

EMPOWERED CONNECTIONS PART 10
ARTIFICIAL EMOTIONAL INTELLIGENCE
HOW TO SUCCEED

With Louise Anne Maurice

Social Intelligence – People Skills

1

Self Awareness

2

Social Self-Efficacy

3

Knowledge of Social Roles, Rules, and Scripts

4

Verbal Fluency and Conversational Skills

5

Active Listening Skills

6

Understanding What Triggers People

7

Emotional Intelligence

8

Impression Management Skills



**RELAXATION
TECHNIQUE
TO DEAL WITH
EMOTIONAL
TRIGGERS**

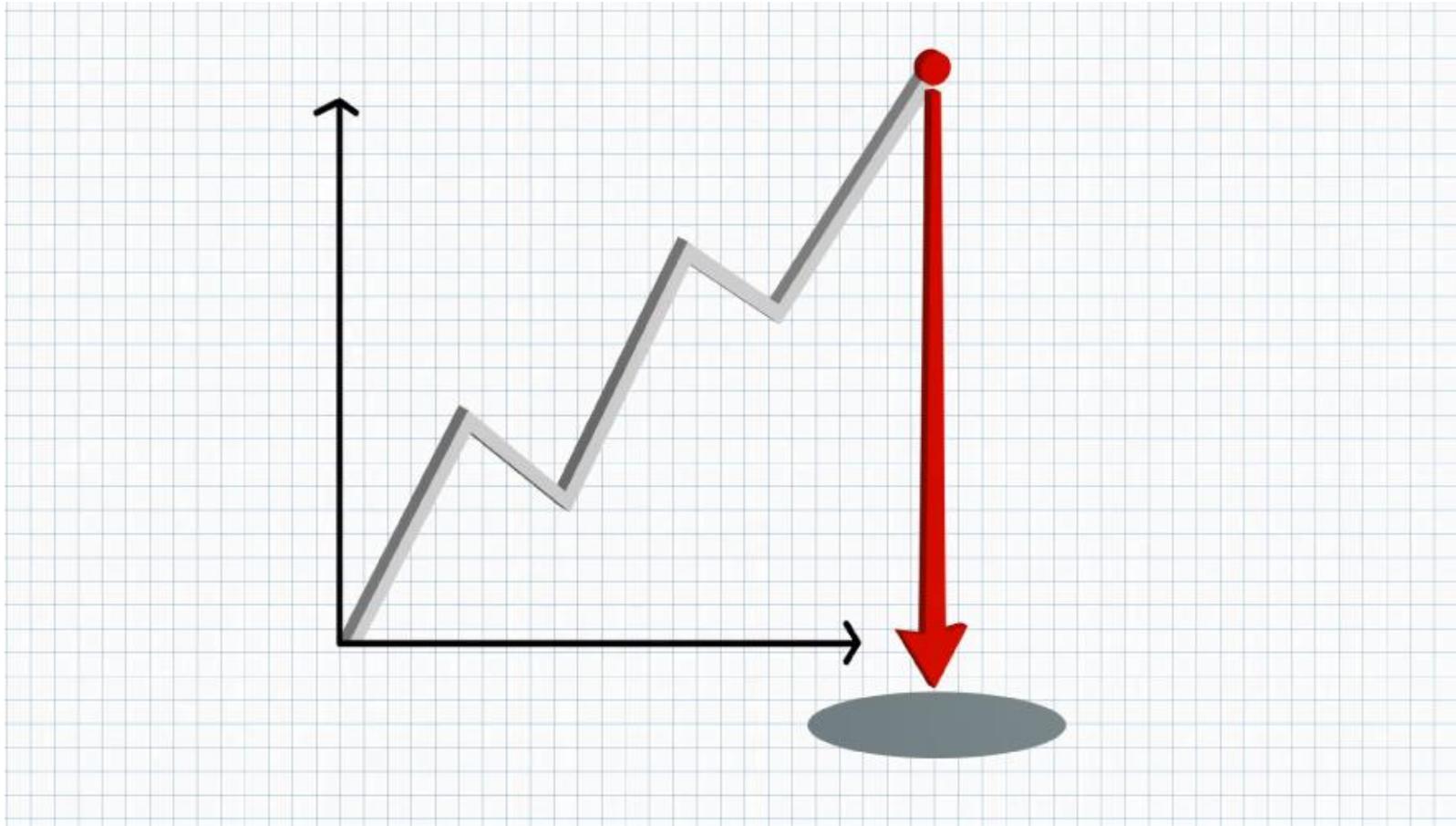
WHAT ARE EMOTIONAL TRIGGERS?

- AN **EMOTIONAL REACTION** CAN BE TRIGGERED BY **STRESS OR WORK**
- **EVENT OR SITUATION** that happens causes **EMOTIONAL REACTION**

EMOTIONAL REACTION CAUSES TURBULENCE



WHAT CAN HAPPEN WHEN TURBULANCE IS NOT MANAGED?



WHAT IS EMOTIONAL INTELLIGENCE?

Dictionary

Search for a word 

 e·mo·tion·al in·tel·li·gence

noun

the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.
"emotional intelligence is the key to both personal and professional success"

Definitions from Oxford Languages *Feedback*

▼ Translations and more definitions

WHY UNDERSTAND EMOTIONAL INTELLIGENCE?



WHAT IS CAUSING YOUR ANXIETY? WHAT IS CAUSING YOU TO WORRY? WHAT IS CAUSING STRESS?



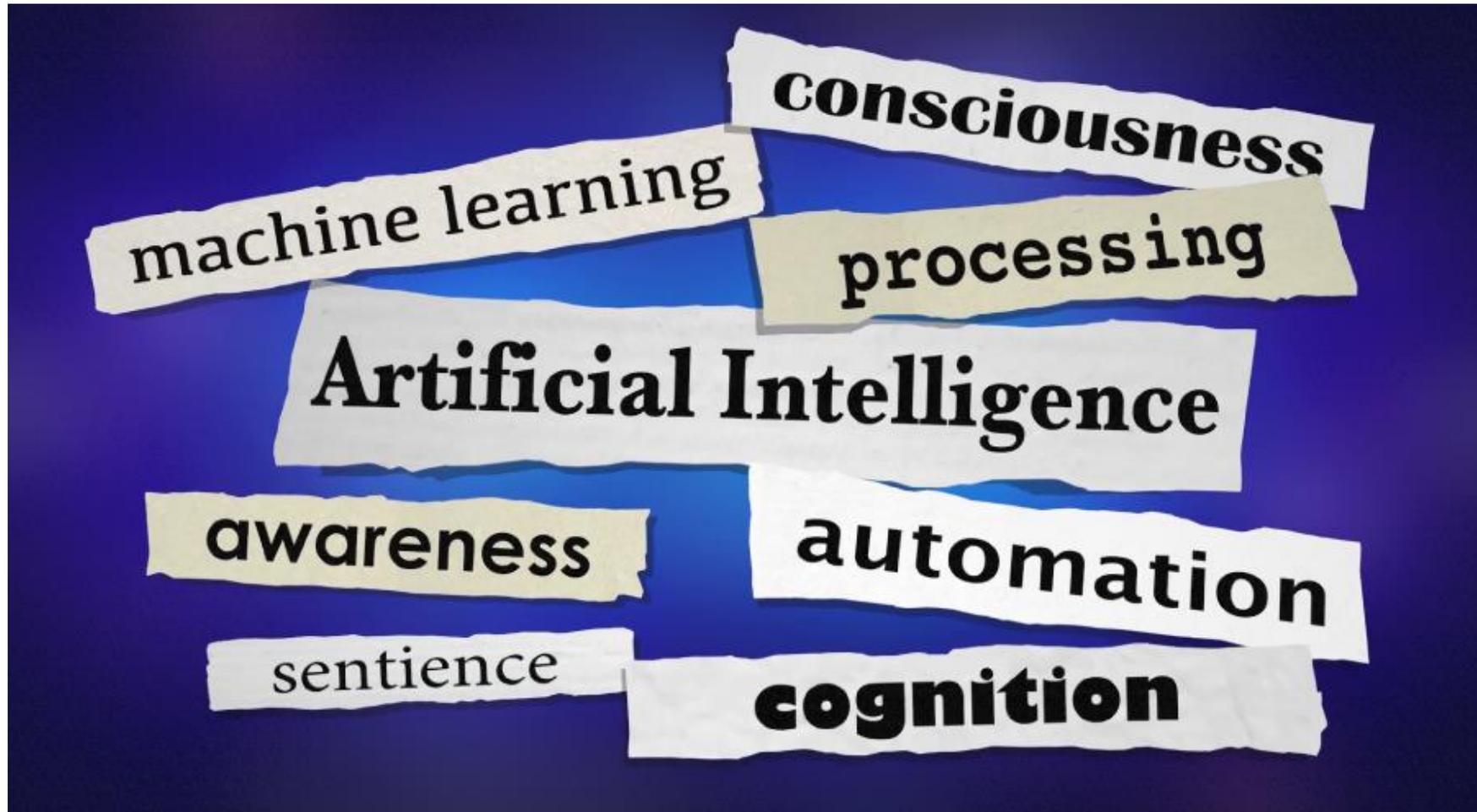
WHAT ARE YOU HATING ABOUT YOUR LIFE RIGHT NOW?
WHAT DO YOU HATE ABOUT OTHER PEOPLE?



EMPATHY HELPS BUT NEED AN UPDATED E.I MODEL



WHAT DOES IT TAKE TO BE SUCCESSFUL IN THE MIDST OF UNCERTAINTY?



INTELLIGENCE PRODUCED BY HUMANS

Dictionary

Search for a word 

 **ar·ti·fi·cial**
/ˌɑːrdəˈfiːʃəl/

adjective

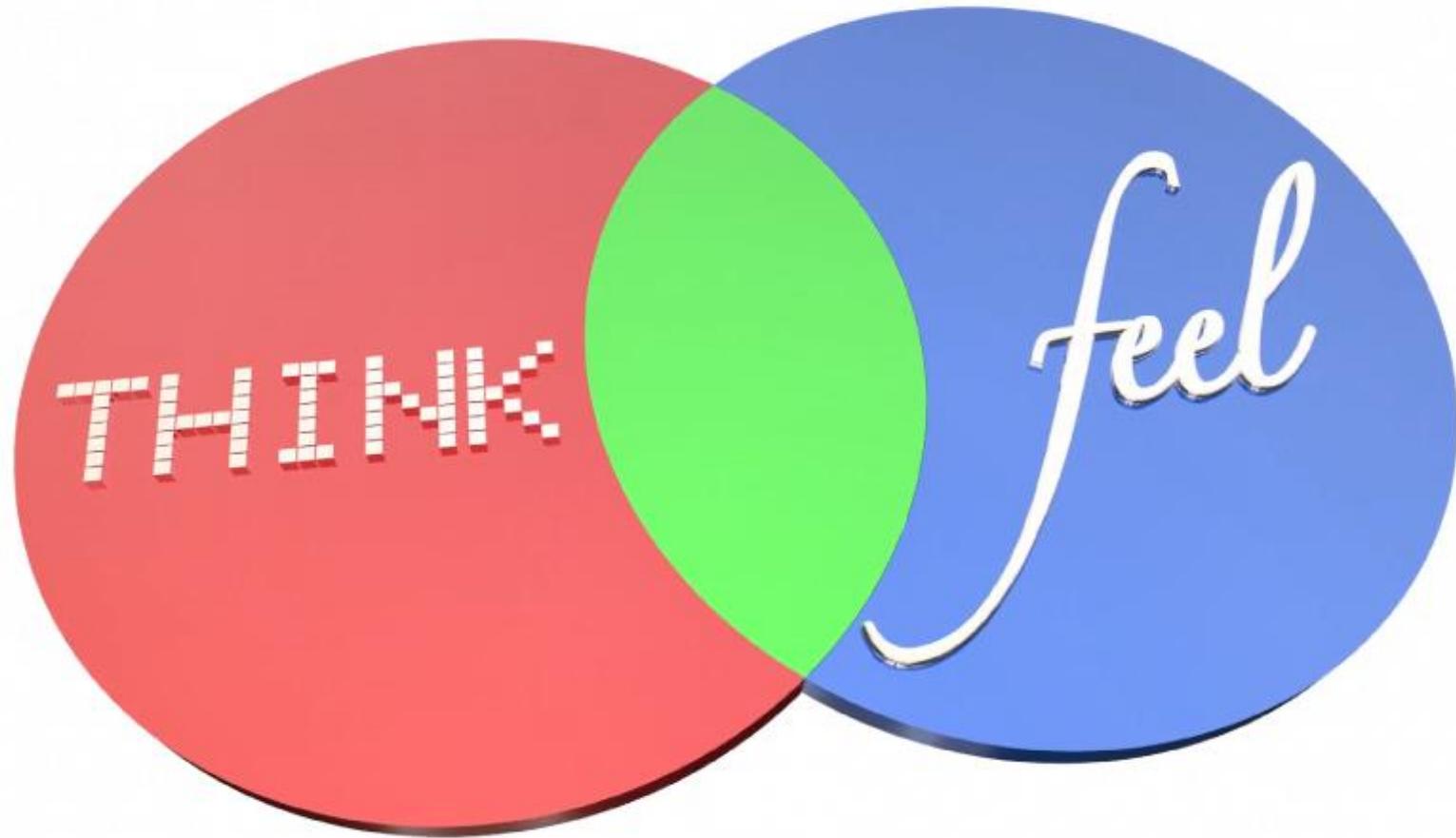
1. made or produced by human beings rather than occurring naturally, especially as a copy of something natural.
"her skin glowed in the artificial light"
2. (of a person or their behavior) insincere or affected.
"an artificial smile"

Similar: [feigned](#) [insincere](#) [false](#) [affected](#) [mannered](#) [unnatural](#) 

Definitions from Oxford Languages [Feedback](#)

 [Translations and more definitions](#)

ARTIFICIAL EMOTIONAL INTELLIGENCE



IS THIS THE WAY YOU HAVE ALWAYS THOUGHT?
WHAT OTHER THOUGHTS COULD YOU CHOOSE?



THINKING IS A CHOICE



WHAT EMOTION IS LINKED TO SUCCESS?



HOW DO YOU EXPERIENCE MORE JOY?



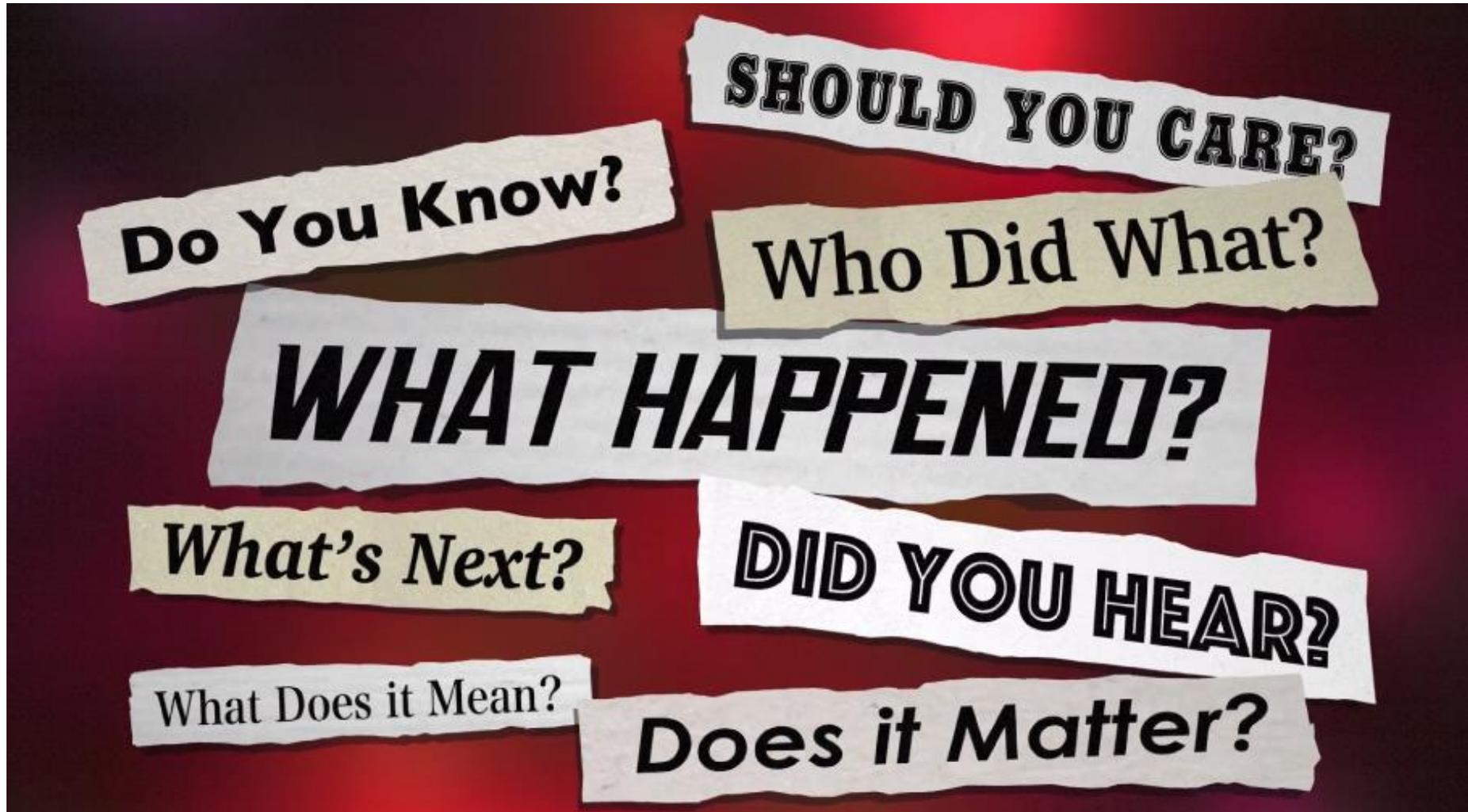
USE ARTIFICIAL INTELLIGENCE TO EXPERIENCE THE EMOTIONS YOU WANT TO FEEL



HOW CAN YOU EMPOWER BETTER FEELING EMOTIONS? HOW CAN YOU INSPIRE?



DEVELOP A NEW STORY BY ASKING THESE QUESTIONS



SAVE TIME AND MONEY WITH DONE-FOR-YOU SESSIONS INCLUDING TECHNIQUES

PROFESSIONAL LIFE COACH CERTIFICATION

Start Here: Life Coach Formula Part 1	12 lectures • 1hr 14min
Professional Certified Life Coach	Preview 02:20
Life Coaching Demonstration Part 1	11:07
Life Coaching Demonstration Part 2	03:18
[Quiz] Did You Guess Right?	1 question
Life Coaching Demonstration Part 3	03:10
Life Coaching Demonstration Part 4	04:23
Life Coaching Demonstration Part 5	03:29
Life Coaching Demonstration Part 6	04:49
Life Coaching Demonstration Part 7	04:21
Life Coaching Demonstration Wrap	05:06
[Practice Assignment] Ending the Session	09:20
The Paragon Plan	04:21
Certification + FAQ	Preview 18:08
Life Coaching Formula Part 1	6 lectures • 29min
Life Coach Formula Part 2	6 lectures • 27min
Life Coach Formula Part 3	6 lectures • 32min
Life Coach Formula Part 4	6 lectures • 27min
Life Coach Formula Part 5	6 lectures • 27min

Frequently Bought Together



Professional Life Coaching Certification PCELC Life Coach

Empowerment Coach Academy, Louise Anne Maurice

4.2 ★★★★★ (1,646)

Bestseller



Life Coach Certification Associate ACELC Life Coach Training

Empowerment Coach Academy, Louise Anne Maurice

4.5 ★★★★★ (1,023)

★★★★★ a year ago

This is my second course through ECA and WOW love it. Thank you, Louise and Team, for all your help, suggestions and support throughout the last few months. I highly encourage potential coaches to do both the Associates and Professionals Course because the professional's course builds on the associate's info.

★★★★★ a month ago

it awesome studying this great course with you. i am having a total difference meaning and mentality including a new approach to things right away. i am loving it

★★★★★ 2 months ago

Great learning by the case studies. I reccomend it to those who want to learn about life coaching. Louise is an excellent coach and really transmits the beauty and essence of being a life coach,

★★★★★ 5 months ago

I originally took a Life Coaching course provided by a different company and I did not feel as if it was thorough enough. I decided to try this course because it was highly rated. I expected it to be a great course but I have to admit that it exceeded my expectations. The instructor is very knowledgeable of her field and goes in depth to uncover many scenarios that one may experience as an Empowerment Life Coach.

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LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

Watch later Share

Empowerment Expert

LOUISE ANNE MAURICE

In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training