

A woman with dark curly hair, wearing a light pink t-shirt and a dark skirt, stands in a meeting room, smiling and holding a whiteboard marker. She is addressing a group of people whose backs are to the camera. In the background, there are whiteboards with various diagrams and charts. One whiteboard on the right shows a line graph with a red line and a blue horizontal bar. The text 'Using Emotional Intelligence to Expand Your Influence' is overlaid on the right side of the image.

Using Emotional Intelligence to Expand Your Influence

PRESENTED BY

MO HASAN



What is Emotional Intelligence?

- Understanding your own emotions and emotional states
- Controlling your emotional states
- Understanding and being with the emotional states of others



The Hidden Problem

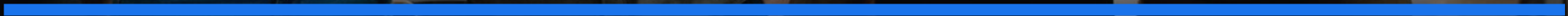
The Power of Language





What are Emotions?

EMOTIONS ARE ENERGY IN
MOTION, *EXPERIENCED* BY YOU



Emotions Exist on a Gradient Scale

Enthusiasm

Cheerfulness

Conservatism

Contented

Boredom

Antagonism

Anger

Fear

Grief

Apathy



AFFINITY LEVEL

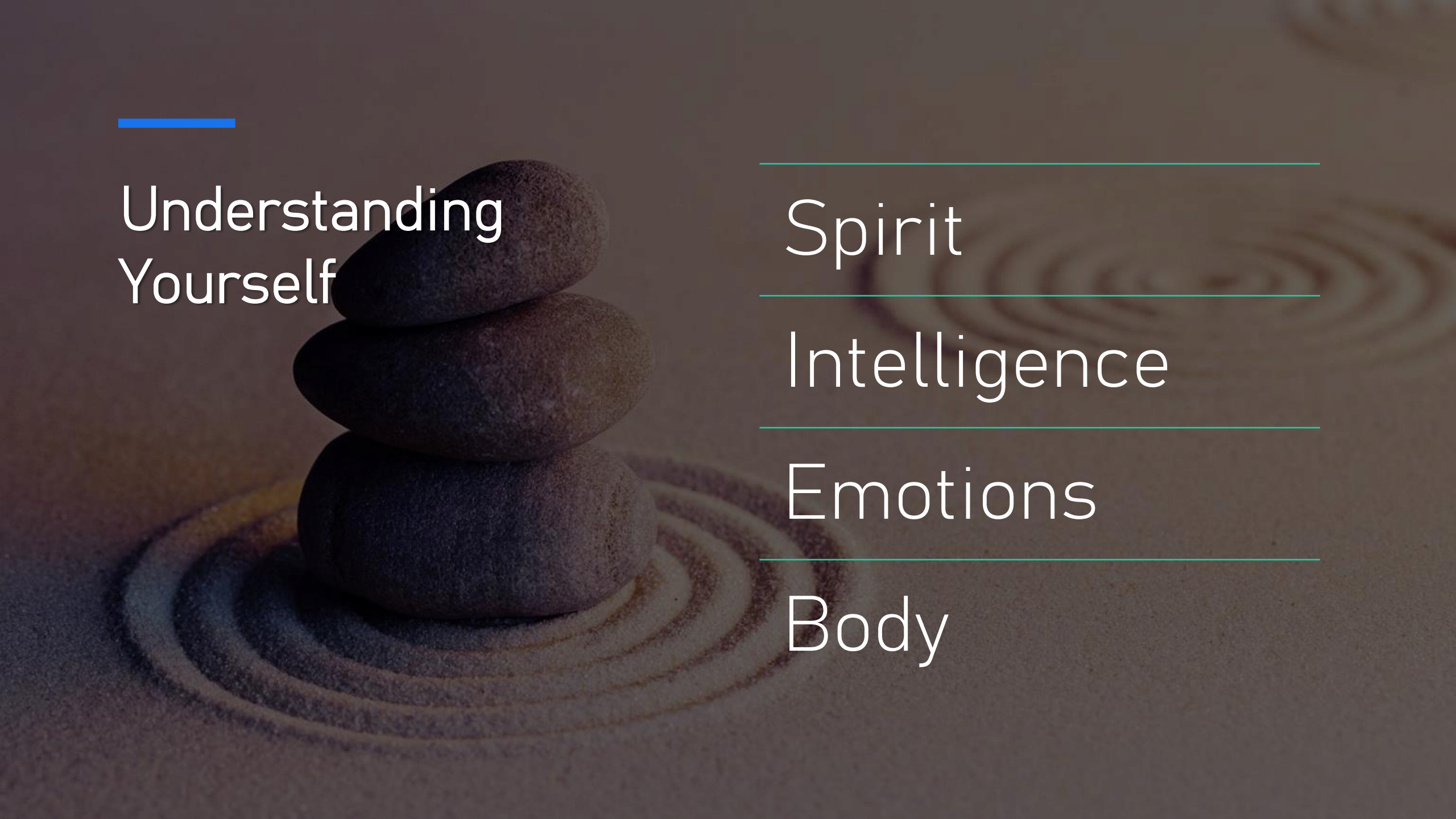
Understanding Your Universe

Physical Universe

Spiritual Universe

Ideas, Thoughts,
Viewpoints, Emotions,
Possessions





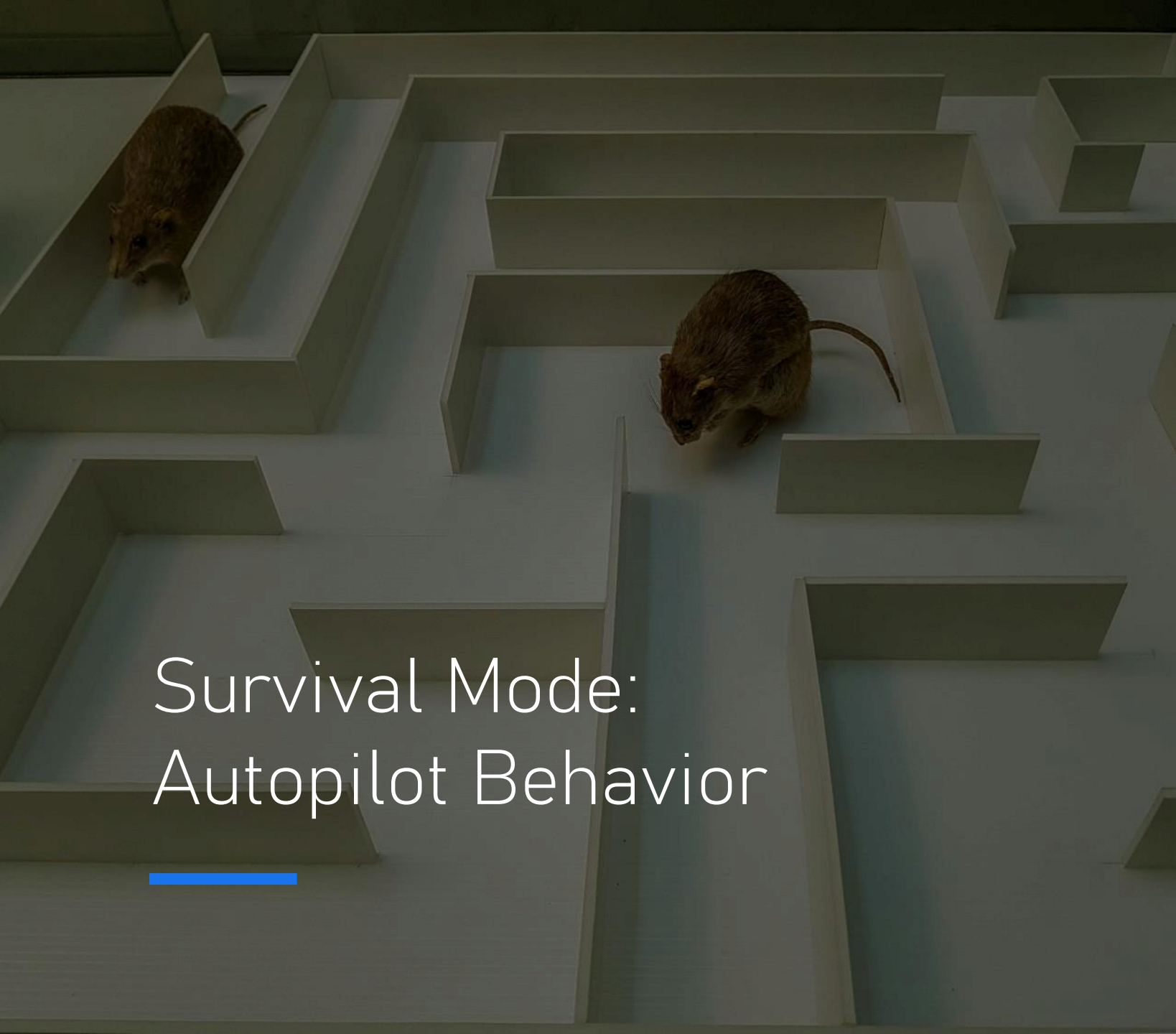
Understanding
Yourself

Spirit

Intelligence

Emotions

Body



Survival Mode:
Autopilot Behavior

- Fight
- Flight
- Freeze
- Feed
- Fornicate



Project Management Triple Constraint

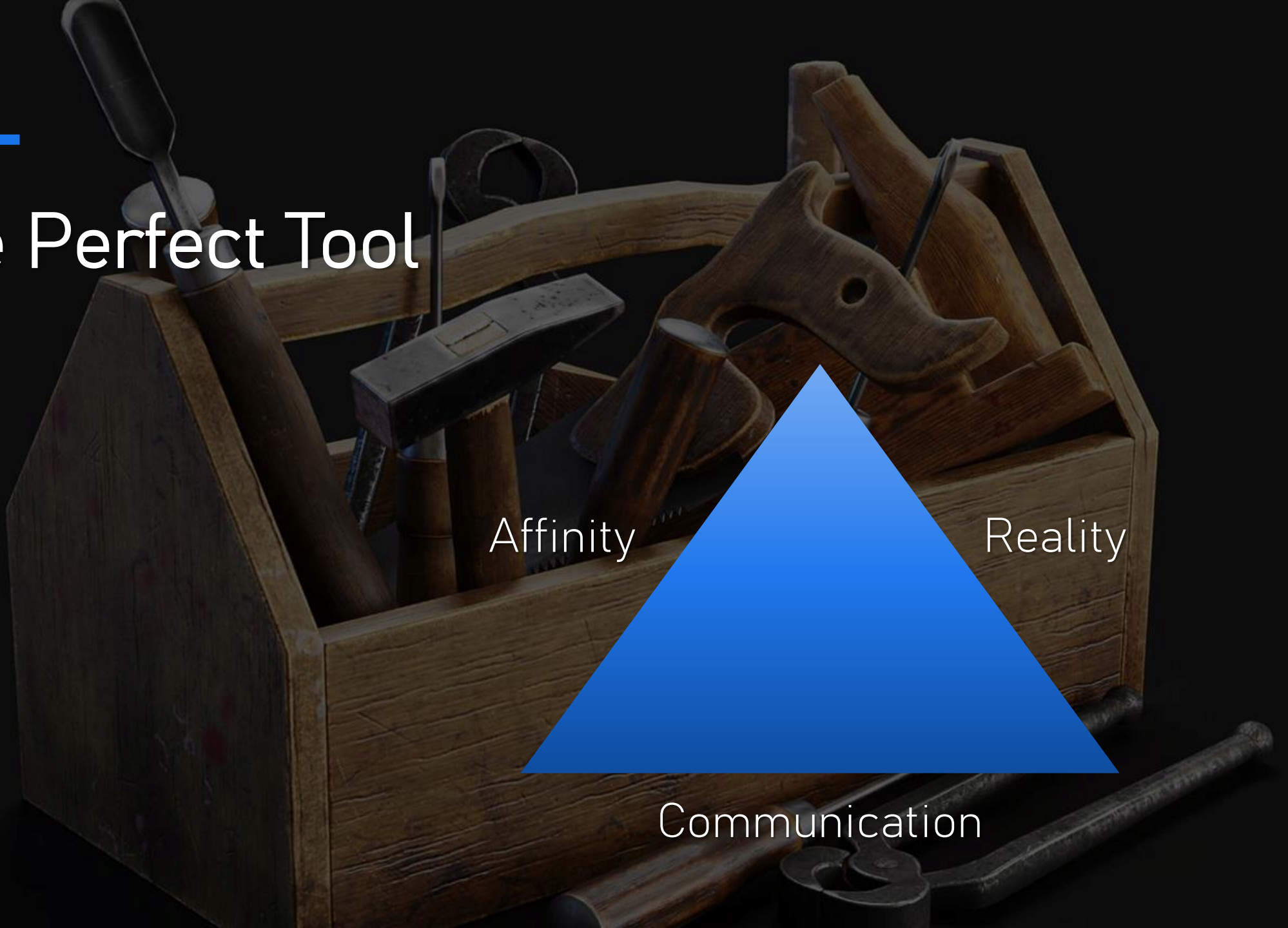
Scope
Resources
Schedule

The Perfect Tool

Affinity

Reality

Communication



Produce Extraordinary Results

"Mo is an expert not only in computer technology. He is a patient, *sympathique* teacher who knows how to engage other minds."

Ruth Bader Ginsburg
Associate Justice
US Supreme Court



New Projects

E-learning Courses:

- “Delivering Effective Presentations”
- “Building Financial Security”
- “Expanding Team Communications”

A hand in a dark suit sleeve reaches towards a network diagram on a corkboard. The diagram consists of several blue pushpins connected by thin white lines, forming a complex web of connections. The background is a soft, out-of-focus light color.

Let's Connect

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