**Activity – Social Skills**

# Aim:

The aim of this exercise is to apply all today’s learning to improve a working or personal relationship.

# Process:

Working on your own

Think of a relationship you would like to improve. We are going to work through the different parts of the EI model to identify potential ways to improve this relationship

Describe the relationship you would like to improve

Why and in what way would you like to improve this relationship - be as specific as possible and try to set a goal, explaining how you would like the relationship to operate/ feel in the future

Describe the current reality regarding this relationship

Now work through the different aspects of the EI model

# Self-Awareness:

What emotions are you experiencing in relation to this situation?

What do you think is driving these emotions?

Has this situation become an emotional ‘hot spot?’

How do your strengths / weaknesses / hopes / needs impact on this situation?

# Self – Control:

Can you choose another response?

Is your ‘thinking’ unhelpful?

How can you manage your impulse/emotions better?

# Self-Motivation:

How committed are you to improving this relationship on a scale of 1-10? (1 = low, 10 = high)

What will it take to move to a 10?

# Empathy:

How does this relationship look from their perspective?

Are you really listening?

Do you validate each other?

Is there any way in which you could meet their needs?

# Social Skills:

How could you build more rapport?

Have you been honest about your feelings and expectations?

Based on all the above, what steps can you take to improve this relationship?