



ENHANCING CAPACITY

THROUGH EMOTIONAL INTELLIGENCE & COMMUNICATION

FOR AN IMPROVED SELF AND ENLIGHTENED CONDUCT AT WORK



EXPERIENCES



**COMMUNICATION
SKILLS**



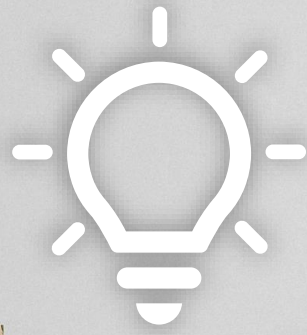
IDENTITY



IMPROVING SELF



IDENTITY



COGNITIVE vs EMOTIONS

BRAIN

MY THOUGHT PATTERNS:

- Myself
- My family
- My work
- My Country
- My life

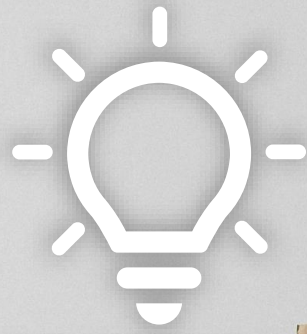
ME

&

I

MY EMOTIONS:

- Myself
- My family
- My work
- My Country



IDEA

WHAT I THINK AND HOW I FEEL DETERMINES

WHAT I DO (MY ACTIONS, HOW I REACT

HOW I PRODUCE);

ALL THESE DETERMINE TH

PERSON I AM




EXPERIENCES



EXPLORE SELF EXPERIENCES

HOW DO I IMPROVE WHAT I THINK

- 
- Childhood
 - Schooling
 - What I perceive
- Watch
Hear
Smell
Touch
Taste



Am I operating at my Optimum?

Do I want to remain at that level?





IMPROVING SELF



IMPROVING SELF

HOW DO I IMPROVE WHAT I FEEL

- Childhood
- Schooling
- What I perceive

Watch
Hear
Smell
Touch
Taste

HOW I FEEL

- Happy
- Angry
- Sad
- Afraid



IMPROVING SELF

THREE TYPES OF
PROBLEMS/ CHALLENGES

- To Solve
- To Run Away From
- To Percevere

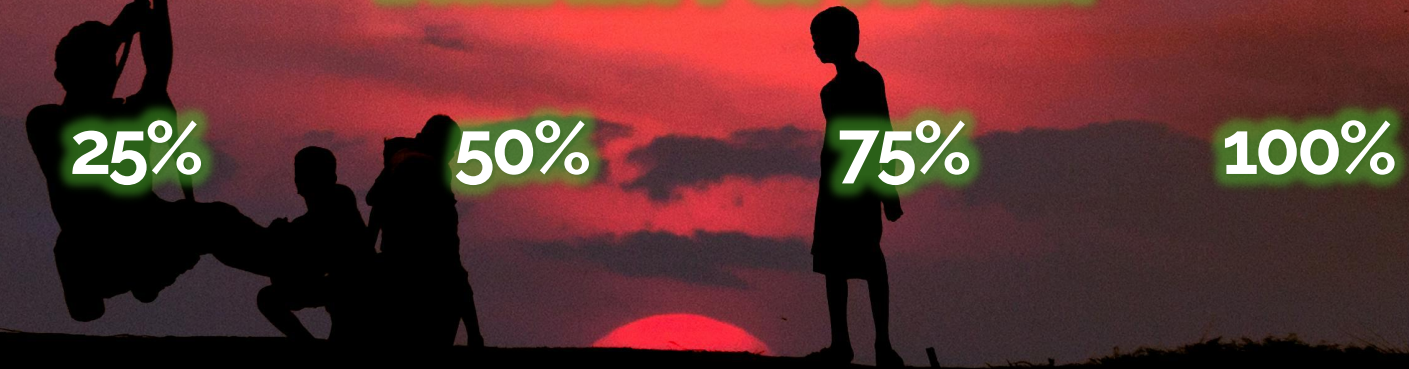


REALITIES



LIFE'S REALITIES

INTENSITY OF ANGER



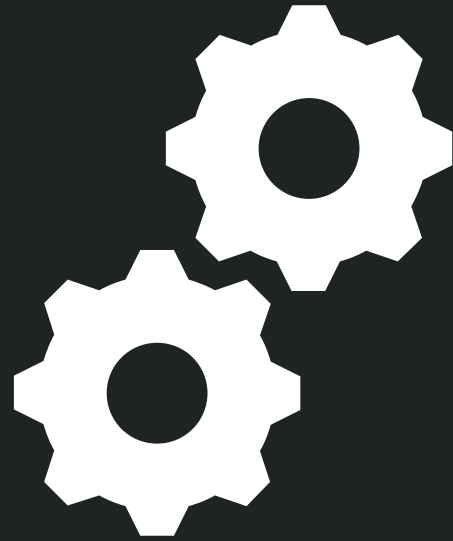


LIFE'S REALITIES

WHAT IS THE TRIGGER?

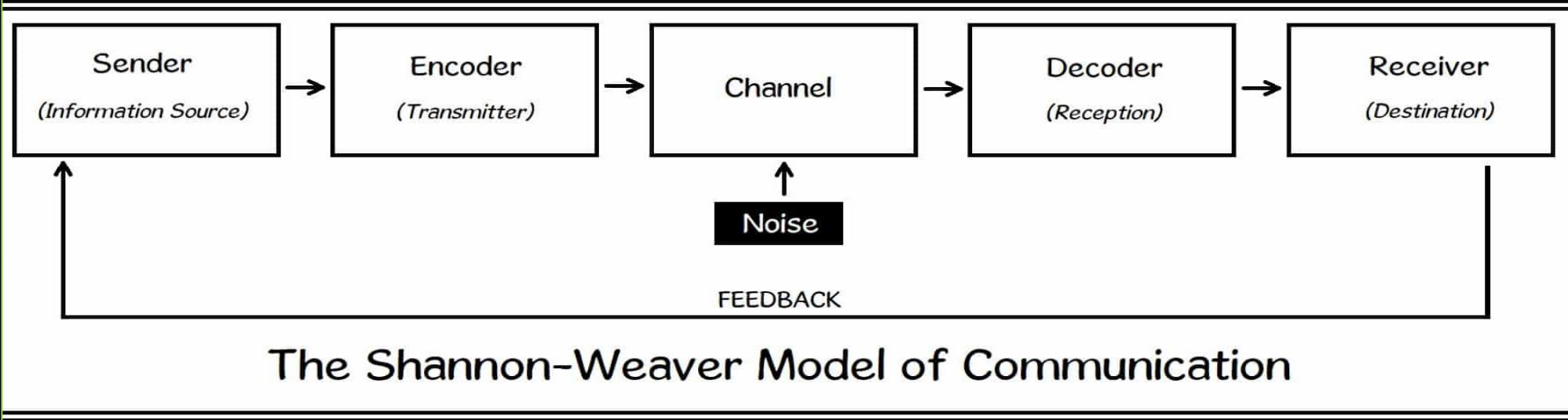
WHAT CAN/ SHOULD I DO ABOUT THE TRIGGER?

WHAT ARE THE CONSEQUENCES?



**COMMUNICATION
SKILLS**

WHAT IS COMMUNICATION



...most importantly, its about what I make people feel

MY COMMUNICATION OBSTACLES

- Inner Self
(defeatism/ anger/ fear/
self-hate/)
- (victory/ happiness/ hope/
self-esteem)



Questions
Answers



A H M H C B O

AFRO HERITAGE MENTAL HEALTH COMMUNITY
BASED ORGANISATION



AFRO HE

MUNITY