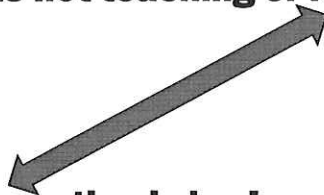


**Emotional Intelligence
Self-Efficacy &
Growth Mindset**

*Professor David R. Katz III
Mohawk Valley CC, Utica, NY*

1

Telling is not teaching or leading!



Connection is key!

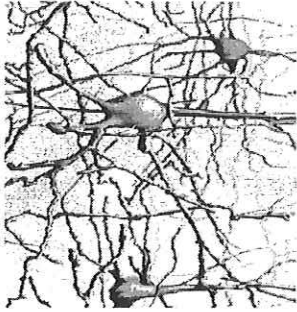
2

Your Montreal Moment of Stress?

Montreal

3

**Reward
Pathway**



**Dopamine
Serotonin
Oxytocin
Endorphins**

4



#1 Buddy System!

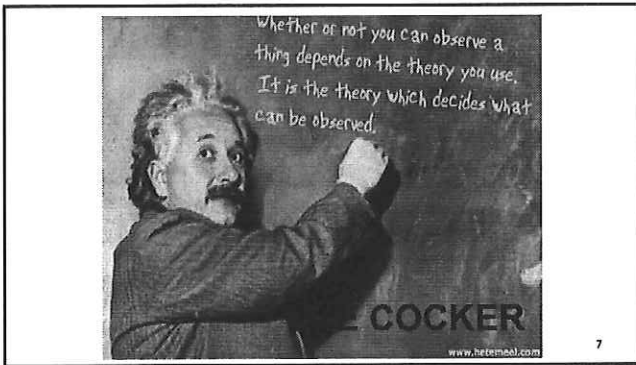
5



**positive
emotions
expand
capacity**

7 to 1 Rule

6







TEAM

YOU CAN BE YOURSELF

ACCEPTED w/ IMPERFECTIONS

RESPECTED FOR YOUR GIFTS

CARED ABOUT

NEVER LEAVE BEHIND

VALUES YOUR VOICE

MISSED IF YOU WERE GONE

KNOWN & INCLUDED

10

We

Us

Your team?

Together

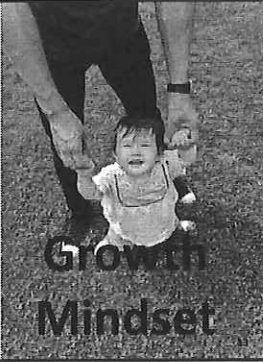
11

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I	T	N	E
R	E		A
S	M		R
T	P		N
	T		I
			N
			G




**10,000 Hours!
&
Reward
Pathway**

DANCING!



14

Emotional Stability / Open Loop



15

The Contagion of Emotions

FIGHT FLIGHT FREEZE ☹



REWARD PATHWAY ☺

16

**"but people will
never forget how
you made them
feel."**

***Who is your
Maya?***



17

Unconditional Positive Regard



Human Doing

Human Being

18
