



Day 1 Multimedia

Here in Day 1, you're going to watch a video by **Dr. Travis Bradberry**, "*The Power of Emotional Intelligence*," where he explains how EI helps us manage emotions, improve relationships, and achieve success. He shares the story of Phineas Gage to illustrate how the brain handles emotions, emphasizing the importance of self-awareness and emotional regulation.



This aligns perfectly with the focus of **Day 1**, which is understanding how EI can help manage stress and enhance communication. As you watch, think about how these concepts apply to your own experiences at university.

Video Summary

Travis Bradberry discusses the critical role of emotional intelligence (EI) in shaping how we manage emotions, handle stress, and interact with others. Through the story of Phineas Gage, he illustrates how the brain processes emotions and highlights the importance of balancing emotional responses with rational thought. Dr. Bradberry emphasizes that emotional intelligence is distinct from IQ and personality, and that it can be developed over time. He also offers practical advice for increasing EI, such as managing stress, improving sleep hygiene, and reducing caffeine intake, all of which help individuals respond to emotions more effectively and achieve greater personal and professional success.



Let's Reflect! Think of a recent situation where emotions guided your decisions—how could EI have changed the outcome?