

MIRACLE Academy

قال تعالى (يزفج الله الذين آمنوا منكم والذين أوتوا العلم درجات)

تفريغ التسويق
رميلتكم نهى الزبود



لجان الشفعات

Most common approach to Emotional Intelligence

Emotional intelligence, then, refers to:

(1) the ability to diagnose and recognize your own emotions:

Emotionally intelligent people can get in touch with and accurately diagnose their own internal feelings.

(2) the ability to control your own emotions

Emotionally intelligent people are also able to regulate and control their emotions. They are less likely to experience debilitating, depression, negativity and anxiety, More likely to manage their own emotional states than those with less emotional intelligence.

(3) the ability to recognize and diagnose the emotions displayed by Others

Emotionally intelligent people can show empathy, which refers to the ability to understand and connect with others' feelings. It does not mean sympathizing or adopting the same feelings.

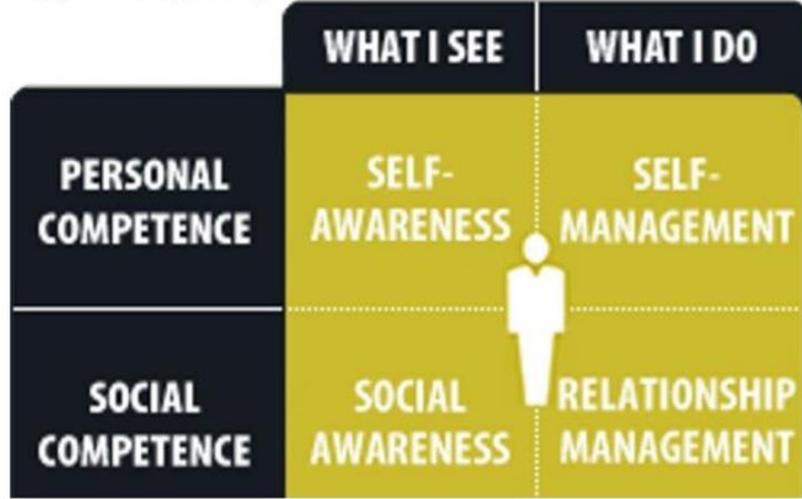
(4) the ability to respond appropriately to those emotional cues.

Emotionally intelligent people also respond appropriately to the emotions of others in balance with their own emotions.

(5) Motivation is the connection between the 4 pillars

هاد مش من ضمن الفيديوهات الي طالبنا
فيهم الدكتور

SELF-MANAGEMENT SKILLS		
Skill	Definition	Example
1. Self-awareness	Knowing and being willing to understand and talk about your self	You work poorly under tight deadlines, so you plan your time carefully—and explain to colleagues why you're careful about your schedule.
2. Self-regulation	Having the ability to control your impulses and channel them for good purposes	Your group stumbles during an important presentation. Instead of kicking over a chair or glaring angrily at everyone, you take time to assess the situation. You acknowledge the failure, consider possible reasons for it, then call your team together, offer your feelings, and work together to learn from the mistakes.
3. Motivation	Being energized and driven by an internal power, not by external rewards	You seek out creative challenges, love to learn, and take great pride in a job well done. You also constantly explore new and better approaches to your work.
ABILITY TO RELATE TO OTHERS		
Skill	Definition	Example
4. Social awareness	Taking others' feelings into account when trying to understand and when making decisions	You assign one direct report to a prize project, leaving others disappointed. You take the feelings of the unhappy ones into account and find ways to treat everyone fairly in the long run.
5. Social skill	Building rapport with others, inspiring them to cooperate, and moving them in the planned desired direction	You're convinced that your company's future lies with the Internet. You find like-minded people and use your social skill to stitch together a virtual community of support cutting across levels, functions, and divisions. You use this team to create a prototype of an innovative corporate Web site, and you recruit people from various company units to represent your firm at an important Internet industry convention.



□ وهاد كذلك بس رح احكي كمن شغله عنه انذكرت بفيديو ال

SUMMARY

▪ هاد يعتبر اكثر MODEL منشتر فيما يخص EQ (المصطلح الأساسي عنها

يدور حول PERSONAL COMPETENCE

▪ SOCIAL COMPETENCE

▪ UNDERSTANDING YOURSELF AND OTHER

□ وطبعاً هداول يكونوا في جو من MOTIVATION

	Recognition	Manage and Regulate
Personal competences	Self-awareness <ul style="list-style-type: none"> • Emotional awareness • Accurate self-assessment • Self-confidence 	Self – regulation <ul style="list-style-type: none"> • Self-control • Trustworthiness • Credit and Responsible • Adaptability • Innovativeness
Social competences	Social awareness <ul style="list-style-type: none"> • Empathy • Service orientation • Leveraging diversity • Situational collective awareness • Understand other's development 	Social skills <ul style="list-style-type: none"> • Communication • Influence • Leadership • Team capabilities • Change catalyst • Conflict management • Building bonds • Collaboration and cooperation
Motivation Achievement drive / Loyal and belonging / Initiative/ Optimism		

1. EMOTIONAL AWARENESS

2. ACCURATE SELF ASSESSMENT

3. SELF CONFIDENCE

2. *Accurate self-assessment*: Knowing one's strengths and limits. People with this competence are:

- Aware of their strengths and weaknesses
- Reflective, learning from experience
- Open to candid feedback, new perspectives, continuous learning, and self development
- Able to show a sense of humor and perspective about themselves

جنب كلمة weakness لازم
نضيف كلمة development

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لازم تكون عارف قدراتك ووين عندك
مواطن قوة ووين عندك مواطن بحاجة
ل development ودايما
weaknesses

الانسان بينه وبين نفسه يتعامل بارحيه
يعني ينتقد نفسه ويضحك على حاله
يتقبل يمازح نفسه

هدول الأربعة وجودهم في
شخصك الكريم أساسي ضمن
منظومه self assessment اذا
ما تتقبل feedback او ما تتقبله

بالنسبة لتقييم الذات فيها مغالطات كثير
ما في حدا يجي يقولك انا عندي تقييم ذاتي كويس
وانا بعرف حالي الي يحكي هيك يكون هاي
المعلومات والتقييم الكويس عقلنا الي وصلنا الها
بس هاد الكلام ما بزبط عند العلم اذا بدنا
نعرف self assessment طبعاً لازم نكتشف
ذاتنا وهاي الخطوة الأساسية ولازم يكون في
standard نخضع له

ما بكفي تكون عارف
your strength and
weaknesses انما لازم يكون في
عملية تعلم وخبرة 9pi الهم
اصولهم لازم تتعلم من مصدر
علمي صحيح ولازم تعيش
تجارب

A) SELF – AWARENESS: Knowing and being willing to understand and talk about your self

1. *Emotional awareness*: Recognizing one's emotions and their effects. People with this competence:

- Know which emotions they are feeling and why
- Realize the links between their feelings and what they think, do, and say
- Recognize how their feelings affect their performance
- Have a guiding awareness of their values and goals

هسا انا لما اجي احكي في عندي هاي النقطة لازم يكون عندي SUB SKILL
بشكل عام هي **RECOGNIZING ONES AND THERE EFFECT** وهدول الكلمتين يحو عن YOUR SELF والناس الي عندهم هاي المهارة

الخطوة الأولى ب EMOTIONAL AWARENESS انو نفهم حقيقه الشعور الي احنا بنعيشه وشو سببه مثال) FEELING) انا اشعر بالسعادة عندما أرى طلابي لذلك رح ابذل كل جهدي لأشوفهم هاي الشغلة بسيطة يعني احنا نسمعها TANTALIZATION (مثلا) WAY) الدكتور مهند يستفز بالمحاضرة من موضوع الحديث الجانبي يعني تعمله NEGATIVE EMOTIONAL لذلك يبذل قصارى جهدة لحتى ما يوصل لهاي النقطة عن طريق يضل يحذرنا وذكر انه استخدم JOHARI WINDOW OPEN WINDOW

الخطوة الثانية هسا بطبيعة العقل البشري YOUR EMOTION AND YOUR FEELING IS STRONGLY LINKS WITH YOUR THINKING AND WHAT YOU SAY افكارك افعالك اقوالك مرتبطة في شعورك ومشاعرك هسا DO THINK SAY مرتبطين بتكرار EMOTIONAL عندك لأنه بمجموعهم هدول الثلاث رح يشكلوا YOUR PERFORMANCE (شخصك كانسان) معناها YOUR CHARACTER ATTENDANCE HAPETS LIVE BEHAVER

كل النقاط الي حكيناها فوق لازم يشكلو
لازم نربط المنظومة تبعت المشاعر والاقوال والافعال .. الخ ب VALUES AND GOLES وهدول بدون بعض ما بكفو

3. **Self-confidence**: Sureness about one's self-worth and capabilities. People with this competence:

- Present themselves with self-assurance; have valid presence.
- Can voice views that are unpopular and go out on a limb for what is right
- Are decisive, able to make sound decisions despite uncertainties and pressures

بالنسبة لـ self confident الثقة بالنفس : sureness about one self worth and capabilities

SELF ASSURANCE AND VALID PRESENCE يكون عنده هو دائما يعرف إمكانيته والواحد ما بقدر يوصل للثقة بالنفس الحقيقية هاي الا اذا حقق النقطتين الي قبل الي هم

يقدر يتكلم عن وجهة نظره حتى لو ما رح تلاقي قبول من الناس ويحافظ على حقه

1. **EMOTIONAL AWARENESS**
2. **ACCURATE SELF ASSESSMENT**
بالمختصر لازم يكون الك وجود معتبر وحققي

يتخذ قراره مهمه كانت **UNCERTAINTIES AND PRESSURE** حكيانا قبل عن **D MODEL 3** وحكيانا عن الفرق بين **DEVELOPER AND MANGER AND MISSIONARY** هذول كلهم بيينو بهاي النقطة **UN POPULAR +1 = DEVELOPER** يتخذ قرارات حتى لو كانت **DECISIONS** بالإضافة يعمل حتى لو الكل ما حبها مش مطلوب لما نتخذ قرارات انه الكل يوافق عليه لازم نبني قرارنا بشكل علمي صحيح ونتمسك فيه وهاد الي ينفع