



Podcast 1

Intro into EI: what is emotional intelligence & its 4 pillars, EI in physical activity & corporal expression

Emotional intelligence is the ability to become aware of one's own emotions and the emotions of others, to manage and to use these abilities to direct one's thoughts and actions.

Emotional competences apply to personal and working life constantly, it is a continually evolving process in our lives.

This process of learning emotional competences is called: emotional education and seeks to move closer to a state of emotional health.

Emotional health is emotional well-being, to achieve the state of mind that allows us to go about our daily lives with sufficient motivation, peace of mind and efficiency.

In fact, physical activity and corporal expression have been a tool for emotional health for many. Because emotional and physical health are closely related.

When we talk about the role emotions in physical activity and corporal expression, we have to differentiate two aspects:

1. The contributions to the intrapersonal development

-our view and understanding of ourselves and the interpersonal development that has to do with one' relationship with others:

- strengthening of skills, such as self-concept, self-esteem, self-determination, management of our own emotions.

2. and the interpersonal development

- that has to do with one' relationship with others:

- skills such as being able to express empathy, and to successfully communicate with others.

Through the improvement of this set of skills, women at risk of social exclusion will be able to empower themselves.

- Improving their self-image through training their body and mind,
- making their capacity for improvement visible and
- creating a broader self-image of their potential

can open a door to greater well-being within themselves and a stronger representation of their goals and interests towards others.





How to assess the evolution of these qualities? Their intrapersonal and interpersonal competencies:

- **Communication**
- **Respect**
- **Empathy**
- **Teamwork**
- **Awareness of inner states of mind**
- **Awareness of intentions, motivations, temperaments and wishes**
- **Capacity for self-discipline, self-understanding and self-esteem**

Intrapersonal competencies: it could be observed whether the participants have developed:

- **self-confidence**
- **the image of oneself**
- **the evaluation of their own qualities**
- **their impulses under control**
- **and emotion management**

Interpersonal competencies: we should ask ourselves if our participants:

- **Have increased their capacity to understand the emotions of others?**
- **Have they improved in the management of situations from the perspective of empathy?**
For example, have they become more:

- **introspective (do they observe and reflect on their own behaviours and emotions)?**
- **concerned about others and tries to help them**
- **tends to share for example, personal objects**
- **express clearly how he/she feels**
- **has a hobby or pastime but talks little about it**

