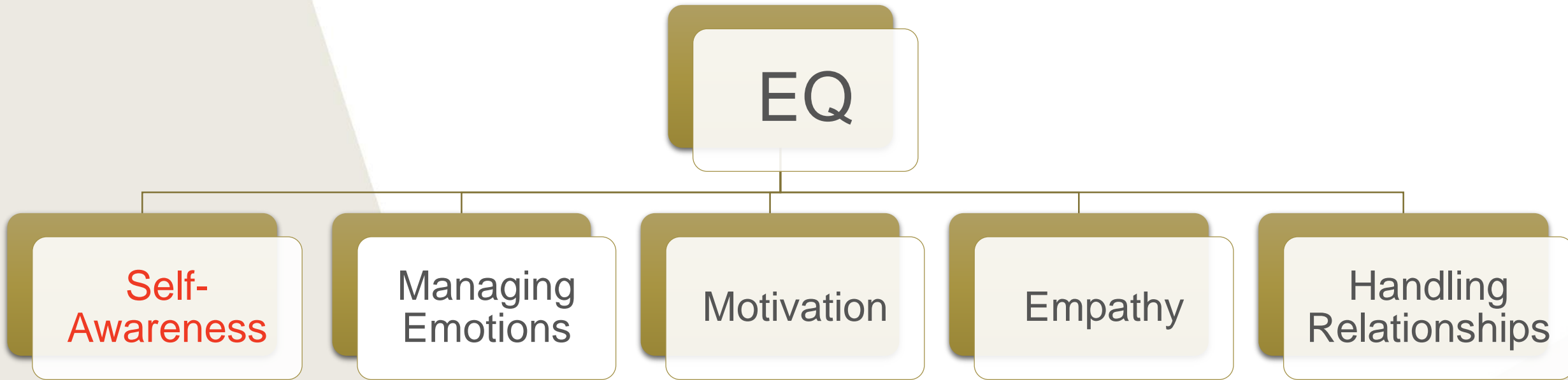


Success

What is Emotional Intelligence?

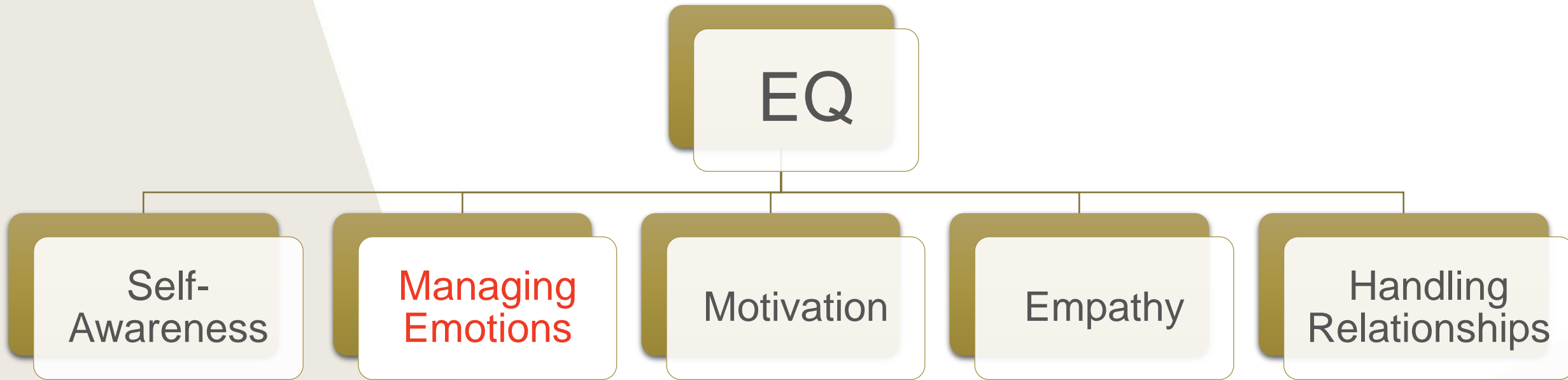


What is Emotional Intelligence?



Involves recognising what we are feeling and understanding why
Notice physiological and behavioural reactions

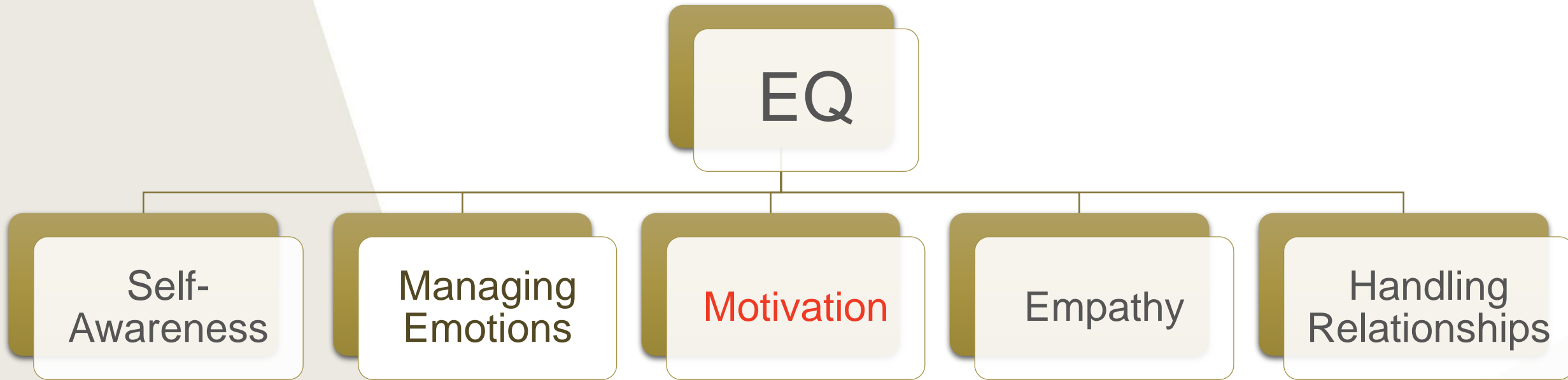
What is Emotional Intelligence?



Once you have identified the emotions, how well you manage them is important in your interactions with others – may involve self-control.

Try strategies such as breathing and/or counting to 10

What is Emotional Intelligence?



Reflect on what you are in a situation – what motivates you?
Be fair to yourself (and others) – be assertive and when consider your needs

What is Emotional Intelligence?



Listen to verbal messages and observe non-verbal messages to get a 'feel' for how others are feeling.

Use questions. Avoid making comments that are judgemental.

What is Emotional Intelligence?



How you behave towards others will impact on how they feel and react. Work on your social skills (listen, be non-judgemental, give them time to speak [or not speak])

What typical scenarios may you
find yourself in when dealing
with a swimmer?

What role does EQ play in these scenarios?



A Case Study to explore EQ



Wider scenario:

As team manager you are responsible for a team of 24 swimmers. It is the afternoon of the second day of the meet. The poolside is hot and you are tired. The team is not swimming well.

Specific issue:

Swimmer is disappointed with her race (she has failed to achieve a regional qualifying time that she was aiming for)





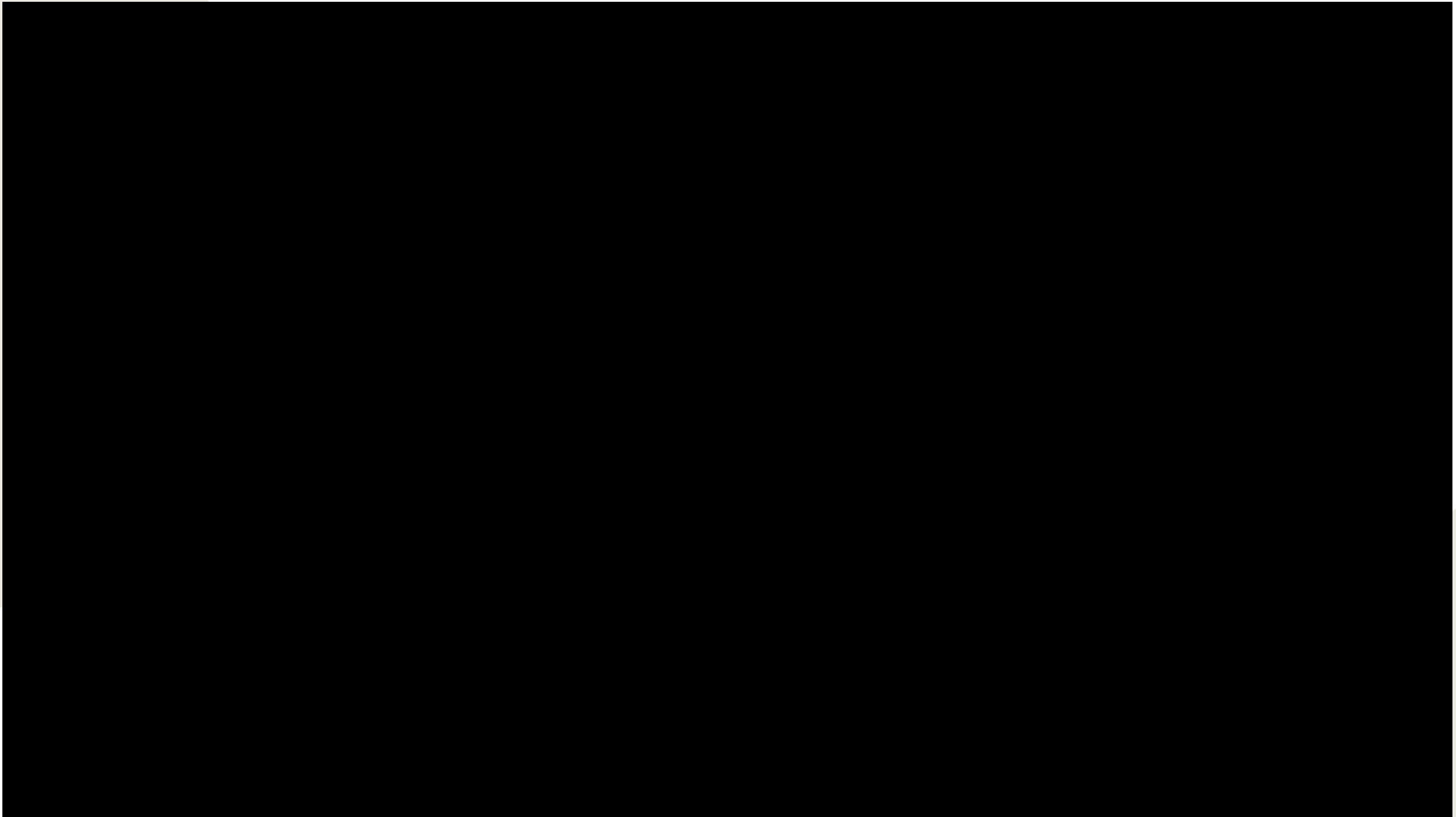
Wider scenario:

As coach you are responsible for a team of 24 swimmers. It is the afternoon of the second day of the meet. The poolside is hot and you are tired. The team is not swimming well.

Specific issue:

Swimmer is disappointed with her race (she has failed to achieve a regional qualifying time that she was aiming for)





Put yourselves in the position of the coach/team manager* and for each aspect discuss....

1. What could go wrong?
2. What do you need to consider?
3. How can you manage this situation?

For each aspect address what you need to take into account and how it may impact on how you deal with the swimmer

Self
awareness

Motivation

Managing
emotions

Empathy

Handling
relationships

Think about how you may be feeling in this scenario. What signs are you aware of in yourself that indicates how you are feeling?

For each aspect address what you need to take into account and how it may impact on how you deal with the swimmer

Self
awareness

Motivation

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Empathy

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relationships

Think about why you are there... what is it that motivates you? What drives your commitment? Is this having an impact on how you are feeling?

For each aspect address what you need to take into account and how it may impact on how you deal with the swimmer

Self
awareness

Motivation

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Think about how your emotions are impacting on your behaviour. Do you need to control your emotions? Will showing your emotions help or hinder?

For each aspect address what you need to take into account and how it may impact on how you deal with the swimmer

Self
awareness

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Think about how the swimmer is feeling? Put yourself “in her shoes”. Can you demonstrate that you understand? How are you going to do this?

For each aspect address what you need to take into account and how it may impact on how you deal with the swimmer

Self
awareness

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What can you do with
the swimmer? How are
you going to
communicate with her?
What actions are you
going to take?

Feedback to the group

Moving forwards...

Reflection



What aspects of EQ are you good at?
Which areas do you need to work on?
What are you going to do differently next time you are in a
'difficult' situation with a swimmer?

Any Questions?

