



2025 CMS COACHES SYMPOSIUM

“Free Game: Emotional Intelligence Strategies for Coaches”

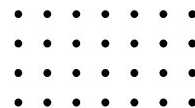
Jennifer Shiley, M.Ed.
Educator
Davidson Day School, NC
Love Progress Park

Mallard Creek High School
July 29, 2025

EMPOWERING COACHES FOR EXCELLENCE



Most Inspiring...



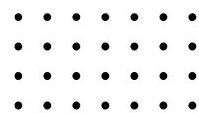
*“The definition of
greatness is to inspire
the people next to you.”*

Kobe Bryant

What is EQ?



EQ stands for Emotional Quotient (like IQ stands for Intelligence Quotient) or Emotional Intelligence and refers to the ability to use and manage your own emotions as well as recognize and influence the emotions of others.



EQ Competencies

Empathy

The capacity to share the feelings of another person and appreciate a different perspective

Social Skills

Being able to create and maintain healthy relationships

Self Awareness

Knowledge of your own thoughts, feelings, and motivations

Self Regulation

The ability to manage emotions and actions in different environments

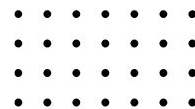
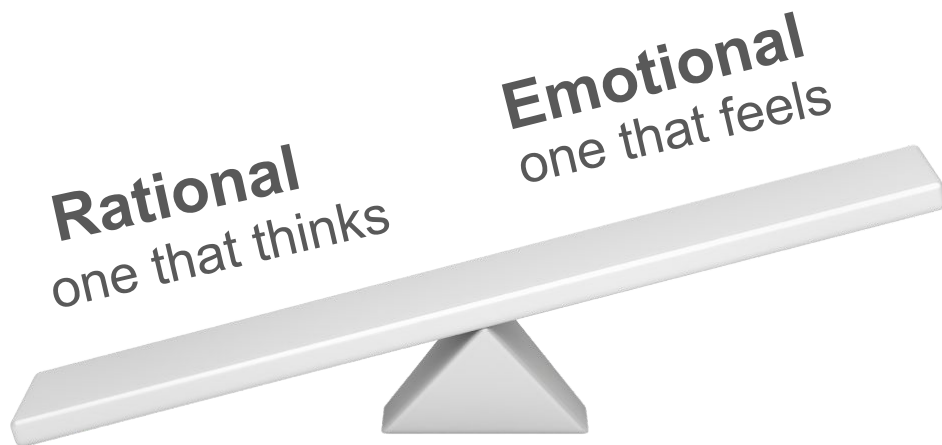
Decision Making

The ability to make responsible choices and accept the outcomes

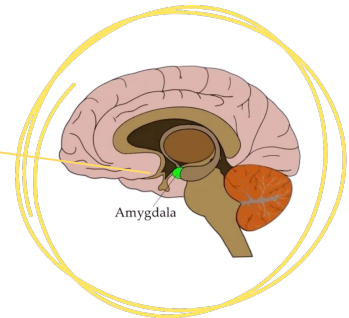
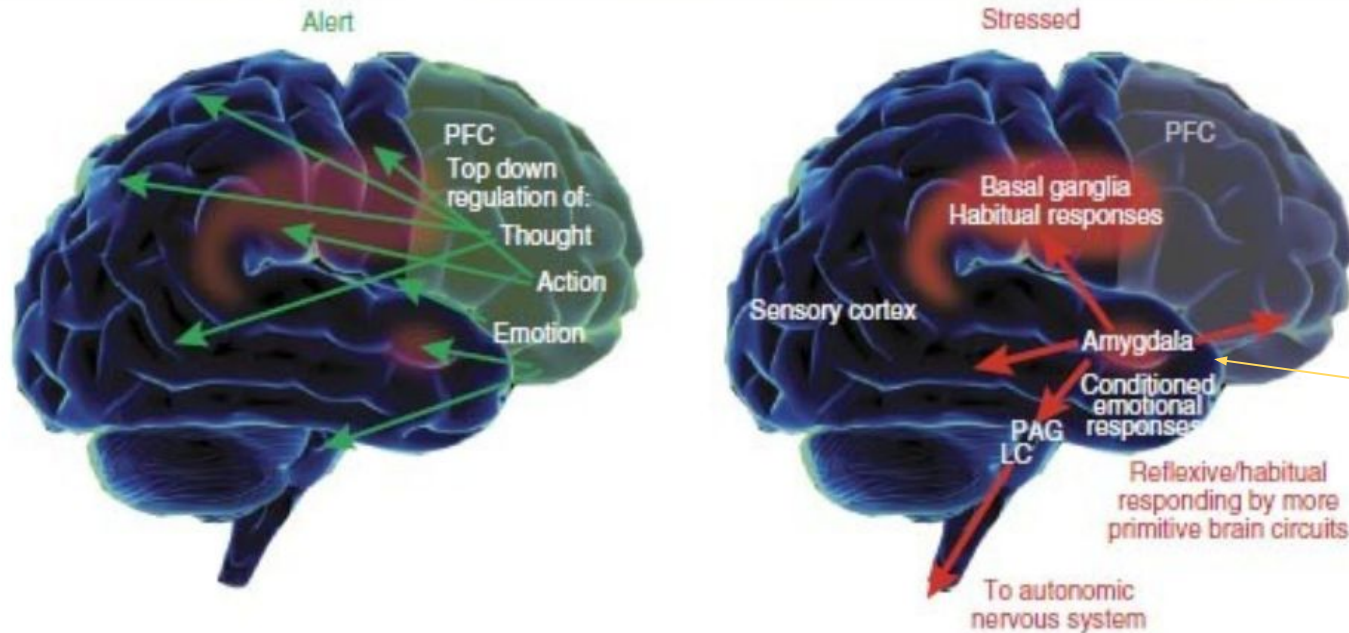


2 Minds

In a sense, we have two separate parts of our minds and two different kinds of intelligence:



Super Basic Neuroscience



Emotional Hijacking aka “Amygdala Hijacking”

Daniel Goleman, *Emotional Intelligence*

**Amygdala
regulates
fight or flight.**

The brain senses danger and blasts adrenaline to our bodies to cope.

**Stressors we
react to
disable the
higher cortex.**

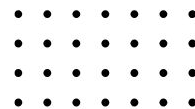
Prevents us from making sound, rational decisions.

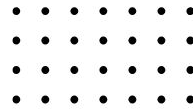
**An
emotionally
hijacked
person:**

May become reactive, defensive, and lash out.

Why We Need EQ

Your emotional state enables or denies access to the higher order thinking part of the brain that lends to clarity, creativity, calm, and problem solving and sets up superior performance.





*“That’s 180
degrees from
any reaction...
I’ve never even
seen that.”*

MLB.com

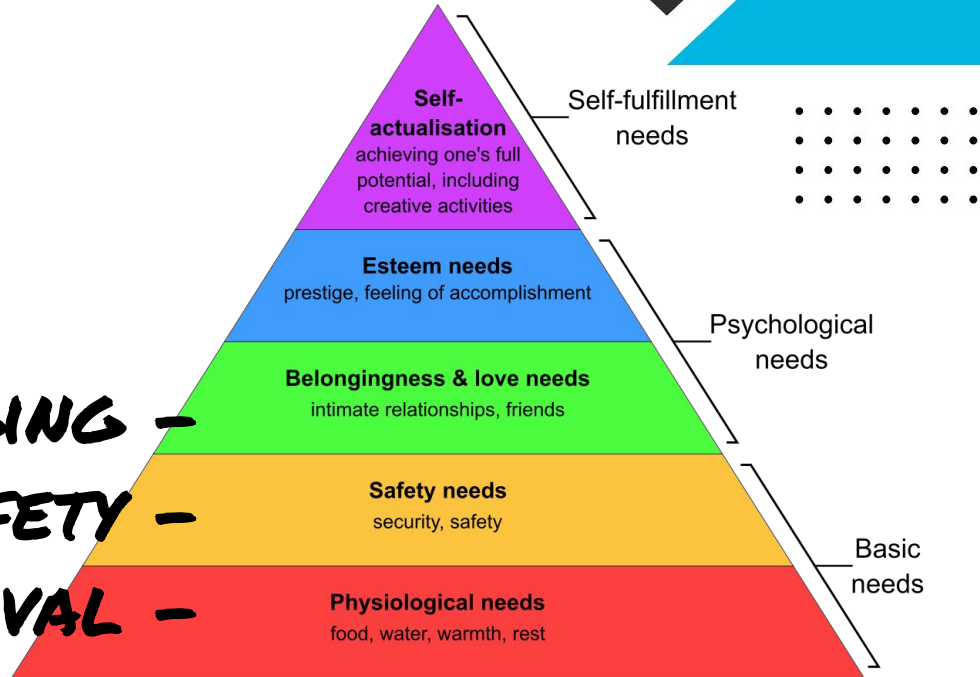
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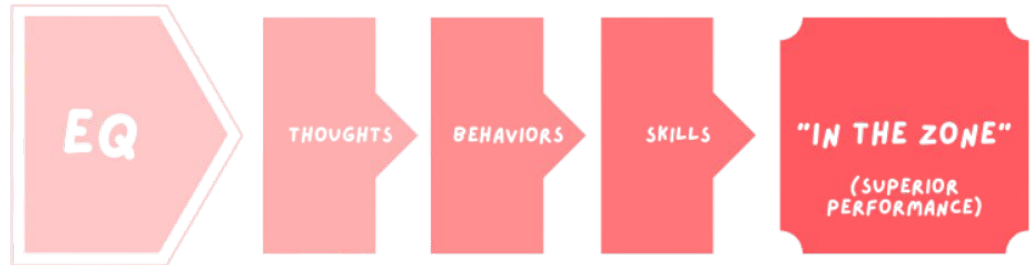
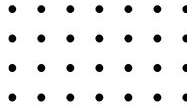
What Drives Our Actions

Any perceived threat to survival, safety, or belonging motivates a person to satisfy the deficiency first before freeing them up to pursue growth.

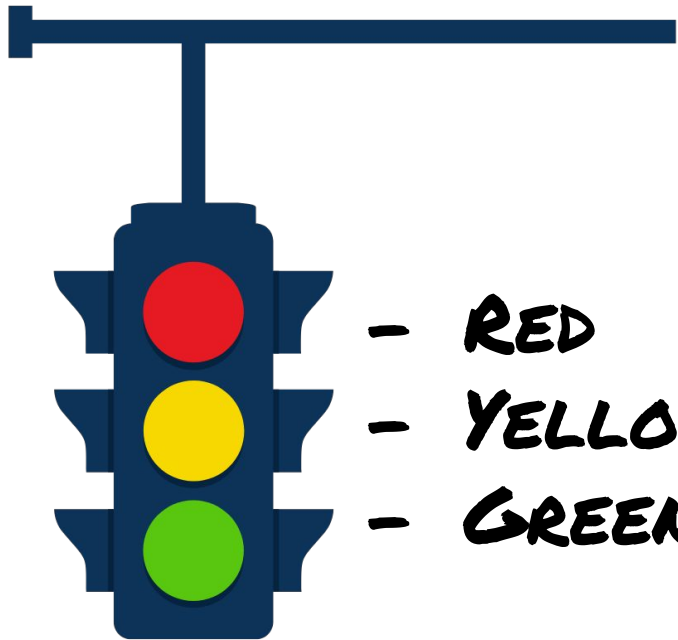
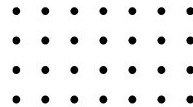
A. Maslow, "The Theory of Human Motivation," Hierarchy of Needs.

BELONGING -
SAFETY -
SURVIVAL -





Emotional Strength



- RED
- YELLOW
- GREEN

Emotional strength is demonstrated by the amount of time it takes to convert an **unproductive** thought into a **productive** one.

PHYSICAL BENEFITS

- More creative
- Decreased heart rate
- Stability
- Relaxed muscles
- Higher use of EQ
- Improved immune function
- Decreased blood pressure
- Relaxation
- Improved digestion

COGNITIVE BENEFITS

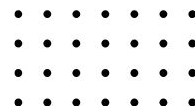
- Intrinsically motivated
- Improved rational, creative thought
- Willing to do difficult things
- Willing to take risks
- Able to think deeply and develop creative solutions
- Engaged
- Perform at higher levels

PHYSICAL REPERCUSSIONS

- Pupils dilated
- Increased heart rate
- Muscle tension
- Increased blood flow; narrowing of arteries
- Increased adrenaline and cortisol (stress hormone)
- Increased blood pressure
- Sweaty palms
- Ulcer formation
- Shakiness

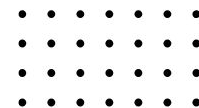
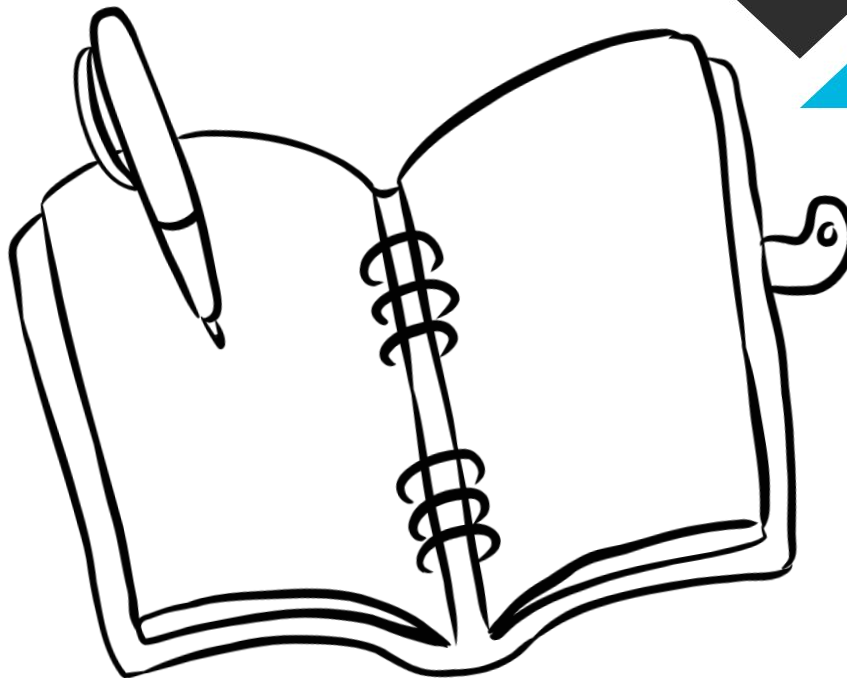
COGNITIVE REPERCUSSIONS

- Decreased cognitive performance
- Less oxygen available for brain functions
- Defensive
- Perceives small stressors as worse than they really are
- Easily aggravated
- Struggles to get along with others



Write about it...

Describe a time in the past two weeks you wish you handled differently. What was the context, emotions, and outcomes? Share out.



Strategies to Strengthen Emotional Intelligence

1. Green, Yellow, Red Cards

List 5 favorites:
song, restaurant,
place to recharge,
snack or treat,
movie

Write the name of your
best friend, where you
like to vacation, the last
compliment you
received, a quote you
love, most recent
performance you're
proud of

Briefly describe a
person you care for, a
memorable experience,
a moment no one can
take away, a photo or
video you treasure, a
meaningful celebration
in your honor

Strategies to Strengthen Emotional Intelligence

2. Focal Thought

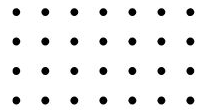
Choosing a focal object or image in close view can also redirect your mind away from unhelpful self-talk, drifting attention, or interruptions caused by others.



Studies show...

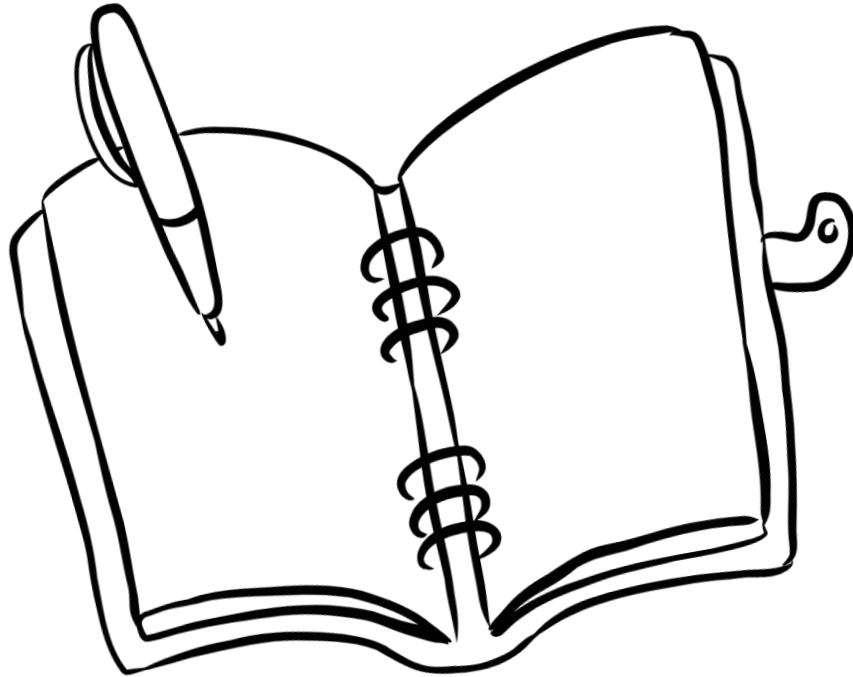


Students and athletes with strengthened emotional intelligence better manage their emotions, identify how their emotions and the emotions of their peers and teammates affect situations and improve relationships, and demonstrate more quality decision-making skills.

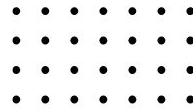


V. Tatal and M. Efe, 2020

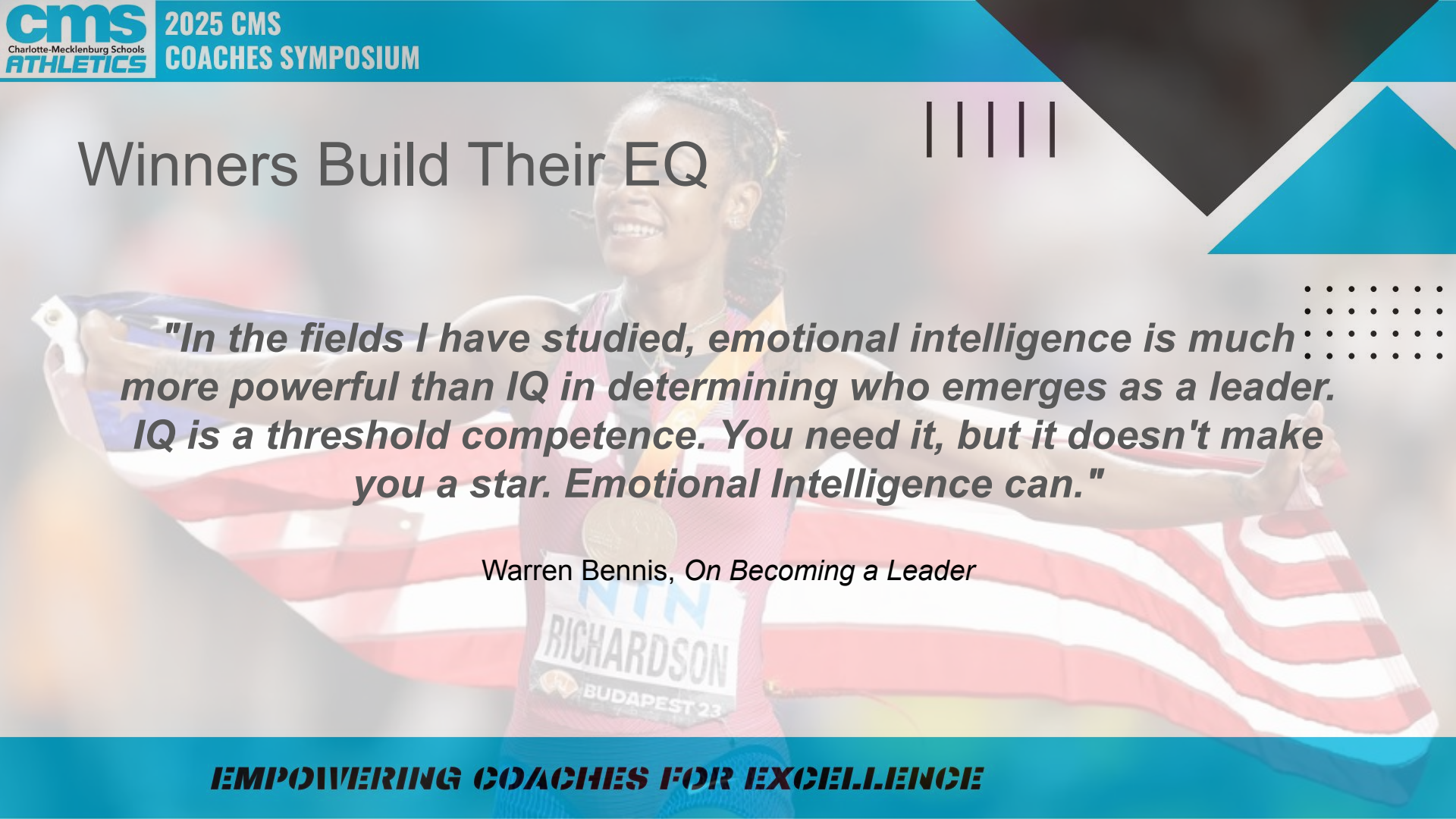
“I Used To / I Now Do”



Return to the situation you described earlier. Choose a strategy we discussed and explain how you can apply it next time you are in a similar predicament.



Winners Build Their EQ



"In the fields I have studied, emotional intelligence is much more powerful than IQ in determining who emerges as a leader. IQ is a threshold competence. You need it, but it doesn't make you a star. Emotional Intelligence can."

Warren Bennis, *On Becoming a Leader*

EMPOWERING COACHES FOR EXCELLENCE



LOVE PROGRESS PARK



Educating and inspiring people to reach their individual leadership potential

EMPOWERING COACHES FOR EXCELLENCE



Jennifer Shiley, M.Ed.
Educator and Founder of Love Progress Park

Shiley's core advantage as a high school English Instructor and nonprofit leader over the past 18+ years is her ability to understand how to teach, explain, and break things down, know what students, parents, and educators struggle with, and structure curriculum, design programming, and engage minds. Her passion for youth leadership development and strengthening kids' emotional intelligence has inspired former students to live with the courage to lead.

"This is such a challenging time—starting high school, navigating social media, etc. (These sessions) really seemed to boost her confidence and help her feel more comfortable about moving forward." Kristi, Parent of High School Student

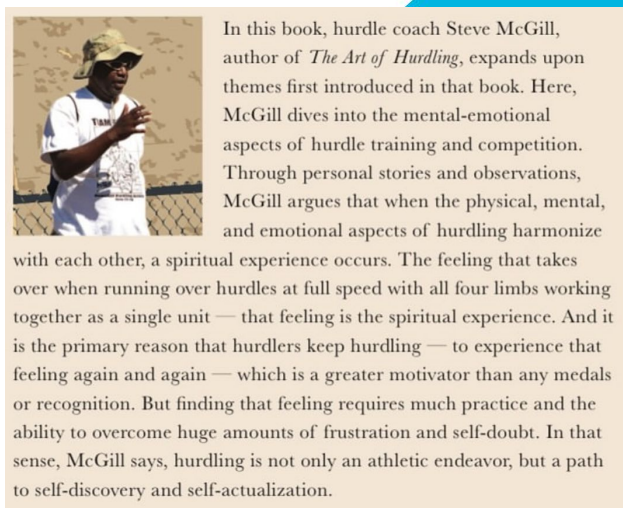
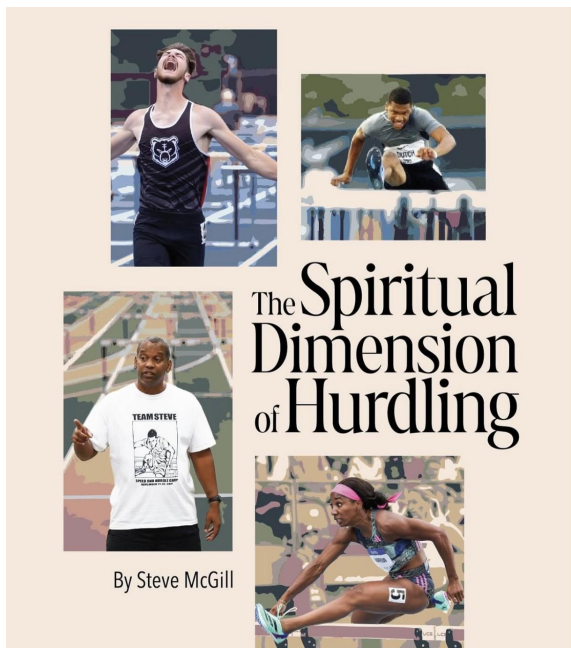
"Love Progress Park taught me how to be comfortable in my own skin and comfortable using my voice as a young woman in this world and as a professional athlete. I want the same for all the young girls in our community." Maya, WNBA, Alum

"It is okay to fail and to succeed from your failure. It is okay to try new things and not have to know everything. Being a leader requires confidence and kindness—also to take risks and learn from your mistakes." Sophie, Middle School Student

References

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New Book!



[Click here for *The Spiritual Dimension of Hurdling*](#)

Check-in!



For more, please send Shiley a message on Instagram @j.shiley