

Mindfulness & Interprofessional Wellness:

Strategies for navigating stress and relationships in and out of the workplace

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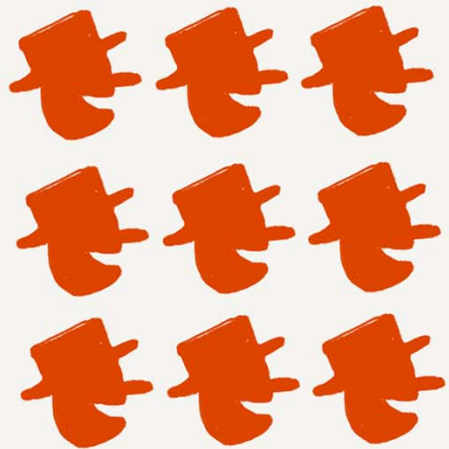
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Part 1: Self-Awareness





EMOTIONAL INTELLIGENCE STATISTIC



90%
OF TOP PERFORMERS
HAVE HIGH EQ

EQ IS
RESPONSIBLE FOR

58%

OF YOUR JOB
PERFORMANCE



\$29,000

PEOPLE WITH HIGH EQ MAKE
\$29,000 MORE ANNUALLY THAN
THEIR LOW EQ COUNTERPARTS

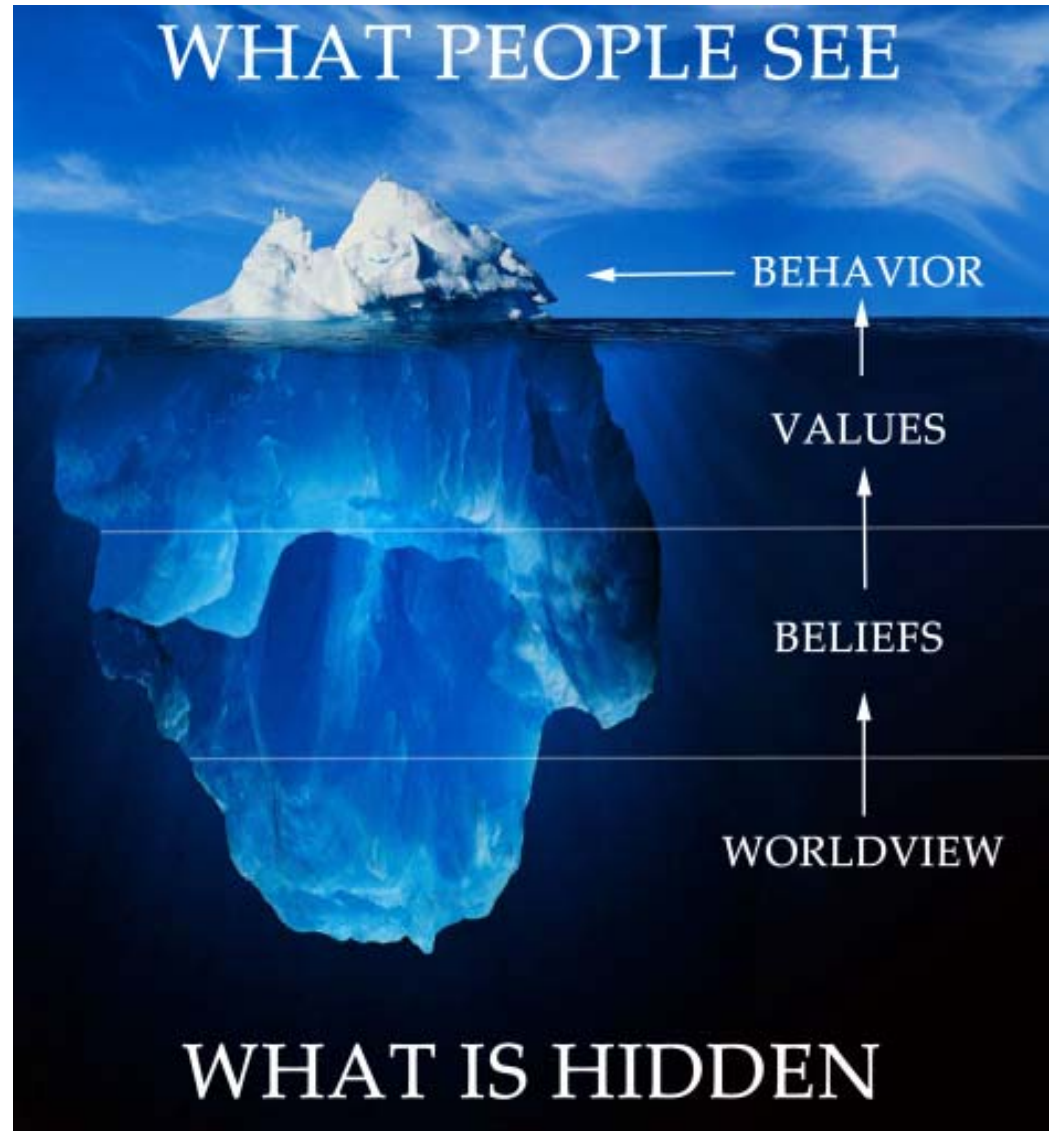
BY DR. TRAVIS BRADBERRY



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WHAT PEOPLE SEE

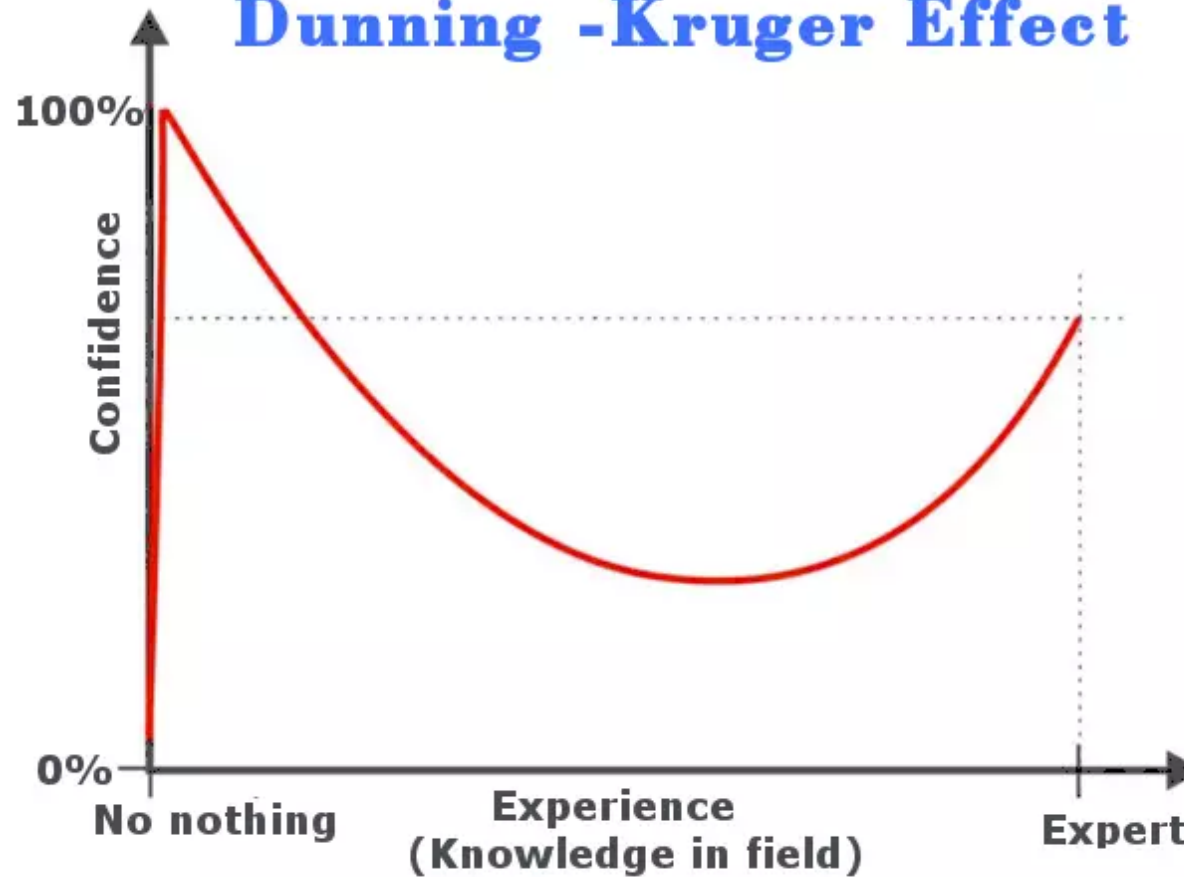




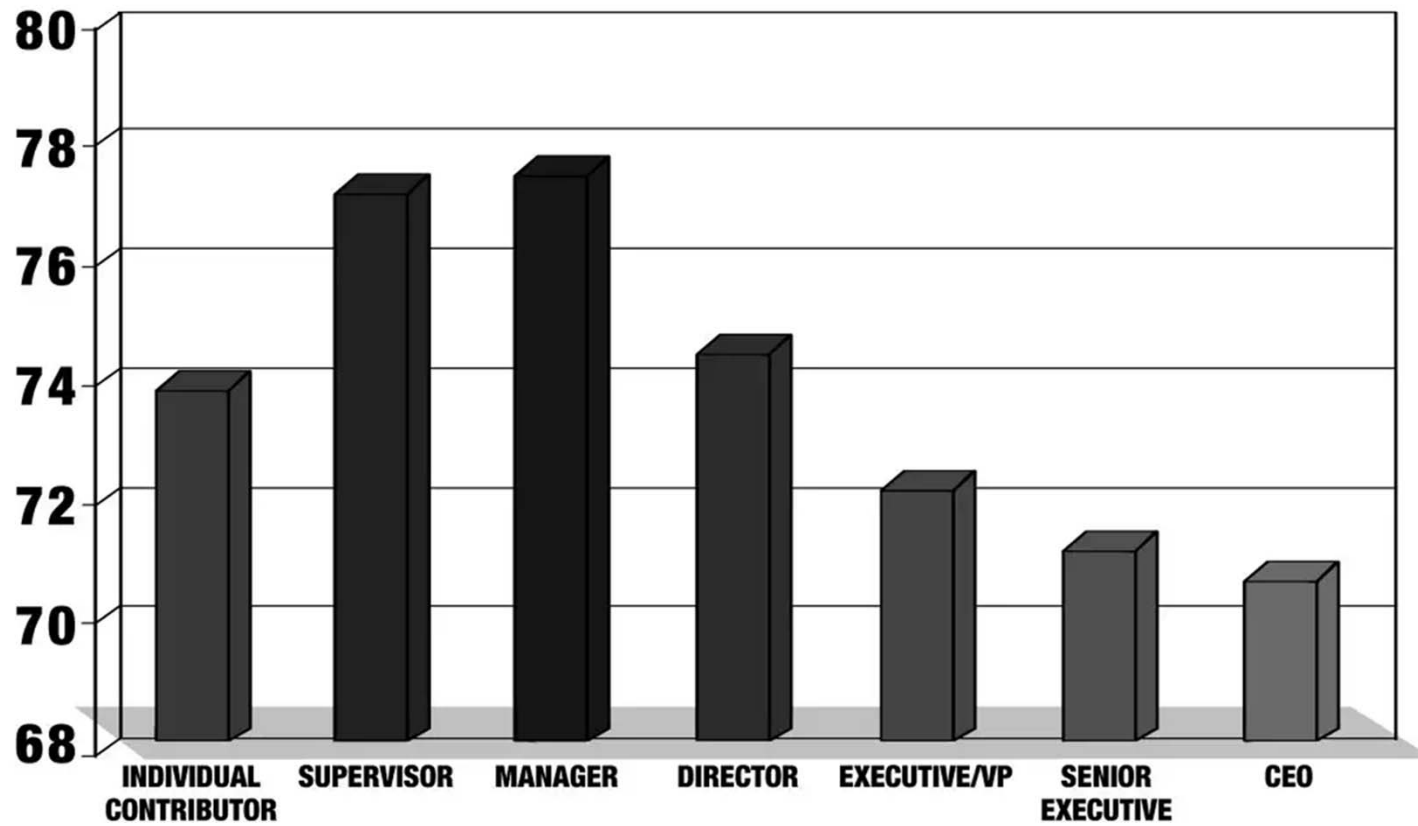
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More Confidence, Less Competence

Dunning -Kruger Effect



EMOTIONAL INTELLIGENCE AND JOB TITLE

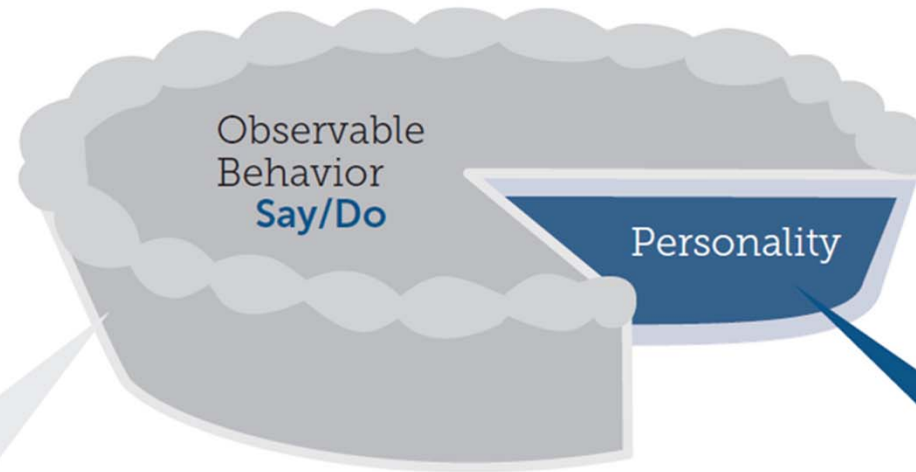








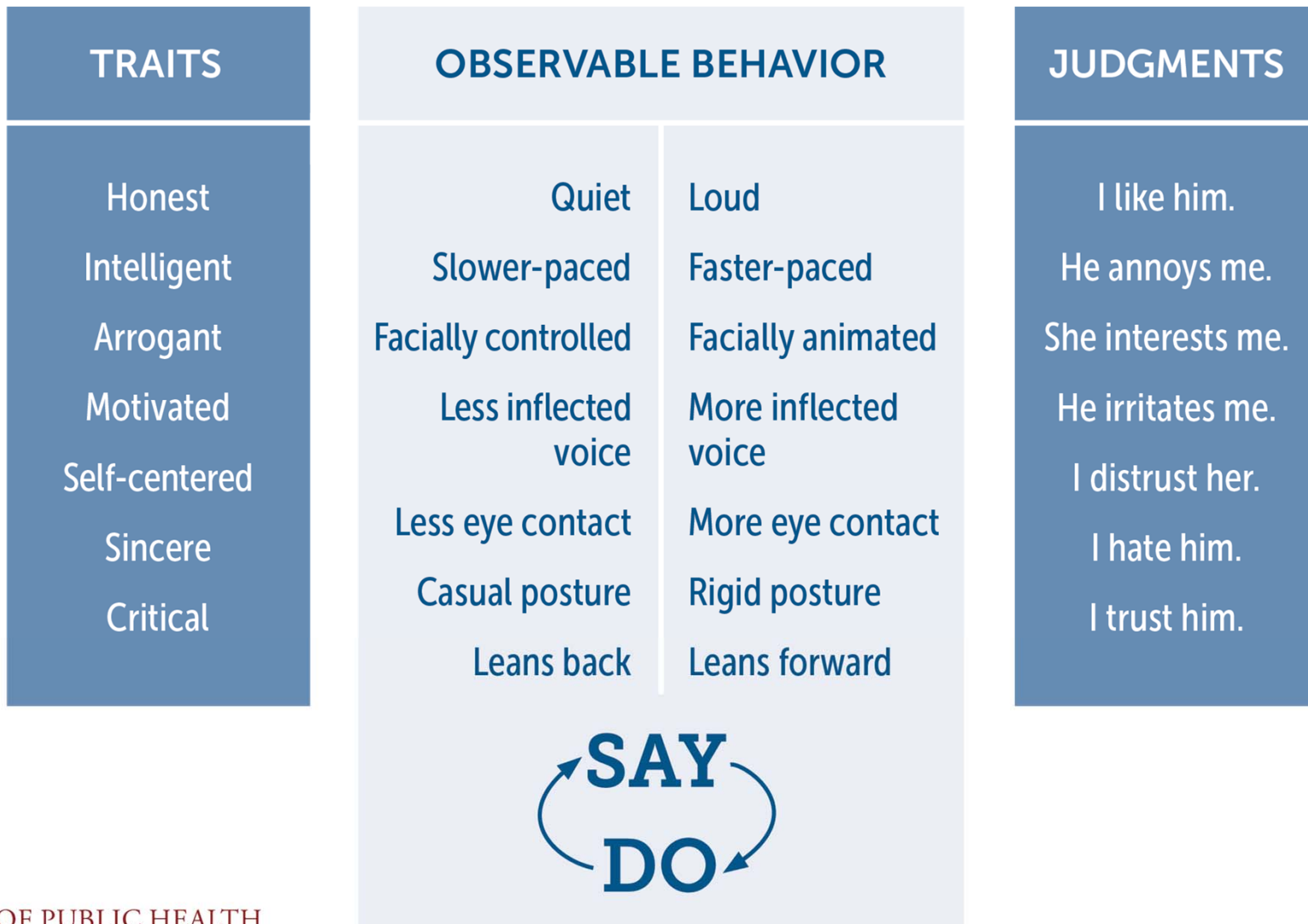
PERSONALITY PIE



Style is like the crust of the personality pie. It is the part that can be seen – the observable behavior.

Personality includes inner qualities – attitudes, aptitudes, dreams, values and abilities.





Ask



Tell

SAY verbal behaviors

Slower ◀ **PACE OF SPEECH** ▶ Faster

Less ◀ **QUANTITY OF SPEECH** ▶ More

Quieter ◀ **VOLUME OF SPEECH** ▶ Louder

ASKS ◀ ||||| ||||| ▶ TELLS

Relaxed ◀ **USE OF HANDS** ▶ Directive

Lean Back ◀ **BODY POSTURE** ▶ Lean Forward

Less Direct ◀ **EYE CONTACT** ▶ More Direct

DO non-verbal behaviors

Control



Emote



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SAY verbal behaviors

Less Inflection

Task

Facts/Data

**EMOTION IN
VOICE**

**SUBJECTS OF
SPEECH**

**FORM OF
DESCRIPTIVES**

More Inflection

People

Opinions/Stories

CONTROLS

DO non-verbal behaviors

Less

Rigid

Controlled

**USE OF
HANDS**

**BODY
POSTURE**

**FACIAL
EXPRESSION**

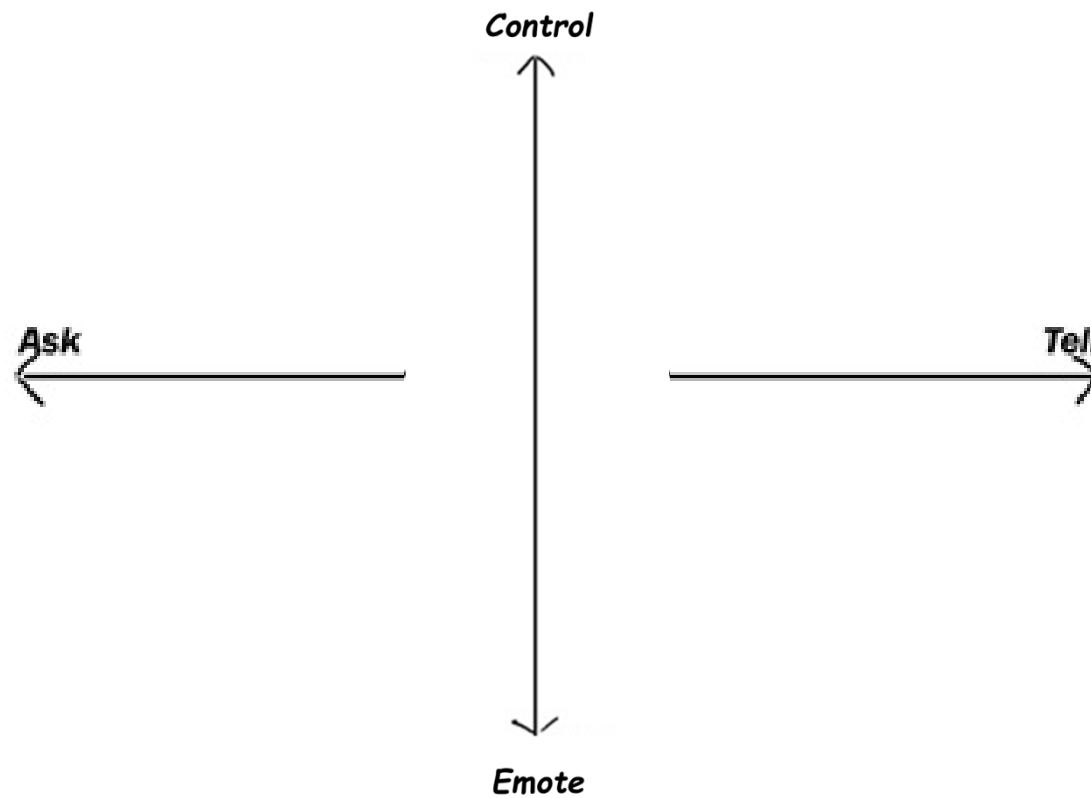
More

Casual

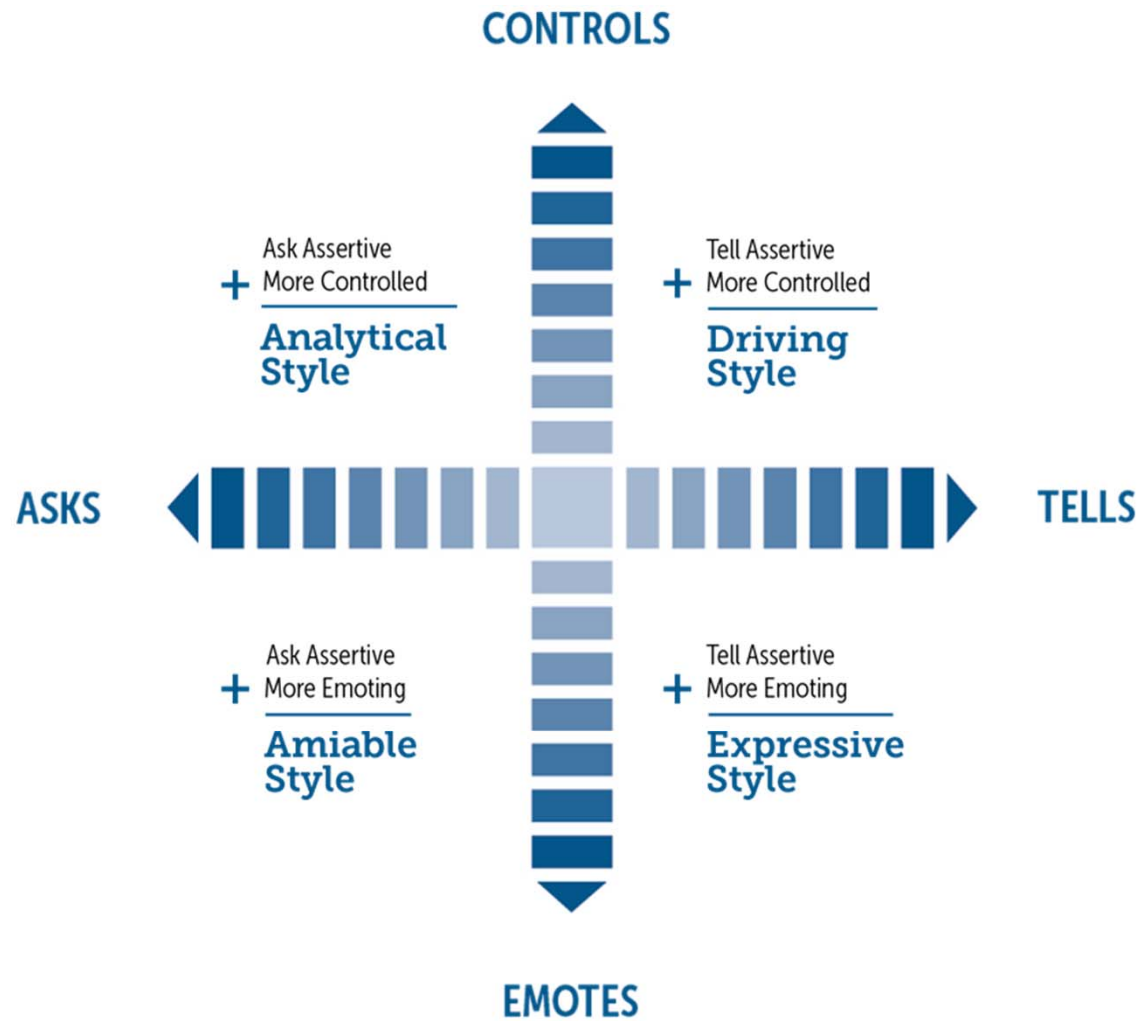
Animated

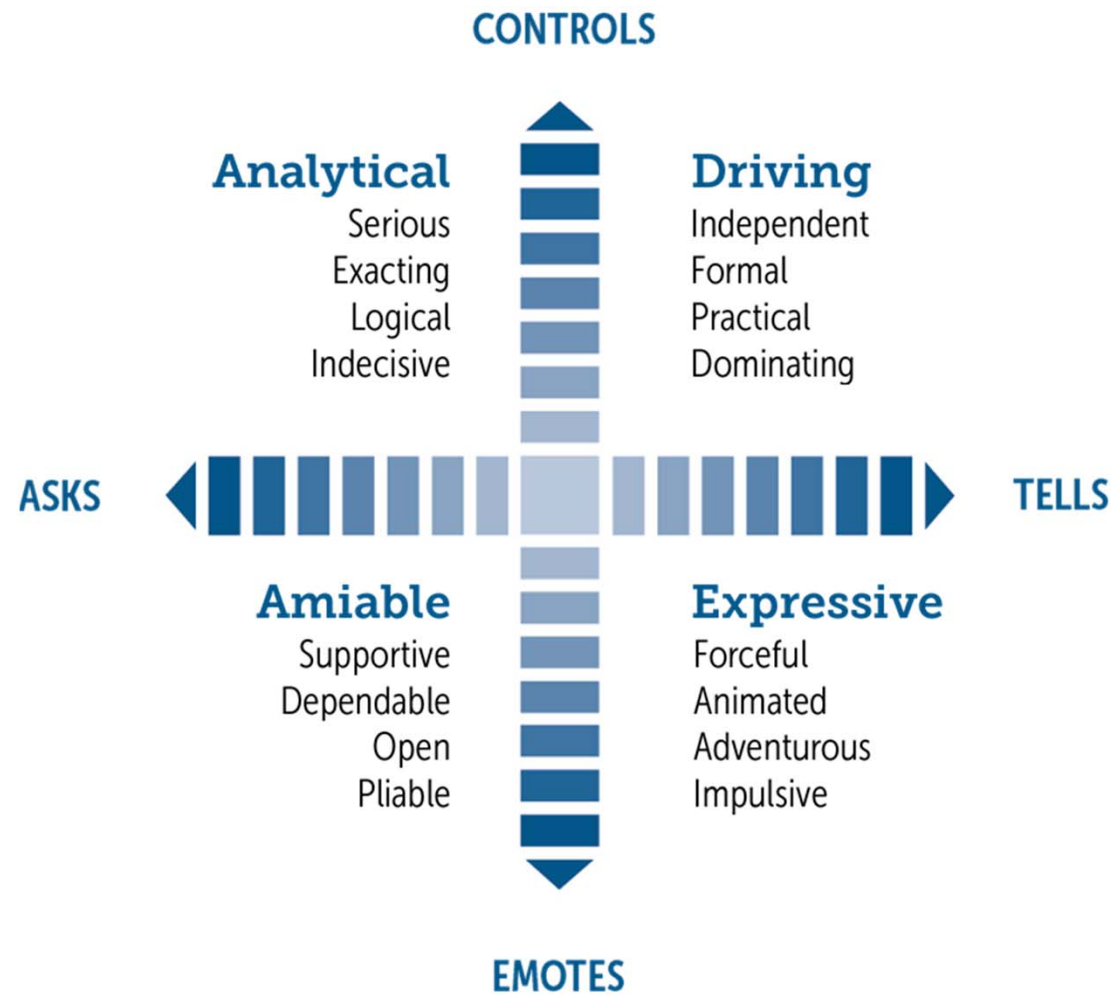
EMOTES

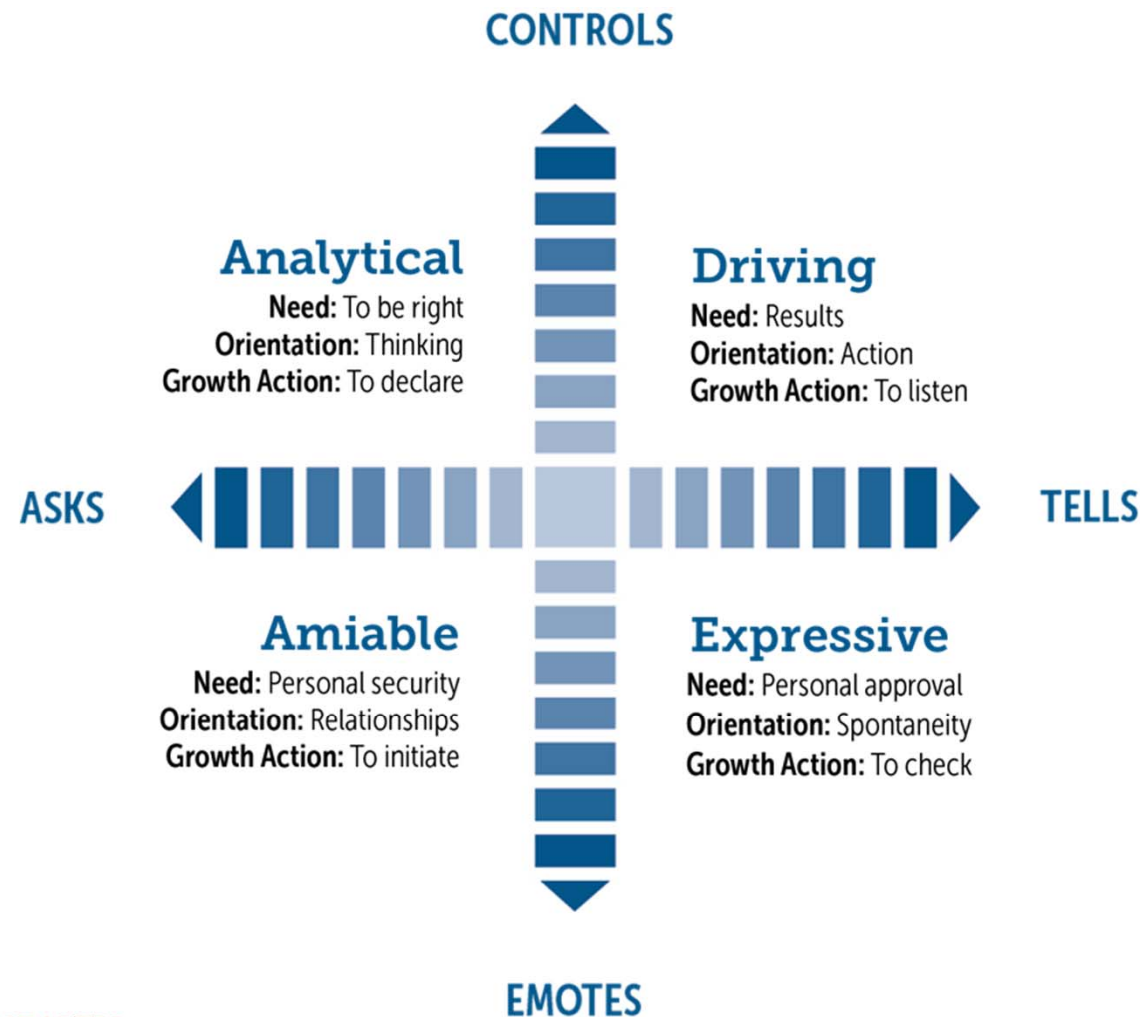
Front of room



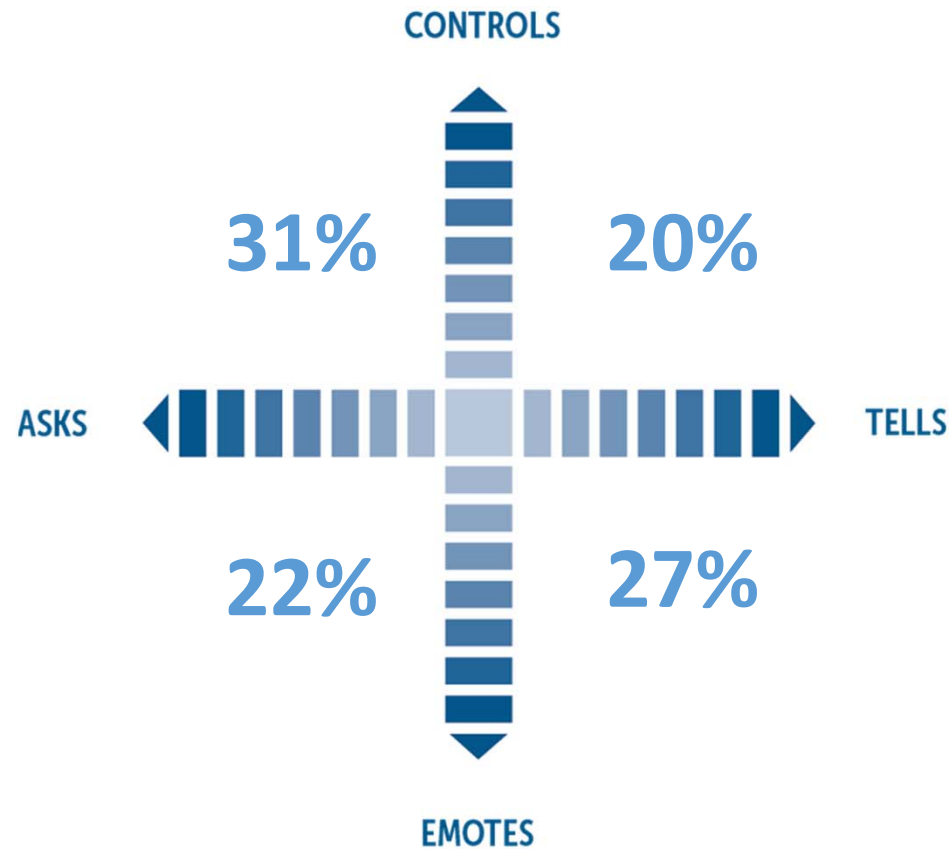




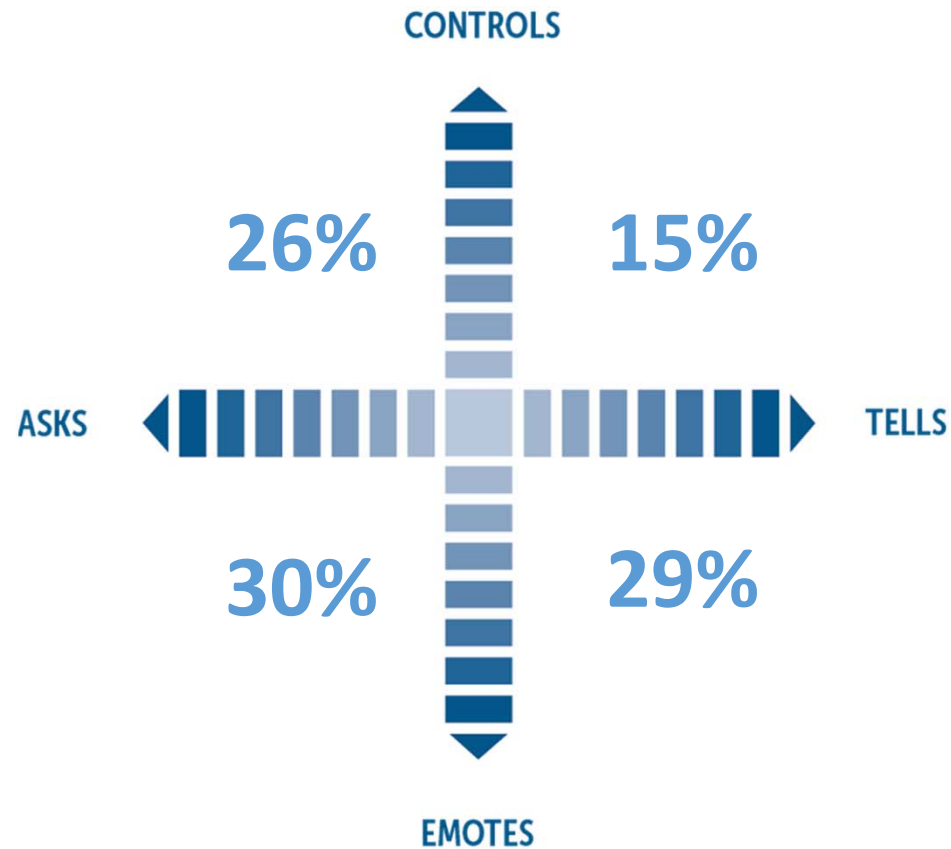


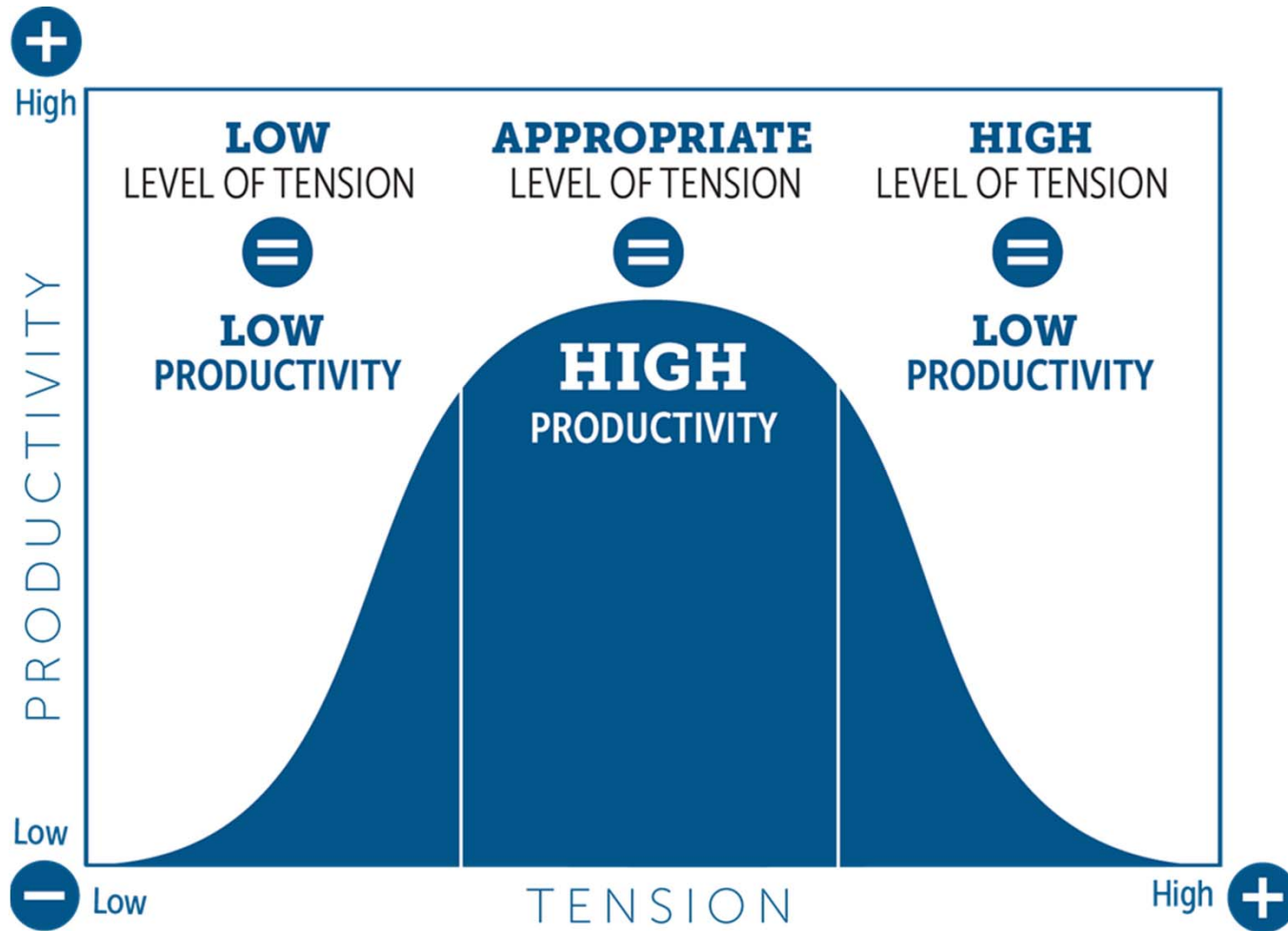


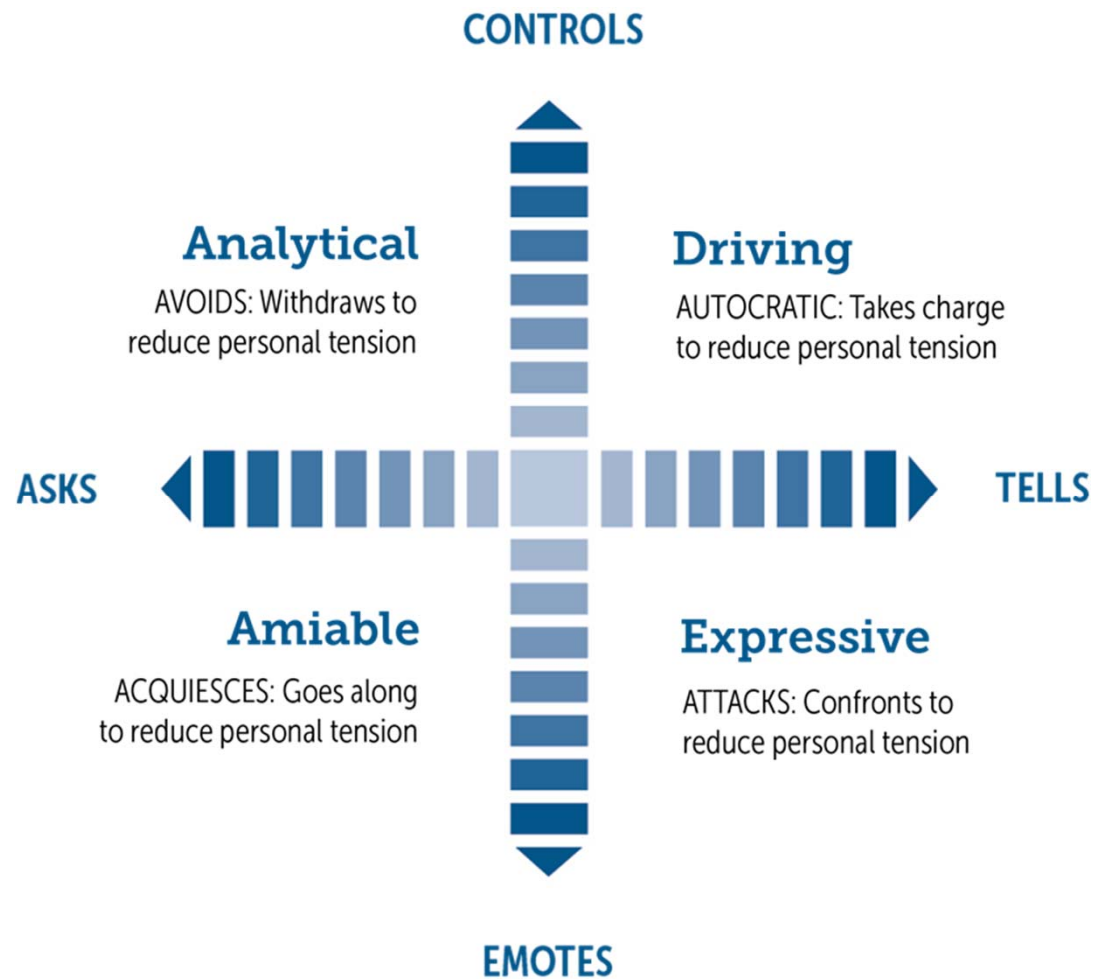
Healthcare



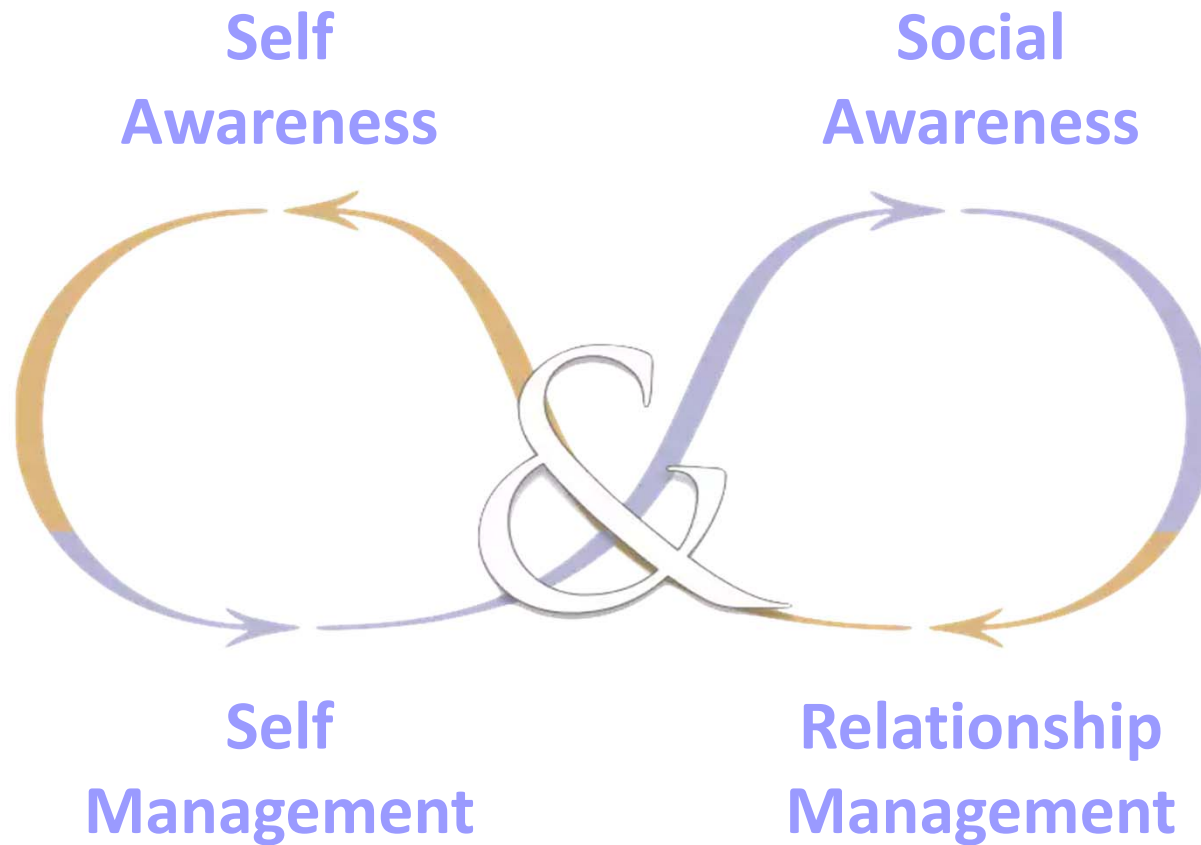
Education



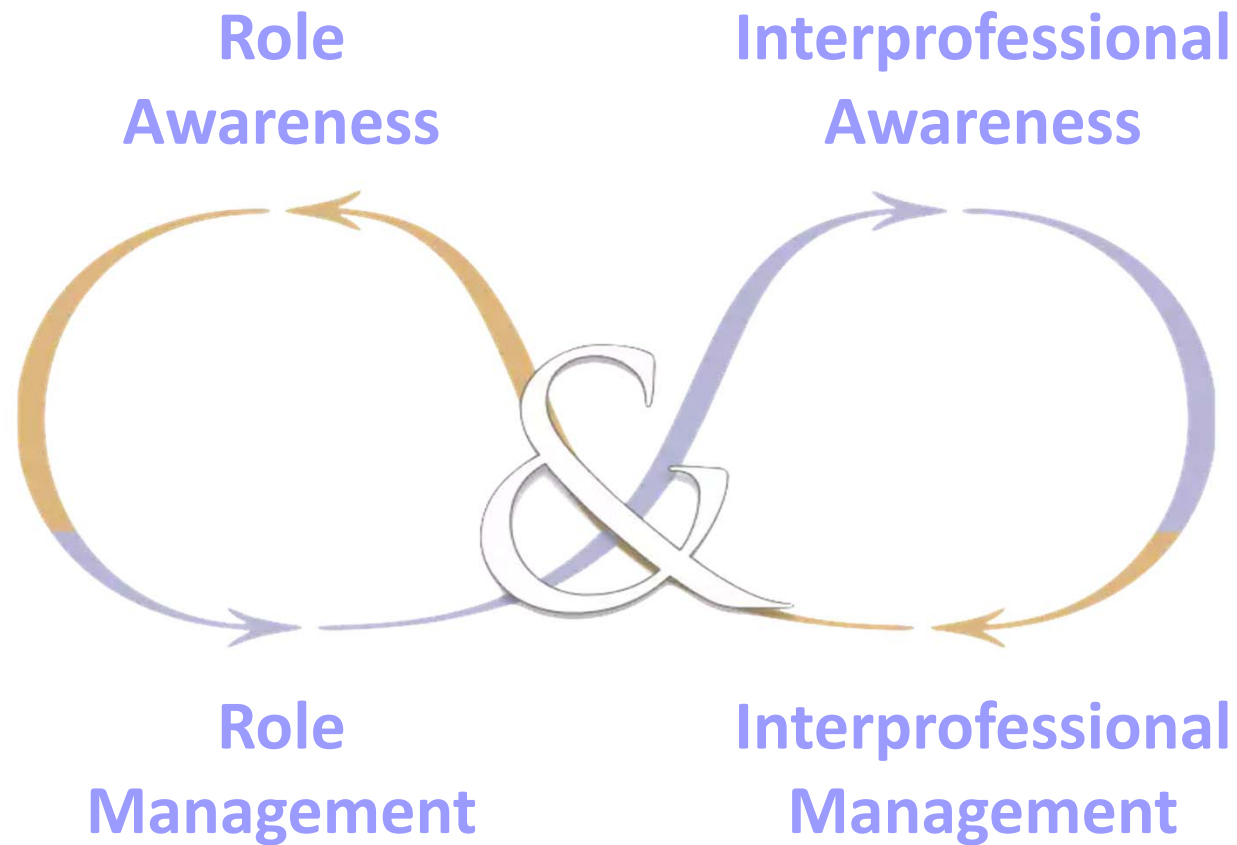




Interpersonal Effectiveness



Interprofessional Effectiveness



Interprofessional Effectiveness

