

# Emotional and Social Intelligence

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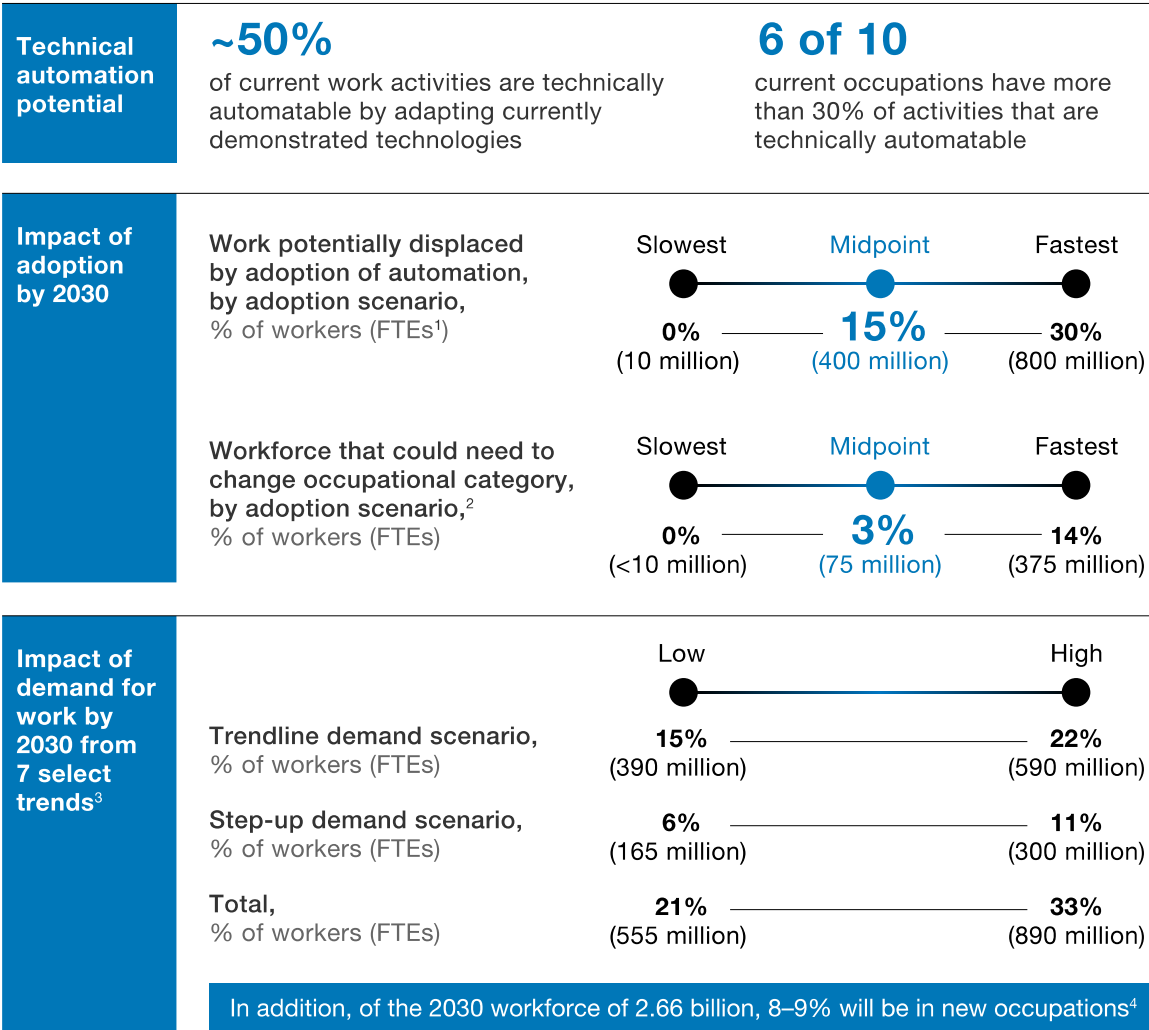




McKinsey & Company

**By 2030**

800 Million could lose their jobs  
375 Million will change jobs



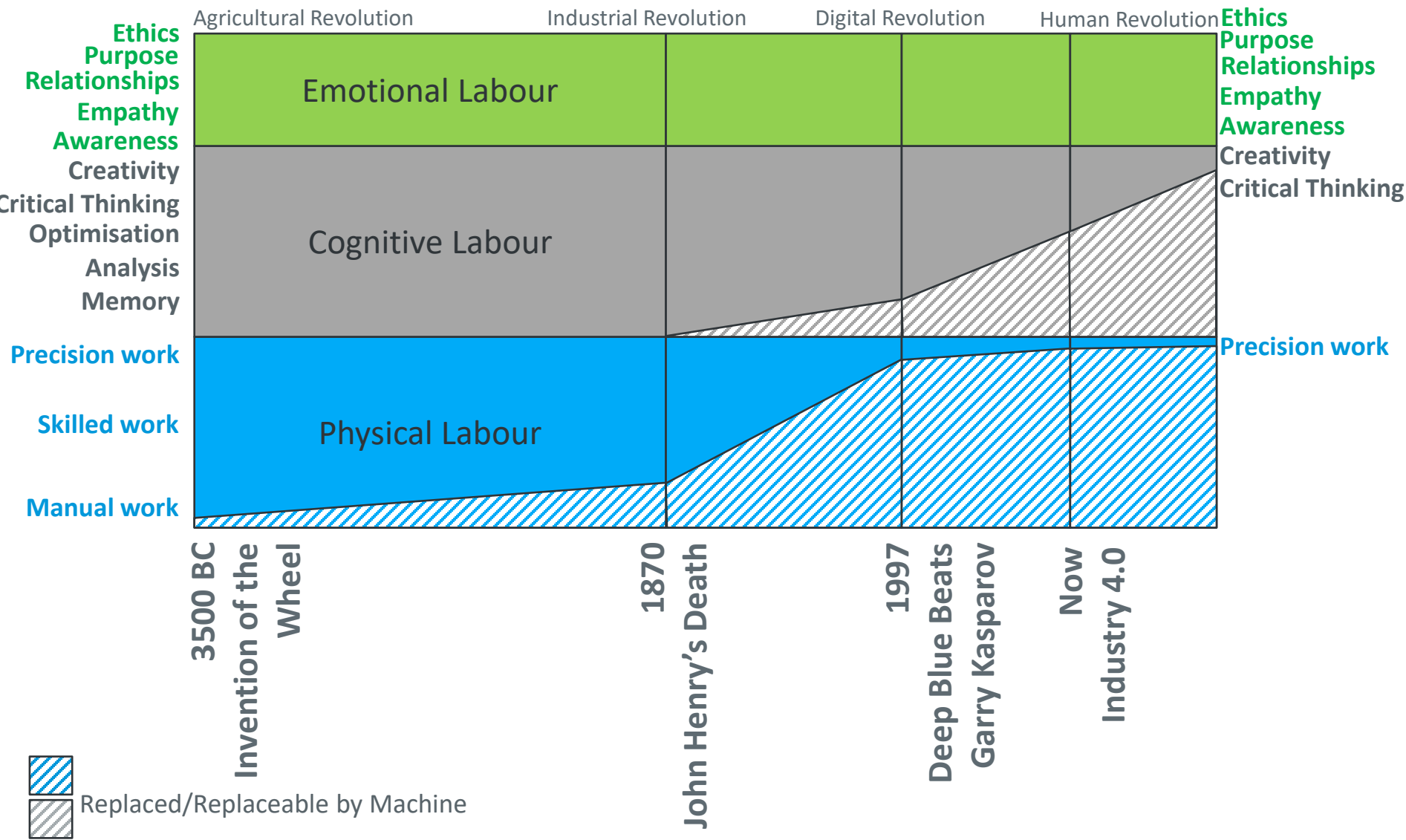
<sup>1</sup> Full-time equivalents.

<sup>2</sup> In trendline labor-demand scenario.

<sup>3</sup> Rising incomes; healthcare from aging; investment in technology, infrastructure, and buildings; energy transitions; and marketization of unpaid work. Not exhaustive.

<sup>4</sup> See Jeffrey Lin, "Technological adaptation, cities, and new work," *Review of Economics and Statistics*, Volume 93, Number 2, May 2011.

Source: McKinsey Global Institute analysis



# Mental Wellbeing Facts

Source: World Health Statistics Report. WHO. 2016

- Depression and anxiety are estimated to affect nearly 1 in 10 people on the planet.
- In 2012, there were over 800,000 estimated suicide deaths worldwide.
- Globally, among young adults aged 15–29 years suicide accounts for 8.5% of all deaths and is the second leading cause of death in this group after road traffic injuries.

# Alarming spike in mental health issues, warns MMHA

NATION

Sunday, 2 Sep 2018



THERE is an alarming spike in the number of teenagers and children in Malaysia who are contemplating suicide.



# Massive Open Online Course

7500 Participants  
150 Countries

# Emotional Intelligence

Daniel Goleman

	Self	Social
Regulation	<b>Self Management</b> Emotional Self Control Transparency Adaptability Achievement Orientation Initiative Optimism	<b>Relationship Management</b> Developing Others Inspirational Leadership Influence Change Catalyst Conflict Management Teamwork and Collaboration
Awareness	<b>Self Awareness</b> Emotional Awareness Accurate Self Assessment Self Confidence	<b>Social Awareness</b> Empathy Organisational Awareness Service Orientation



# How to Develop Emotional Intelligence?

- Brainology: How the brain works (Carol Dweck)
- Brain-Body-Connection (Paul Ekman)
- Self Management can be taught (Walter Mischel)
- Gamification of the change of language
- Online activities and submissions
  - Brain Rewiring
  - My Emotions Today
  - Mission Partnerships
  - Etc...
- E-Certificates
- E-Badges





# Youth Transformation Programme