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## Objectives

- Gain an understanding of how emotional intelligence plays a role in your abilities to lead
- Acquire ideas on how to harness your emotional awareness to help uplift your team
- Learn new EI strategies to empower yourself and your team in ways that will impact everyone's health and well being



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## ANFP COVID-19 Resources Page

ANFP Association of Nutrition & Foodservice Professionals ANFP Membership

Become a CDM, CFP, Education Resources ANFPtv Events & Co

**IMPORTANT:** COVID-19 Resources Nutrition & Foodservice Edge Magazine 9 ANFP Marketplace



**COVID-19 Resources**

**Quick Links**

Use these links to jump quickly to specific resources on this page:

- [General COVID-19 Resources](#)
- [Nutrition, Safety & Long-Term Care Facility Resources](#)
- [Sanitation & Safety Resources](#)
- [Crisis & Emergency Preparedness Resources](#)
- [Pandemic Micro Webinar Series](#)

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## Emotional Intelligence 101

- A way of describing interpersonal skills
- Emotional Intelligence – Sometimes referred to as emotional quotient or EQ



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## Find Your EI Smile Today

Emotional intelligence is the ability to manage your emotions and understand both your emotions and the emotions of people around you.



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## The Three Skills to EI

"Emotional intelligence is generally said to include at least three skills: emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same."

- Psychology Today



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### Let it Grow

- Social Skills
- Self-Regulation
- Self-Awareness
- Motivation
- Empathy

### 5 Elements of Emotional Intelligence

We want our students to be successful. Mindful practices will encourage these traits to bloom.

Adapted from "Emotional Intelligence" by Daniel Goleman  
<http://www.danielgoleman.com/teach/emotional-intelligence/>

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### Why Ask?

Dozens of times a week, we ask friends, family, and even strangers, "How are you?"

How predictable is the answers?

"good," "fine," or at least, "okay."

Honest answers?

Are you uncomfortable with a more genuine answer?

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### CDM, CFPP Skills #CDMsMatter

**CDM, CFPP leaders who have great social skills ARE good communicators!!!**

- Sense of translating ideas to their team
- Listening to their needs
- Hearing their complaints
- Good at recognizing problems
- Very open to hearing both good & bad news
- Know how to praise others
- Know how to criticize constructively

**Dietary Team Blessings**

Create your Department's Blessings Board

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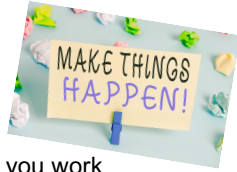
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## Culture Counts

### What is ToMo?

- Total Motivation (ToMo)
- *Why* you work affects how *well* you work
- Amplify Play, Purpose, and Potential



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## CDM, CFPP Leaders Excel

- A good leader can create the type of work environment where each person feels relevant and motivated to succeed
- Leaders with high emotional intelligence can use their social skills to foster rapport and trust with their employees
- View your team members as individuals with unique abilities, backgrounds, and personalities rather than as a uniform collective
- Effective leaders seek to understand and connect emotionally with their staff—genuinely sharing in their joys as well as their concerns



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## It's ALL About the "Tude"

### Attitude

We control our attitude toward any situation. Positive or negative. You cannot control the event, but you can control how you react to the event.

**Don't forget to smile and take care of your co-workers!**



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Team Spirit

You need a support system!

Find joy in each day, even in the small stuff!




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Live for Today

Character

Competence

Connection




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Relaxation Brings Joy!



Encourage ways to be self aware and nurture the soul, everyone needs pampering...




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<https://www.chillboost.com/entry/inspiration-ideas-h-1632700>

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**Fun In-Service**  
Staff can try their hand  
at self-assessing their  
happiness!

### SELF-AWARENESS HAPPINESS ASSESSMENT

WHAT TYPE OF PERSON ARE YOU TODAY?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

DECIDE THE PERSON THAT YOU WANT TO BECOME ONLY USING THREE YEARS.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I AM HAPPIEST WHEN I \_\_\_\_\_

I AM MOST UNHAPPY WHEN \_\_\_\_\_

3 THINGS THAT INSPIRE ME IN A GREAT WAY:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

1 PERSON THAT MADE ME FEEL MOTIVATED AND INSPIRED:

2 THINGS THAT ARE MY GOALS:



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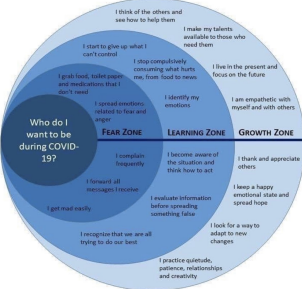
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**Post this as  
Food for Thought!**





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**Best Practice:**  
Make your EI part of your  
leadership goals!



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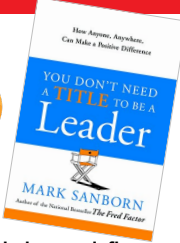
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**Resources**

**A good read to help you define you as the CDM, CFPP leader!**

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<https://marksanborn.com/>

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