

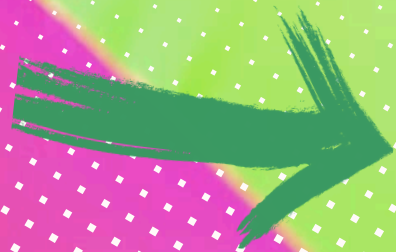
EMOTIONAL INTELLIGENCE OF THE YOUTH WORKER



Hey, (You)th Workers! Have you been struggling with managing emotions?



Erasmus+



EMOTIONAL INTELLIGENCE

How YOU can understand and manage your own feelings?
How YOU can recognize, get and influence OTHERS' feelings?

Be Self-Aware

Manage yourself

Emotional Intelligence

Be Social Aware

Manage your
relationships



MASTERING YOURSELF

BE MORE SELF-AWARE

Do daily Reflections

JOURNALING

Ask for feedback

Understand your needs



MANAGE YOURSELF

Set aside "Me time"

'I COULD GO TO THE GYM TODAY'

Use Copy Mechanism

BALANCE DIET,
REST,
ENTERTAINMENT

Stay Organized

CALENDAR, TO-
LIST, SMART
GOALS..



CONNECTING WITH OTHERS

BE SOCIAL AWARE

Listen actively
and observe

Just ask

Have a open
Mind

MANAGE RELATIONSHIPS

Use non violent
communication


OBSERVE, FEEL,
EXPRESS NEED, ASK
NICELY

Learn Conflict
Management
Techniques

USE POSITIVE AND
CALM TONE OF
VOICE

Recognise Other's
needs and feelings





YOU COULD IMPROVE YOUR SKILLS AS A YOUTH WORKER TODAY!

**Apply for your next
Erasmus+ Project
on SALTO YOUTH Website!**

SALTO