YouTube Materials

[Blogpost Link](https://openlab.citytech.cuny.edu/elliseng3760sp2016/2016/02/24/project-2-details/)

 FRED Talk Presents: Emotional Intelligence: A 7 Step Guide

Pitch: Want to be a better colleague or individual?

FADE IN
SCENE 1

\*Whiteboard illustration writing\*

What is Emotional Intelligence ?
Emotional intelligence (EI) or emotional quotient (EQ) is the capacity of individuals to recognize their own, and other people’s emotions, to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior.

Today, emotional intelligence have changed the workforce and the lives of millions of people.

\*Whiteboard illustration writing\*
# 1
Ask yourself, “How am I feeling today?”
Narrator
(Script)
An important question to ask oneself on a day to day basis is “How am I feeling today?” This allow you to evaluate your emotions and how you are feeling. If you begin feeling overwhelmed it is important to keep a journal of your feelings.

#2
Create a positive environment
Narrator
(Script)
Creativing a positive and nurturing environment for yourself and your colleagues is imperative for a any successful working environment. It can be inspiring for others around you.

#3
Be empathetic
Narrator
(Script)

Empathy is one of the key soft skills that can be overlooked in the workplace. It is important to be self-aware and to recognize emotions in others, and their perspectives. This will allow you to be able to connect to others more effectively.

#4
Read people’s body language
Narrator
(Script)

Successful individuals with emotional intelligence are keen to picking up on facial expression and other non-verbal body language.

#5
Listen
Narrator
(Script)
Listening to these sensations and the underlying feelings that they signal will allow you to process with your powers of reason.

#6
Breathe. Breathe. Breathe.
Narrator
(Script)
Taking a deep breathe when feeling overwhelmed can help reduce your chances of failing lungs and can significantly elevate your mood.

#7
Practice Mindfulness
Narrator
(Script)

Practicing mindfulness and emotional intelligence isn’t something you do once and stop. It’s a lifetime ability and perspective.

Project 2- FRED Talk

**Background information**

About FRED

**FRED** **Talk** is a platform for discourse worth having. Started in 2016 as a class project where you can have a dialogue about various topics including business, technology, and professionalism. FRED is built on the foreground of sharing ideas across the seven seas.

What is a **FRED Talk**?

**FRED** stands for First, Real, Engaging and Discourse---- across a breadth of fields.

Our Mission

**FRED** is a YouTube based conference, on shedding light to a variety of topics to create an opportunity for an engaging discourse.

Catchphrase

Discourse worth having.

**Presenter**

**Naomi Dixon**

Writer, Philanthropist, Subject Matter Expert on Emotional Intelligence

Methodology: *Naomi Dixon believes that a good contributing citizen of society values begin with emotional intelligence in order for us to create a better tomorrow.*

**Why you should listen?**

Naomi DIxon was born and raised in Miami Beach, Florida. An award-winning author of three collections of *New York Reads Bestseller* on Emotional Intelligence (EI), documentary on Emotional Intelligence, and a renowned pianist. Dixon’s first big break was after she interned for a creative agency in financial services where she struggled with the demands of the corporate life. It wasn’t until her former boss shared with her the secret to her success, emotional intelligence. Dixon began implementing these “The 7 Step Guide to EI” and shortly after her social life and career was transformed.

Over the last ten years, she became a key player in revolutionizing the workforce through the power of emotional intelligence. Her sold out books are considered as a top asset for young millennials entering the workforce which introduces them to a holistic understanding of the power of emotional intelligence for a better tomorrow. Dixon’s stories are full of bountiful advice for young and seasoned professionals across many disciplines. Her methodology are built on the foreground of transforming humanity through the experiences she’s had.

In addition to introducing emotional intelligence to the workforce through thoughtful dialogue in workshops and seminars, Dixon travels across the seven seas in an effort to educate individuals on emotional intelligence and through philanthropy.

Script

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