The Emotional Intelligent Teacher

Why being in tune with emotions can benefit the teaching and learning process.

Defining teacher qualities have historically evolved around the level of students’ achievements and outcomes as well as the qualifications held by the teacher. Being able to develop and modify curriculum to accommodate different learning styles and multiple intelligences as well as incorporate the latest technological developments has often been the focus when designing educational models. However, classrooms, them being face-to-face or virtual, are not just for knowledge sharing and transfer, they are often filled with both positive and negative emotions in students and teacher alike. Positive emotions can promote learning and absorbing new and complex content whilst negative emotions can lead to student disengagement and teacher stress. The importance of a teacher’s ability to correctly interpret and assess those emotions not only in their students but also in themselves is often overlooked but forms an integral part for both student success during their study and later in life, as well as has the ability to reduce stress levels in teachers and prevent possible burn out.

# Set up of presentation:

## Curriculum Development

 When developing curriculum the following aspects need to be kept in mind *(each aspect will be discussed briefly)*:

* Different learning and teaching styles in combination with multiple intelligences
* Developments of e-learning and social media
* Brien friendly teaching
* Reflective practice to improve upon own teaching practice

## What makes a good teacher

Historically a teacher’s qualifications as well as the success rate of their students have been the benchmark of a “good” teacher. These days however, businesses are leading the way where good managers are no longer hired because of their high Intelligence Quotient (IQ) but because of their high level of Emotional Intelligence (EI). A good level of EI can be positive for a teacher in many ways. *Some examples of this will be provided. Soft Skills vs hard skills.*

## What is Emotional Intelligence?

Brief discussion about the term intelligence to lead into the term emotional intelligence.

Work done/described by Peter Salovey & John D. Mayer as well as Daniel Goleman will be discussed.

Emotional Intelligence and similarities with Multiple Intelligences, Johari Window, DISC profiling will be briefly mentioned.

At the centre of a person’s suite of soft skills are the dimensions of emotional quotient and how they relate to emotional intelligence.

## The role of positive and negative emotions in the classroom

During the teaching and learning process teachers and students may be pushed out of their comfort zone into the stress zone and it is important that they are in tune with themselves, as well as the teacher with the students, to recognise this happening and how to deal with it. Examples of other positive and negative emotions will be discussed as well as their influence on the learning and teaching process.

## The importance of emotional intelligence in a teacher

 Bringing it all together and discussing the benefits of EI in a teacher.

How to test EI in oneself or how to gain more EI will fall outside the scope of this presentation.