



# Эмоциональ ный интеллект


Тренинг-Центр Финансового  
университета при Правительстве  
РФ

A white humanoid robot with a sleek, futuristic design is shown in profile, looking towards a woman. The woman has long, reddish-brown hair tied back and is wearing a white lab coat. She is looking back at the robot with a serious expression. They are both leaning forward, and their hands are clasped together. The background is a bright, modern laboratory or office setting with large windows and a clean, white aesthetic.

**«Я хочу быть роботом?»**

# РАЗДРАЖИТЕЛЬ – ЭМОЦИЯ - РЕАКЦИЯ



Как понять  
себя? 

- Честность по отношению к себе
- Как я обычно реагирую?  
Как я хочу реагировать?

# Как понять других?



- ✓ «Я-сообщение»
- ✓ Выделяй конструктив
- ✓ Выдержи паузу

A stylized illustration of a person's head and shoulders in profile, facing right. The person has dark hair and is wearing a teal shirt. A large teal heart is positioned on the left side of the image, with a teal padlock symbol overlaid on it. The background is a light beige color with a subtle pattern of small, light-colored icons. The text "ЭМОЦИИ – ЭТО ХОРОШО" is written in white, bold, uppercase letters across the center of the image.

**ЭМОЦИИ – ЭТО  
ХОРОШО**