

# Emotional Intelligence: Your Superpower at Work

A talk by Dr. Virginie Mesana,  
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AdminSanté Conference, October 30, 2025.



# The Myths and One Simple Truth

Myth 1: "You either have emotional intelligence or you don't."

Myth 2: "Emotion and logic can't coexist."

Myth 3: "Emotionally intelligent people never get upset."

Myth 4: "Emotional intelligence is just about empathy."

Myth 5: "Emotional intelligence is a 'soft skill.'"

Emotional intelligence isn't something you're born with — it's something you build.



# The Science of Emotional Intelligence

Your brain isn't split between logic and emotion — it's a partnership.



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“Emotional intelligence is not the absence of emotion, but the skill of managing it wisely.”

Daniel Goleman

# The 5 Components of your EQ



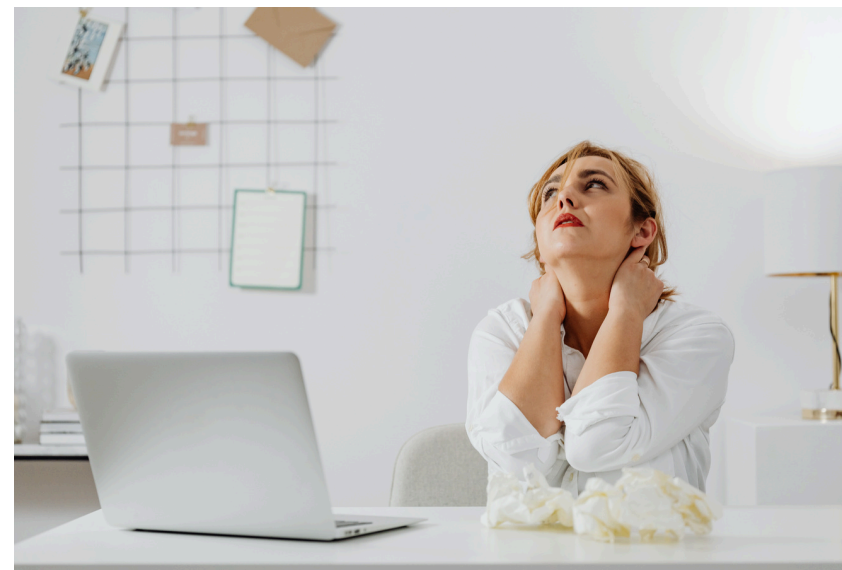
## Self-Perception

Understanding your emotions and recognizing their impact.



## Interpersonal Relationships

Building strong connections through empathy and communication.



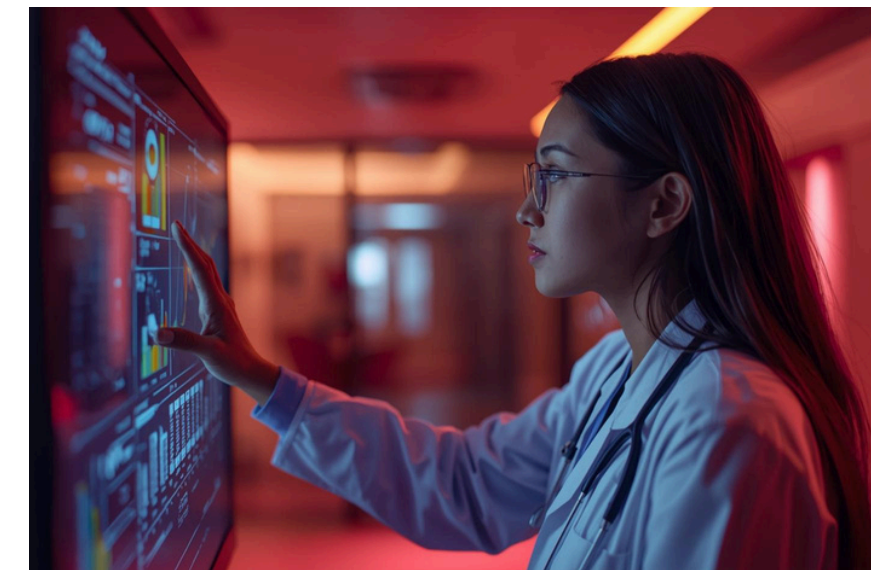
## Stress Management

Staying calm under pressure and bouncing back with healthy coping strategies.



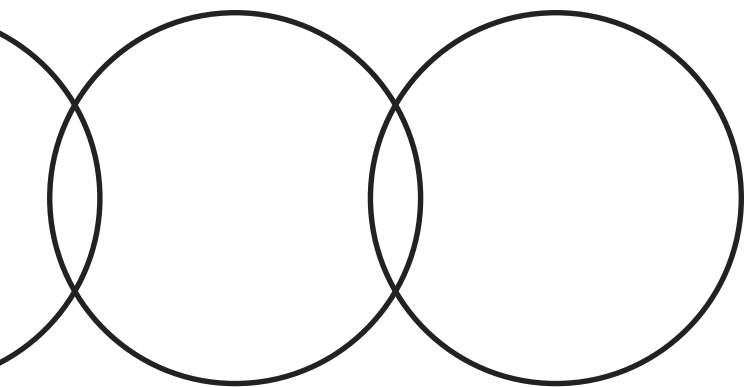
## Self-Expression

Effectively communicating emotions to foster understanding.



## Decision-Making

Using emotional insights to guide choices wisely.



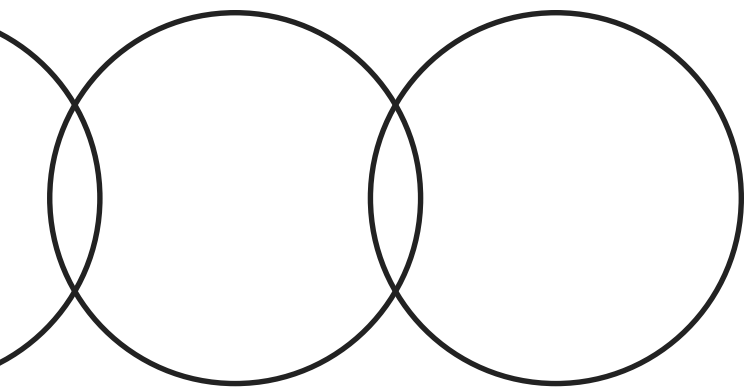
**“YET”**

When you add “YET”, or  
“AND”, you open the door to  
growth and endless  
possibilities in your journey.

# EQ in Healthcare

## Emotional Connection Matters

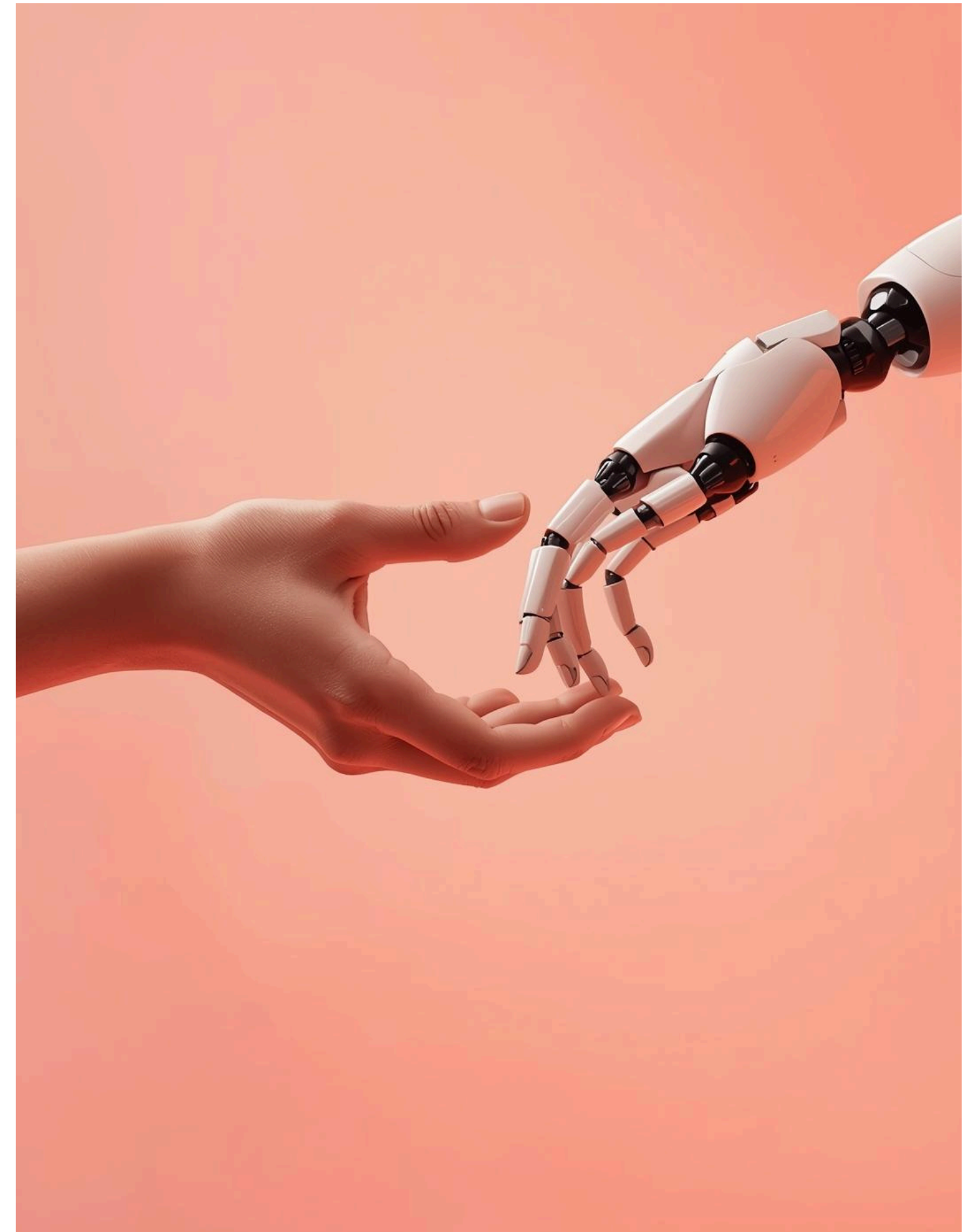
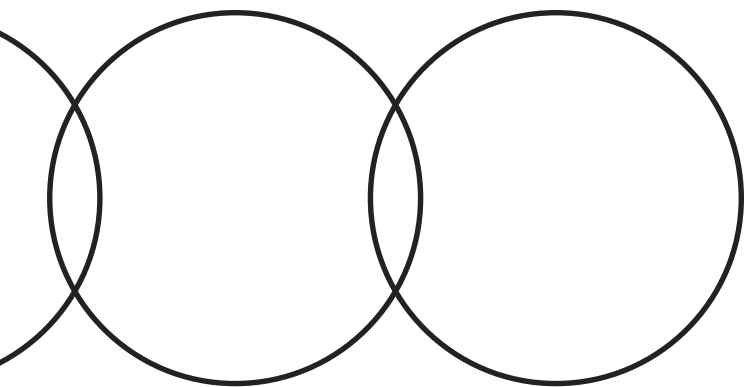
Emotional intelligence is essential for building connections, fostering trust, and enhancing collaboration in the healthcare environment, ensuring patient-centered care.



# Emotional Intelligence & AI

The Human Advantage

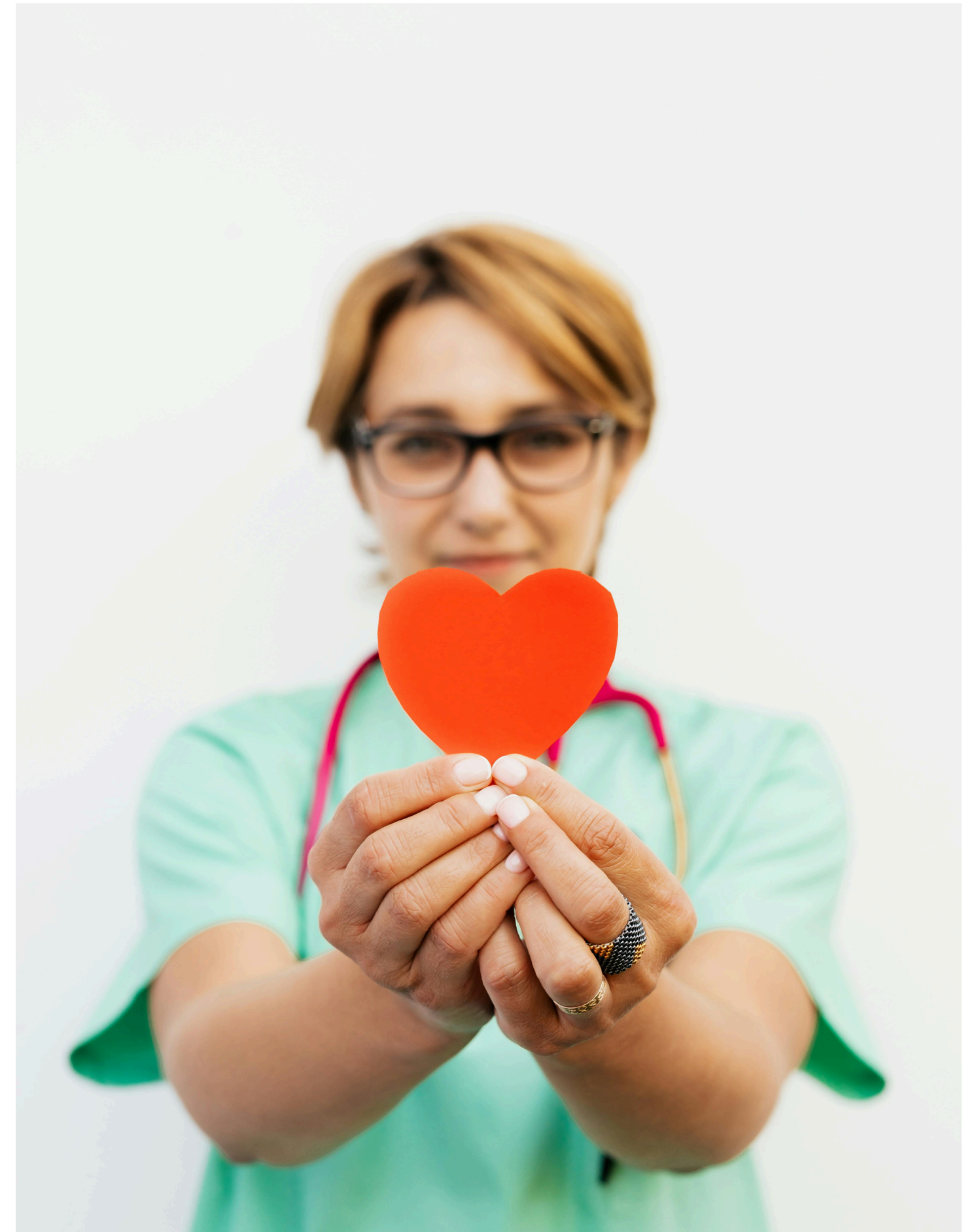
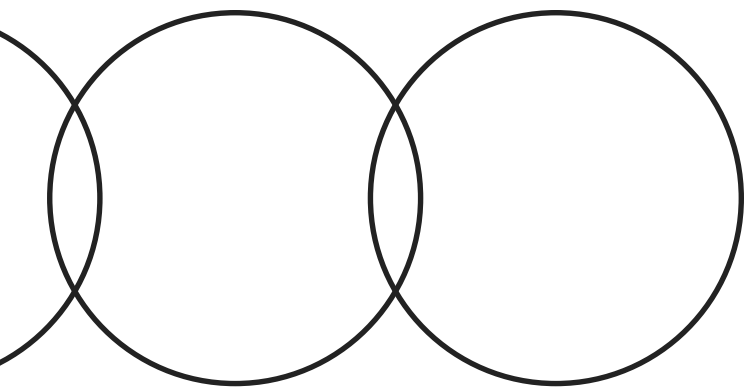
As technology evolves, human intelligence must evolve **emotionally**.



# Your Call to Action

Name it. Feel it. Choose who you want to be.

Emotional intelligence is the pause between feeling and reacting.



In a world full of artificial intelligence, stay committed to your *human* intelligence.

— *Dr. Virginie Mesana*



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