

## EQ Strand

How Intelligent are you?

Research has shown that there are many different intelligences. One of these is emotional intelligence or EQ. Scientists have shown that emotional intelligence is more important in life than cognitive intelligence or IQ.

The five key aspects of emotional intelligence are:

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Self Awareness

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Managing feelings

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Motivation

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Empathy

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Social Skills

Emotional Intelligence: EQ the heart of the school

In the Thanet Excellence Cluster we believe that people who are emotionally competent are likely to have better life chances and achieve success and that schools have an important role to play in developing emotional intelligence.

We are working together to establish emotionally strong communities. We believe that this will support young people in gaining the skills and confidence to learn effectively, achieve their potential and go on to lead productive and fulfilling lives. To this end we:

- Place great emphasis on staff training, development and wellbeing in that all colleagues are the very best role model

- Nurture students' emotional intelligence through the taught curriculum, as well as through each individual school's

ethos, organisation and way of working

- Work with other agencies to find ways to enhance emotional intelligence among young people, parents and the community.

We are working in partnership with the School of Emotional Literacy and QCA (Qualifications and Curriculum Authority) to develop innovative practice in EQ.

View the EQ work going on in our schools by clicking on school name in menu to the left.

Useful Links:

[School of Emotional Literacy](#)

[QCA Co-development](#)

[NexusEQ](#)

[Primary and Secondary SEAL](#)