

Clouds, Currents, and Clarity: Finding Balance Through Emotional Intelligence

PRME Pedagogy Webinar Series; October 2025

What are anchor points?

Everything is interconnected—anchor points are clear skies between shifting fronts, inviting us to pause and notice how the winds have changed. They help educators trace patterns, navigate uncertainty with curiosity, and keep journeying toward new horizons while staying grounded in shared purpose.

Shifting Fronts: Why Emotional Intelligence Matters

EI shapes how people connect, decide, and thrive, signaling effective leadership.

EI drives key performance skills, fosters trust and adaptability, and underpins the empathy and moral judgment essential for responsible, sustainable leadership.

Clearing the Air: From Inner Weather to Shared Climate

Combine practical structure with deeper reflection to balance skill and consciousness.

CASEL (Collaborative for Academic, Social, and Emotional Learning) defines five key competencies—self-awareness, self-management, social awareness, relationship skills, and responsible decision-making, while **IDGs** (Inner Development Goals) extend these inward through being, thinking, relating, collaborating, and acting — linking inner growth to responsible, system-wide leadership.

Forecasting Change: Teaching for Transformation

Educators shape tomorrow's weather by teaching EI that transforms, not just adapts.

Move beyond self-regulation toward systemic and ecological awareness, cultivating collective care and helping students read the emotional climate—when to adapt, resist, or change it entirely.

A Light Breeze: Simple Ways to Keep Momentum

- **Temperature Check:** Ask participants to choose a “weather word” (sunny, cloudy, foggy) to share how they feel starting the session—a playful way to surface group energy.
- **The Calm Front:** Do a 60-second grounding pause halfway through—deep breath, shoulders down, eyes closed. Invite participants to notice the “weather” inside them without judgment.
- **Ripple Effect:** Ask participants to name one small action they could take tomorrow to positively shift the “emotional climate” in their classroom or team.

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**Emotional Intelligence in
Business Education!**