

Focus 5 Emotional Intelligence

Current as of
22 July 2019

Lesson Plan: Tech Training

OBJECTIVE: The students will understand and utilize the Focus 5 Emotional Intelligence elements by selecting one, apply it during their week to increase their emotional intelligence.

PURPOSE: The repetition of incorporating this weekly will increase their emotional intelligence. In addition, it is a deliberate building block tying in what they have learned at BMT as it relates to emotional intelligence and serves as a precursor to what they will learn in FTAC.

SURVEY QUESTION:

The Focus 5 helped me to intentionally work on my emotional intelligence (Likert Scale)
I will continue to focus on my 5? Yes/No

Instructional Aids: Flat washer, 4" of fishing line, sticky notes

REFERENCES: AFH-1, AFH 36-2618, AF DOCTRINE Vol 2

Lesson Outline

Week 1	25 Minutes Total
MP 1. Introduction a. Power of Mind Activity b. Overview	10 Minutes
MP 2. Focus 5 Discussion a. Identify the Focus 5 Elements b. Students select a peer accountability partner	10 Minutes
MP 3. Conclusion a. Summary b. Remotivation	5 Minutes
Week 2-4	10 Minutes Total
MP 4. Reinforce with Activity	3 Minutes
MP 5. Focus 5 Discussion c. Reinforce the Focus 5 d. Brief discussion using activity	7 Minutes

Week 1:

Power of Mind Activity: Start the introduction with an activity to energize the brain for optimal engagement.

1. Students get into small groups (approximately 8-10). One at a time, each student takes the washer on the fishing line, pinches the fishing line with their thumb and index finger, leaving about 3' of fishing line between the thumb and washer.

2. Students are to ensure their fingers are pointed downward and their elbows are bent and arm is relaxed. Students are instructed to focus on the washer and say the words in their head “back and forth” repeatedly until the washer starts moving back and forth.
3. Once the washer starts moving, students are instructed to raise their hand. Once all have been able to move their washer, the instructor asks, “How do you think that happened?” (some will say unconscious, others energy).
4. Answer for discussion: Because you told it to, your brain sent out signals to move the washer back and forth. The signals ping ponged around in your body until it decided to contract the very tiny muscles in the tip of the fingers to move the washer back and forth. You did not even know this was happening but it was. Why is this important? Everthing your brain thinks, your body reacts. You are in control of your thoughts which means you are in control of how the washer moves.

Overview: We will utilize the Focus 5 concept to build Emotional Intelligence skills that directly relate to Airmanship and what it means to be an Airman. That means we will focus on 5 emotional intelligence elements that can be done in 5 minutes and can be applied daily. The five emotional intelligence elements are self awareness, self-regulation, motivation, empathy, and social skills. Your emotional intelligence is the level of your ability to understand other people, what motivates them, and how to work cooperatively with them. The intent is that you will choose one of the Focus 5 emotional intelligence elements to put into practice daily for the week, and then discuss with your accountability partner and the class. You will include the strengths and challenges you experienced. Each week you can select a different element to practice.

MP: Focus 5 Emotional Intellegence Guided Discussion	
<p>LOQ: Self-Awareness, why would this be an emotional intelligence element?</p> <p>Facilitator Note: Have students give examples of anticipated responses.</p> <p>Summary: This is the ability to recognize ourselves and our emotions as they occur. It is foundational to our emotional intelligence. It requires tuning in to our true feelings. If we evaluate our thoughts and feelings, we can manage them. The elements of self awareness are emotional awareness and self confidence. Emotional awareness is the ability to recognize our emotions and the effects. Self confidence is the sureness we have about our self worth and capabilities. This week you can choose to identify times you were able to tune in to yourself and what you discovered.</p>	<p><u>Anticipated Responses:</u> Confidence Tuning in Paying attention</p>
<p>LOQ: What would self-regulation look like?</p> <p>Facilitator Note: Have students give examples of anticipated responses.</p> <p>Summary: There are times when we do not have control over experiencing emotions. However, we can utilize skills to alleviate negative or uncomfortable emotions such as anger, anxiety, or depression. These skills include seeing a situation with a better perception or taking a mental pause. Self-regulation includes self control, trustworthiness, taking responsibility for</p>	<p><u>Anticipated Responses:</u> Calm Not getting upset Military bearing</p>

<p>ourselves, being flexible, and being open to new ideas. This week you can identify emotions you struggled with and techniques you used to overcome them.</p>	
<p>LOQ: How is motivation part of emotional intelligence?</p> <p>Facilitator Note: Have students give examples of anticipated Responses.</p> <p>Summary: To motivate yourself is to have clear goals and a positive attitude. This week you can focus on a goal to work on. Motivation is made up of achievement drive, commitment, initiative, and optimism.</p>	<p><u>Anticipated Responses:</u> Goals Determination Not lazy</p>
<p>LOQ: What is empathy?</p> <p>Facilitator Note: Have students give examples of anticipated responses.</p> <p>Summary: The ability to recognize how people feel is important to success in your life and career. The more skillful you are at identifying the feelings behind what people are expressing, the better you can control how you express yourself. An empathetic person excels at meeting the needs of others, developing people, leveraging diversity, political awareness, understanding people. This week, find a time each day to be empathetic with another person.</p>	<p><u>Anticipated Responses:</u> Caring Concern Worry</p>
<p>LOQ: What are examples of healthy social skills?</p> <p>Facilitator Note: Have students give examples of anticipated responses.</p> <p>Summary: The development of good interpersonal skills is so important in our professional and personal lives. We must possess high emotional intelligence to better understand, empathize, and negotiate with others. The most useful social skills are influence, communication, leadership, managing change, conflict management, building relationships, collaboration, and team building. Choose a social skill to practice each day this week.</p>	<p><u>Anticipated Responses:</u> Communication Kindness Listening</p>

MP3: Conclusion

SUMMARY: Today we talked about the Focus 5 for Emotional Intelligence; Self Awareness, Self Regulation, Motivation, Empathy, and Social Skills. We talked about how they impact your professional and personal lives and how it applies to Airmanship. Your task for the week is to choose one element to work on each day.

REMOTIVATION: How well you do in your life and career is determined by your IQ and your Emotional Intelligence. In fact, IQ counts for only about 10% of your success. So, invest in your success by building these skills to improve your EQ- your Emotional Intelligence.

MP 4-5

Reinforce Week 2	10 minutes each week
<p>Energizer: Instruct students to partner with the person to their left to come up with three “whys” for emotional intelligence. When time is up, ask a few to share to their answer:</p> <p>LOQ Reinforce: Restate the Focus 5 for Emotional Intelligence: (Self Awareness, Self Regulation, Motivation, Empathy, Social Skills). Ask for a few volunteers to share what Focus 5 they chose to work on last week, what was their experience with it, how long did it take them to focus on it, and if they will keep the same Focus 5 this week or will they work on something different.</p>	<p><u>Anticipated Responses:</u> Airmanship Good Leader Improve Skills Better Person</p>
Reinforce Week 3	10 minutes each week
<p>Energizer: Have students partner up with someone close to them and ask them to come up with a marketing slogan for a lightbulb that will sell 1 billion units.</p> <p>When time is up, ask a few to share to their answers.</p> <p>LOQ Reinforce: Restate the Focus 5 for Emotional Intelligence: (Self Awareness, Self Regulation, Motivation, Empathy, Social Skills). Ask for a few volunteers to share what Focus 5 they chose to work on last week, what was their experience with it, how long did it take them to focus on it, and if they will keep the same Focus 5 this week or will they work on something different.</p>	<p><u>Anticipated Responses:</u> Let them get creative</p>
Reinforce Week 4	10 minutes each week
<p>Energizer: Ask the students to each write one way they can show compassion to another person on a sticky note. When they are finished- have them take their sticky note and put on the wall in the front of the room. Give them 60 seconds. When time is up, ask someone to come up and read all the responses.</p> <p>LOQ Reinforce: Restate the Focus 5 for Emotional Intelligence: (Self Awareness, Self Regulation, Motivation, Empathy, Social Skills). Ask for a few volunteers to share what Focus 5 they chose to work on last week, what was their experience with it, how long did it take them to focus on it, and if they will keep the same Focus 5 this week or will they work on something different.</p>	<p><u>Anticipated Responses:</u> Listen Sit with someone Say you care Write a note</p>

This lesson plan is designed for 4 week Technical Training. Continuing to reinforce the Focus 5 throughout longer Technical Training is highly recommended. To reinforce, utilize the module framework from week 2-4 monthly.