

## Our Commitment to Becoming an Emotionally Intelligent School

### **Know ourselves**

- Understand our emotions and our emotional responses
- Understand the different roles that we play
- Understand the internal tapes that are our thoughts
- Notice if our thoughts are optimistic or pessimistic
- Notice the way we interpret and respond to our environment
- Notice our behaviour patterns and how well they serve us
- Know ourselves as learners and allow ourselves to learn and grow
- Know the identity we have created and choose to keep it or develop it
- Know we have the potential to be more than the identity we are now

### **Make choices**

- Choose how we feel and how to respond to our feelings
- Choose our thoughts, so that they create the happiness we want
- Choose to think optimistically
- Choose interpretations that empower us
- Choose to break and change the patterns that do not serve us
- Choose to develop the areas that will help us to grow
- Choose who we wish to be

### **Make a positive difference to the world around us/develop Emotional Wisdom**

- Move beyond the normal limits of our personalities to serve a greater goal
- Act consistently in line with personal values and not emotional patterns
- Act consistently out of love not fear
- Be willing to be in service to others
- Be able to consistently see the good in others
- Be able to see the lessons we have learned from adversity
- Be able to think optimistic thoughts which contribute to self and others
- Have compassion and understanding for ourselves and others

We would like your thoughts/views on the above statements and in your interview you will be given an opportunity to share these with the panel.