

PERSEN 2:DEVELOPING POTENTIAL

Personal Enhancement (PERSEN 2): Developing Potential

The Personal Enhancement (PERSEN) 2 is a course building upon Personal Enhancement (PERSEN) 1. Personal Enhancement (PERSEN) 2: Developing Potential delves deeper into emotional intelligence, critical thinking, and advanced communication. Students will learn to manage their emotions effectively, approach challenges with a problem-solving mindset, and communicate persuasively in various contexts, enhancing their overall well-being.

Through this course students will learn to walk life with integrity by aligning their values while navigating different social dynamics with increased empathy and assertiveness. They will be challenged to aim for excellence through critical thinking and using effective problem-solving skills.. This course will also emphasize respect through deeper understanding and practice of emotional intelligence and promoting more advanced and effective communication skills. This course also aims to cultivate discipline through strategic self-management and awareness as they face a more complex ray of challenges.

The program offers an engaging and interactive learning experience through a variety of activities. Lectures, group discussions, and role-playing provide practical opportunities to apply new skills, while self-reflection and assessment exercises encourage personal growth and self-awareness. Students will also use journaling to track their progress and deepen their understanding. All these elements work together to help students hone their full potential by cultivating advanced communication skills and improving their social relationships

ILO1: Understand the nuances of emotional intelligence and its role in personal and social interactions.

- Deeper Dive into Emotional Intelligence (EQ): Definition of terms and the emotional mind

Emotional Intelligence

Emotions: any disturbances/agitation of the mind, feeling, passion or any vehement (strong emotion/ strong feeling) or excited mental state.

- guides us in facing predicaments and tasks too important to leave to intellect alone. Each emotion offers a distinct readiness to act; each points us in a direction that has worked well to handle the recurring challenges of human life.

Main Emotions:

- **Anger-** fury, outrage, resentment, wrath, exasperation, indignation, vexation, acrimony, animosity, annoyance, irritability, hostility, and, perhaps at the extreme, pathological hatred and violence
- **Sadness-** grief, sorrow, cheerlessness, gloom, melancholy, self-pity, loneliness, dejection, despair, and, when pathological, severe depression
- **Fear-** anxiety, apprehension, nervousness, concern, consternation, misgiving, wariness, qualm, edginess, dread, fright, terror; as a psychopathology, phobia and panic

- **Enjoyment-** happiness, joy, relief, contentment, bliss, delight, amusement, pride, sensual pleasure, thrill, rapture, gratification, satisfaction, euphoria, whimsy, ecstasy, and at the far edge, mania

Other Emotions:

- **Love-** Acceptance, friendliness, trust, kindness, affinity, devotion, adoration, infatuation, agape
- **Surprise-** shock, astonishment, amazement, wonder
- **Disgust-** contempt, disdain, scorn, abhorrence, aversion, distaste, revulsion
- **Shame-** guilt, embarrassment, chagrin, remorse, humiliation, regret, mortification, and contrition

Mood- More muted and last longer

Temperament- the readiness to revoke the given emotions or mood that makes people melancholy, timid or cheery.

Disorders of emotions- clinically diagnosed disorders related to emotional regulations.

(Depressive disorders, anxiety disorders, mood disorders)

The Emotional Mind:

- The emotional mind is far quicker than the rational mind. It springs into action without pausing to think or evaluate the situation. Its quickness prevents the deliberate, analytic reflection that is the hallmark of the thinking mind. This quickness revolves around the most basic decisions, what to pay attention to, once vigilance in confronting an animal, making split-second decisions. Then after we find ourselves thinking "what have I done?"
- The rapid mode of perception sacrifices accuracy for speed, relying on first impressions, reacting to the overall picture or the most striking aspects. It reacts without taking the time for thoughtful analysis.
- The emotional mind can read an emotional reality (he is mad at me, She is sad because of me) and is our radar for danger but maybe mistaken or misguided.
- The full heat of emotion is brief, lasting seconds. If the emotion captures the brain longer it is considered maladaptive. For emotions to last longer the trigger must be sustained. When feelings persist for hours, it is usually as moods, a muted form.
- First feelings, second thoughts; the rational mind takes longer to process, so the emotional mind responds first hence is the "first impulse".
 - A second pathway to this is when there is a slower response but is deliberate where we are typically aware of our thoughts that lead to it. We make an appraisal (thoughts ex. He is cheating on me) and a fitting emotional response follows. More complicated emotions follow this route taking seconds or minutes to unfold. We react based on the urgency of primal survival. so we cannot choose what emotions we can have but we can choose how to react or the next course of actions.
- The emotional mind responds on an impulse while the rational mind responds through analysis.

- The emotional mind operates primarily through associative logic, equating elements that symbolize reality or trigger memories. The emotional mind perceives identities subjectively, with personal associations often overshadowing objective reality. Additionally, it exhibits childlike qualities, such as black-and-white thinking and self-centered interpretations. This rigidity leads to an inability to acknowledge contradictory evidence, making rational discourse challenging when emotions are heightened, as feelings impose their own validations and beliefs.
- When an event triggers memories, the emotional mind often responds based on past feelings, causing reactions that may not align with the current situation. This automatic appraisal can lead individuals to react with strong emotions, such as fear, even when the present circumstances do not warrant such a response. Emotional reactions can be subtle, coloring present thoughts and behaviors without conscious realization. The emotional mind can override rational thought, leading to justifications that ignore the influence of emotional memory. These reactions are state-specific, varying with the intensity of the emotion experienced. Intense feelings create distinct thought patterns and selective memory, prioritizing actions and memories that are most relevant to the current emotional state, along with physiological changes inherent to each emotion.

ILO2: Apply strategies for effective emotional management and self-awareness.

- Emotional Management

Self-awareness is the "master aptitude" that allows you to recognize a feeling as it happens. Without it, we are "passion's slaves," at the mercy of impulses we don't understand.

- **The Observer Effect:** By simply noticing your emotion, you engage the thinking part of your brain. This act of observation can actually alter the intensity of the emotion itself.
- **The Anatomy of Hijacking:** There are moments when feeling overwhelms all rationality. Goleman calls this an "emotional hijacking," where the brain's emotional architecture takes over before the logical mind can react.

The "Right Way" to React

Aristotle's Challenge:

"Anyone can become angry —that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way —this is not easy."

- **Strategy: Impulse Control.** The seed of every impulse is a feeling bursting for action. To manage this, you must build the "base of will and character" by consciously choosing not to act on the first surge of feeling.
- **Strategy: Cognitive Re-framing.** Understand that while you have "emotional set-points," your brain circuitry is malleable. You can "unlearn" destructive habits and replace them with "emotional balance".

- **Daily Practice:** Today, when you feel a surge of frustration or joy, pause for five seconds. Label the emotion silently ("I am feeling X"). Notice how this act of labeling shifts you from being *in* the emotion to *observing* the emotion.

ILO3: Cultivate empathy and enhance social awareness in various contexts.

- Empathy & Social Awareness

Empathy is the ability to read emotions in others. Goleman argues that the root of altruism and ethical stances in life stems from this underlying emotional capacity. Empathy builds on self-awareness; the more open we are to our own emotions, the more skilled we will be in reading feelings.

- Goleman argues that altruism (the unselfish concern for the well-being of others, characterized by actions that benefit someone else at a cost or risk to oneself, without expecting a reward) is rooted in empathy. Without the ability to sense another person's need or despair, there can be no genuine caring or compassion.
- A lack of empathy is a hallmark of emotional "ineptitude". This deficiency can lead to a "moral deficiency" where an individual is unable to restrain impulses because they cannot perceive the pain their actions cause others.
- A lack of social awareness leads to "mean-spirited impulse running amok". This often manifests as people reacting violently to "minor slights" because they perceive them as acts of disrespect.

Active Sensing:

In Practice: In your daily interactions, move beyond the literal words people say. Empathy involves "reading" the non-verbal cues—facial expressions, posture, and tone.

- **Strategy: Emotional Contagion.** Emotional Contagion: The Ripple Effect
 - Emotional contagion is a neurological phenomenon driven by mirror neurons. When you interact with someone, your brain subconsciously mimics their facial expressions, posture, and even heart rate.
 - **The "Virus" Concept:** Just as one person sneezing can spread a cold, one person's high-stress energy can trigger cortisol spikes in everyone else. Conversely, a calm, grounded leader can lower the collective anxiety of an entire team.
 - **Responsibility:** If you are in a position of influence (like a parent, manager, or partner), your "emotional wake" is larger. People are looking to you to determine if the environment is safe or threatening.
 - Pro Tip: Before walking into a meeting or your home, take 30 seconds to "prime" your mood. Ask yourself: "What emotional tone do I want to leave behind?"
- **Strategy: Active Listening and Cooperation.** To thrive in work and relationships, you must practice the "essential human competencies" of resolving conflicts and cooperation.

Competency	How it Works	The Result
Active Listening	Listening to <i>understand</i> , not to <i>rebut</i> . It involves mirroring back what you heard to ensure the other person feels seen.	De-escalates tension and builds psychological safety.
Cooperative Conflict	Focusing on "The Problem" instead of "The Person." It's about finding a win-win rather than winning the argument.	Preserves the relationship while solving the actual issue.

Why They Work Together

These two strategies are a feedback loop. When you manage your Emotional Contagion, you create a calm environment where Active Listening can actually happen. If you are radiating "bad vibes," the other person's brain will stay in defensive mode, making cooperation impossible no matter how good your logic is.

-Putting it into Practice

The Mirror Check: If a conversation is getting heated, check your own body language. Are your arms crossed? Is your jaw clenched? Relaxing your own body can actually force the other person's nervous system to follow suit.

The Validation Shift: Instead of saying "I disagree," try "I hear that you're frustrated because. How can we fix together?"

- Today, treat every interaction as an opportunity to be an "urban peacemaker". In your next conversation, focus entirely on the other person's tone and body language. Before responding, try to identify what they are feeling rather than just what they are saying.