



# 1: Introduction to Emotional Intelligence & Neuroscience

*Now that you know that how you 'show up' is important, so what?*

In the first session, it became clear that the way we 'show up' – the behaviours others see us demonstrate and the emotion we bring into the room – is critically important to the impact we have on people.

Do



- [Watch the 'Nudge' video for session 1](#)

Think



- What energy do I bring into the room?
- What version of me do the people I interact with daily see?
- Am I being intentional about the way I 'show up'?

Act



- Set an intention for yourself to do at least one thing differently to make some change you are **certain** will improve your impact.
- Write it down: *"I intend to..."*
- Set up a reminder, something to help you remember to do this daily (e.g. Post It, diary reminder, phone alarm or screen saver etc.)