



What's Emotions Got to do with Culture?

Strengthening Cultural Interactions with Emotional Intelligence


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Learning Objectives

- **Articulate** the role and importance of emotions in culture and diversity work.
 - **Define** emotions management and its relevance to culture.
 - **Identify** strategies for the effective management of emotions in culture and diversity.
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Sharing Stories of Culture and Emotions



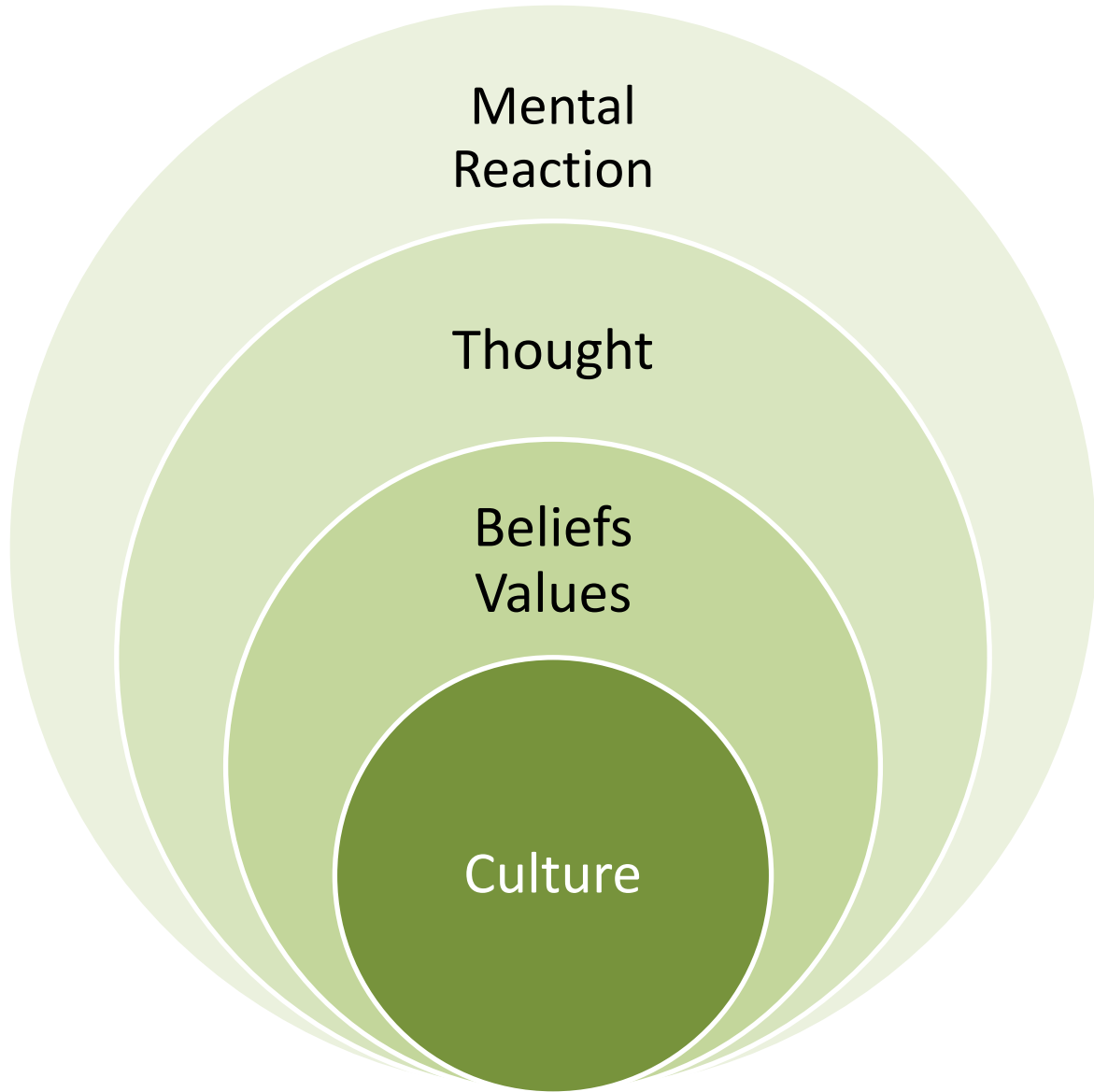
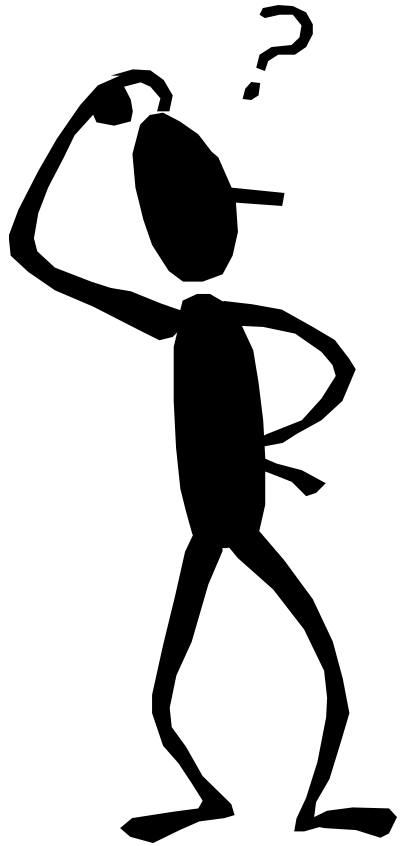
- What are the common themes in the stories?
- What do these stories tell you about emotions and culture?

Emotions Defined

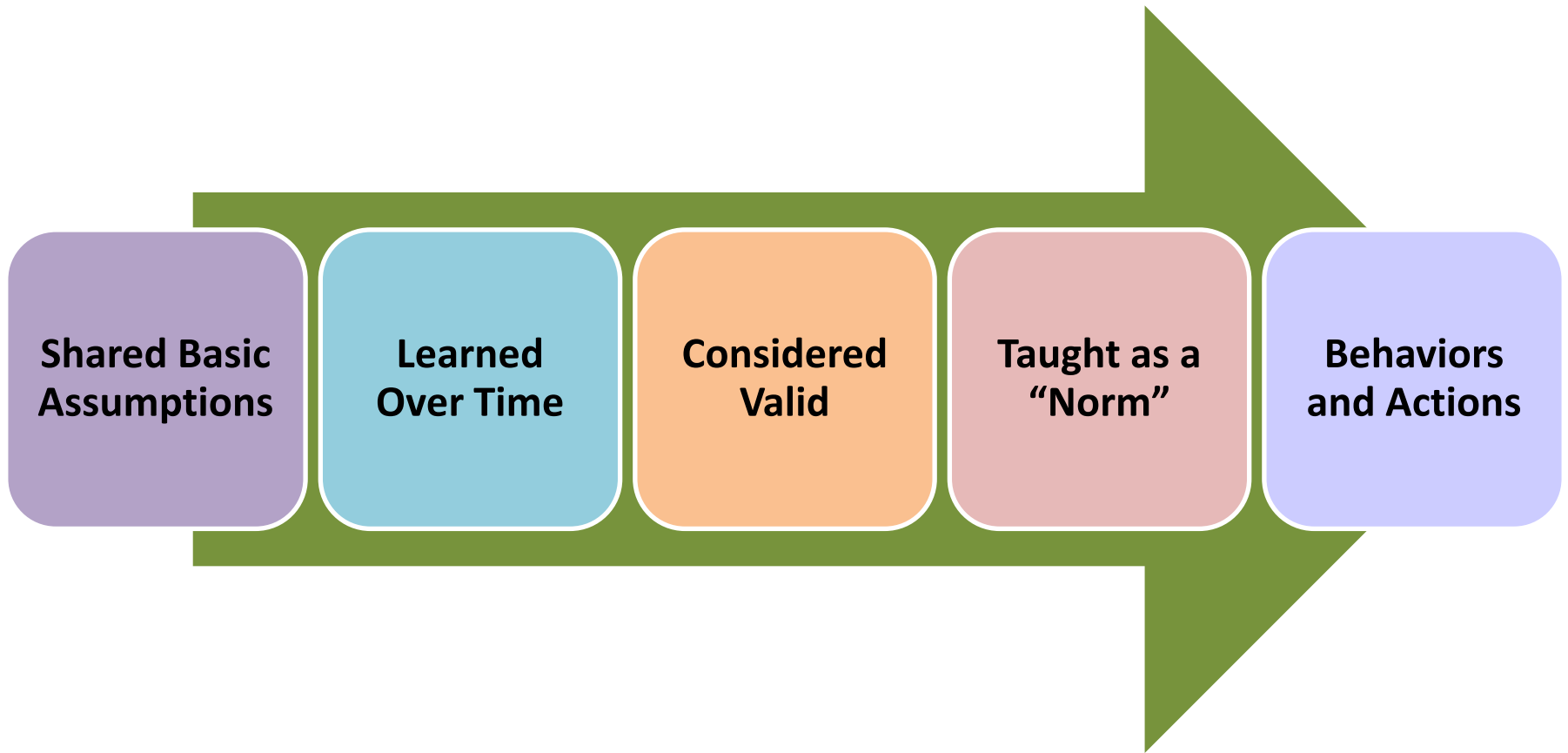
A mental reaction (as anger or fear) that is subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes.

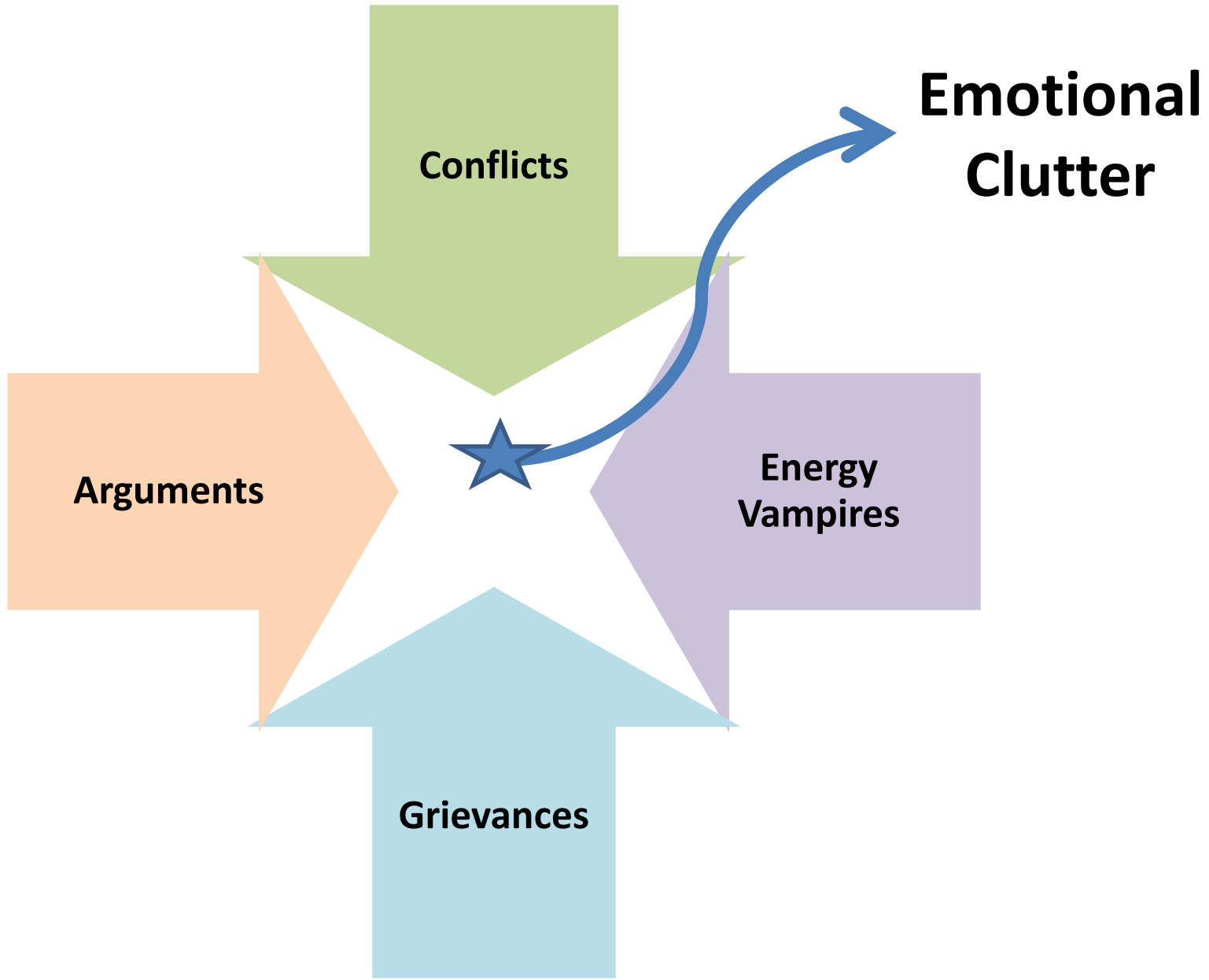
- Merriam Webster Dictionary





Culture Defined





Conflicts

Arguments

Grievances

**Energy
Vampires**

**Emotional
Clutter**



Personal Competence

Managing Oneself

- Self Awareness
- Self Regulation
- Motivation

Social Competence

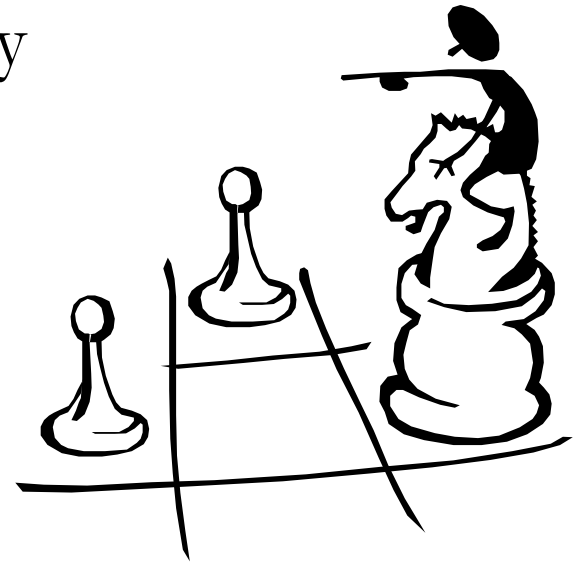
Handling Relationships

- Empathy
- Social Skills

Diversity, culture
and inclusion have
been thought of as
building blocks to
organizational
growth and progress



1. Diverse perspectives and approaches
2. Learning occurs because of diversity
3. Culture that breeds high expectations of everyone
4. Culture that stimulates personal development
5. Encourage openness
6. Ensure people feel valued
7. Well articulated and understood mission



Uncovering the REAL Stories...

1. Is it true?
2. Can you absolutely know it's true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without that thought?



Thank You!

For more information

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