

LUV2DRV

Coaching, Behavioural Change
Training and Education

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A driving passion for change in education



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How are you feeling?

Take a few moments to think about
your emotions at this point.

Discuss with your table group

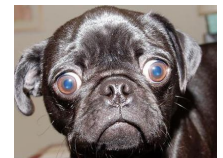


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Driving that emotion

- How do emotions affect what we do?
- Why is that important when we drive?
- How can we change this?
- Can it help in other areas of life?



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Emotional intelligence represents an ability to validly reason with emotions and to use emotions to enhance thought.

J. Meyer http://www.unh.edu/emotional_intelligence/index.html

Emotion and feelings are like the weather, frequently changing with daily events.

Mood is like your climate, a long-term pattern that continues over a period of time.

- See more at: <http://www.emotionallifeguard.com/2013/09/08/blog/emotions/difference-in-emotion-feelings-mood/#sthash.ansod9rc.dpuf>

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How can we use this information during driver training?



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- How do we recognise when our emotions affect us?
- How can we change our emotional state?



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What are you going to do about it?



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Further reading

Working with Emotional Intelligence: Daniel Goleman

Intelligence Reframed: Multiple Intelligences for the 21st Century:
Howard Gardner

<http://www.danielgoleman.info/topics/emotional-intelligence>

http://www.mindtools.com/pages/article/newCDV_59.htm

<https://www.psychologytoday.com/basics/emotional-intelligence>

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