

AI + SKILLS

EMOTIONAL INTELLIGENCE

Building Self-Awareness, Empathy, and Relationship Skills with AI as Your Coach

**Learning Impact Statement:** Participants will improve their ability to recognize emotions, respond with empathy, and build stronger, more collaborative relationships across the university community.

Skill Focus Areas:

Self-Awareness	Self-Regulation
Empathy	Relationship Management (Social Skills)
Reflection & Adjustment	

REFLECTION PROMPTS:

- How do I usually react under stress and how easily do I recognize my own emotions?
- How well do I notice the emotions of others in meetings or interactions?

1. SELF-AWARENESS

AI can help learners identify their emotional triggers and recognize how feelings influence behavior.

**AI Prompt Example:** Ask me 5 questions to help me identify my emotional triggers at work and how they affect my behavior.

My Top Emotional Triggers	How These Triggers Affect Me	One Adjustment I Can Make

## 2. SELF-REGULATION

Learners can practice strategies to manage emotions constructively in the moment.

**AI Prompt Example:** Suggest 3 quick techniques I can use to stay calm and constructive when I feel frustrated during a meeting.

Strategies I Will Try	Which Strategies Worked Best

## 3. EMPATHY

Learners can practice perspective-taking and responding with empathy to a variety of role-playing scenarios.

**AI Prompt Example:** Role-play as a colleague who is discouraged after receiving critical feedback. Let me practice responding with empathy, then give me feedback on how supportive I was.

What I Learned in the Role-Play	My Empathetic Responses	Feedback Received from AI

## 4. RELATIONSHIP MANAGEMENT (SOCIAL SKILLS)

Learners can improve their communication skills, influence, and conflict navigation through practice scenarios.

**AI Prompt Example:** Simulate a scenario where a teammate interrupts me in a meeting. Let me practice addressing it respectfully, then provide feedback on how constructive and professional my response was.

Conversation Role-Play Feedback from AI

## 5. REFLECTION & ADJUSTMENT

AI prompts can help learners reflect recent interactions and plan improvements for the future.

**AI Prompt Example:** Guide me through 5 reflection questions on how I showed emotional intelligence this week, where I struggled, and suggest 2 ways I can improve next week.

Where I Used EI Well	Where I Struggled	Adjustments I'll Try Next Week

**ACTION PLAN:**

My Top 3 Takeaways

1 Emotional Intelligence Strategy I Will Apply Immediately

How I'll Continue Using AI as My EI Coach