



HOPITAL SAINT-LUC BOUGE

INTELLIGENCE  
EMOTIONNELLE

30/11/2022  
Cédric Degelaen  
Keymax SRL



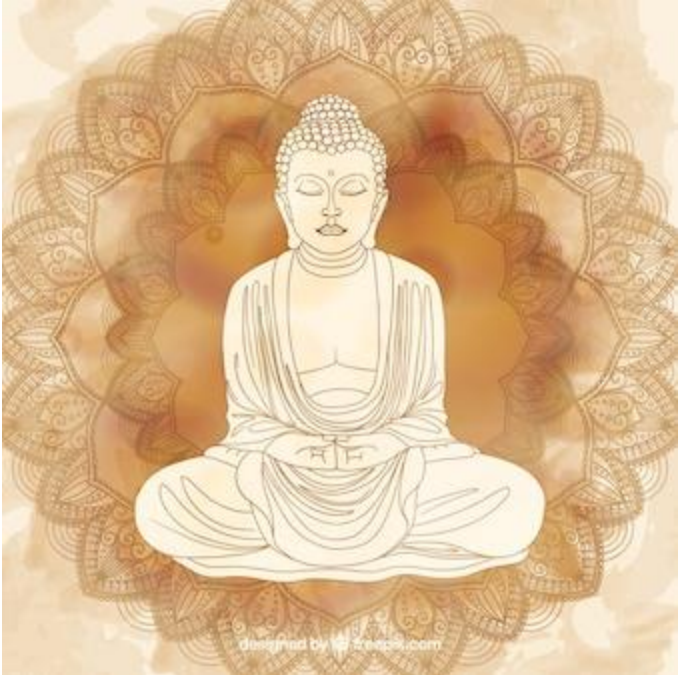
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KEYS FOR GROWTH







# INTELLIGENCE EMOTIONNELLE - ORIGINE





# INTELLIGENCE EMOTIONNELLE - PARADIGME



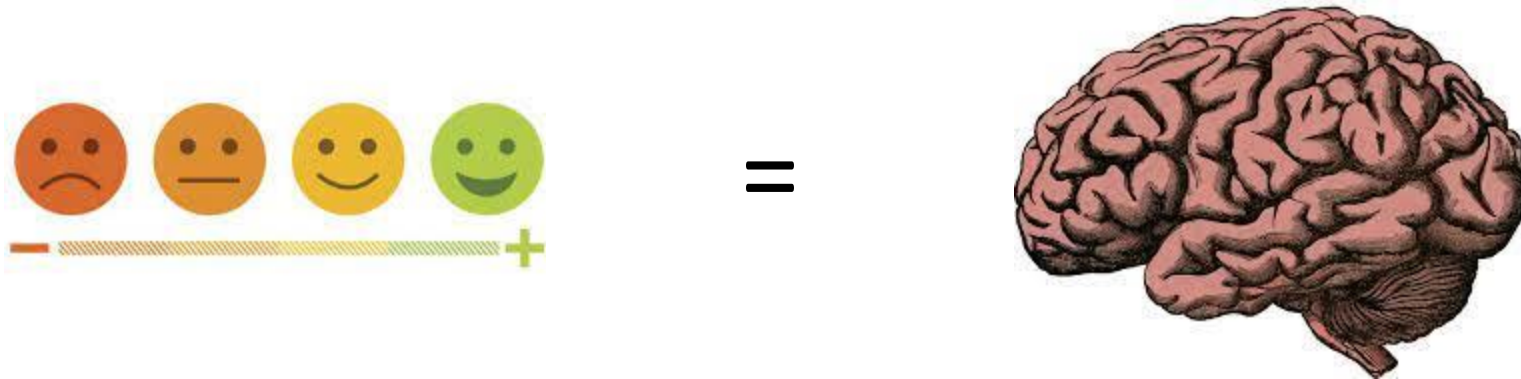
**HEROISME**



**STRATEGIE**



# INTELLIGENCE EMOTIONNELLE - EMOTIONS



Emotion = raison mais pas au même stade  
Découverte Damasio

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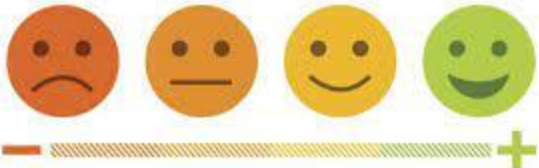
# INTELLIGENCE EMOTIONNELLE - EMOTIONS



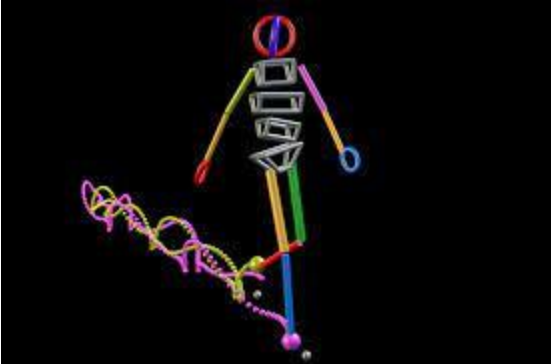
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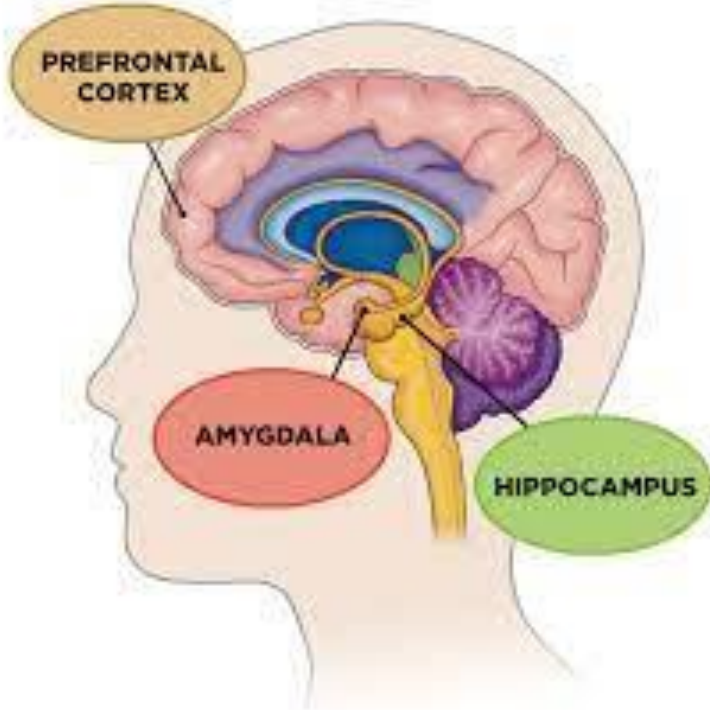
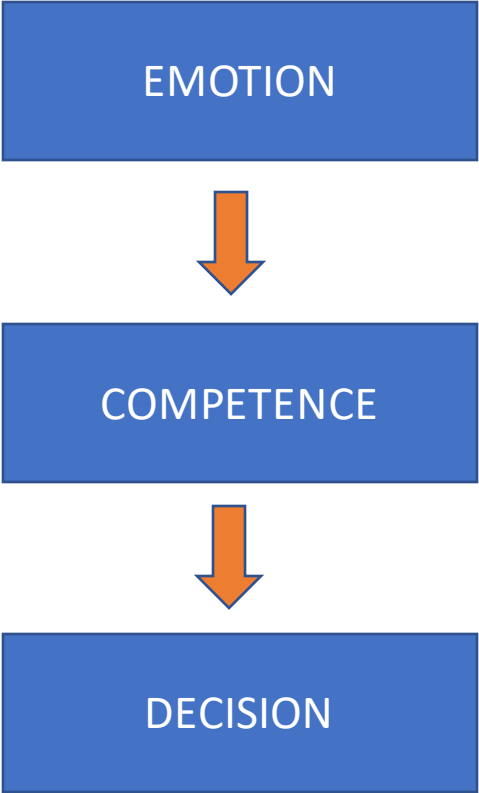
# INTELLIGENCE EMOTIONNELLE – EMOTIONS



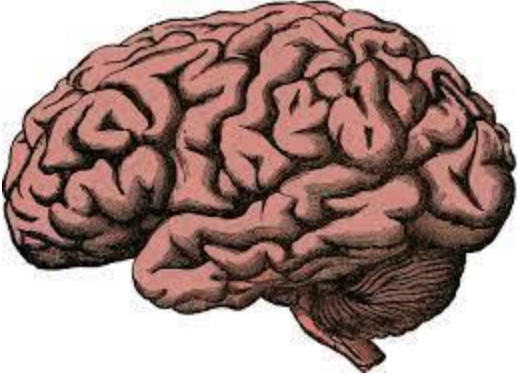
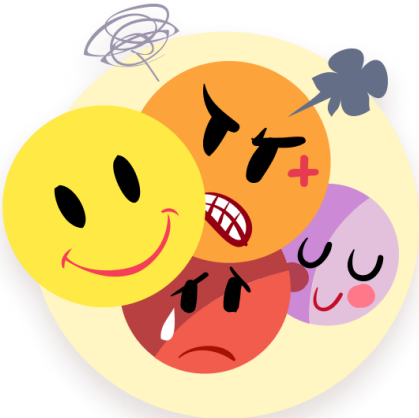
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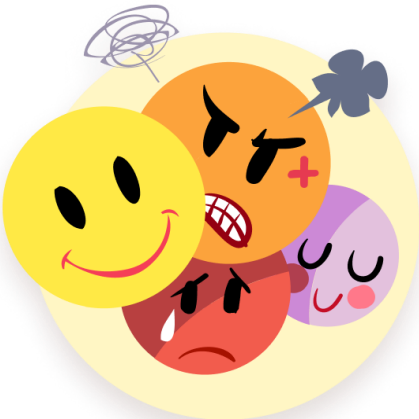
# INTELLIGENCE EMOTIONNELLE - NEUROSCIENCES



# INTELLIGENCE EMOTIONNELLE - CIRCUIT



**AMYGDALA**



**CORTEX PREFRONTAL**





# INTELLIGENCE EMOTIONNELLE - CIRCUIT





# INTELLIGENCE EMOTIONNELLE – SOUVENIR EMOTIONNEL



# INTELLIGENCE EMOTIONNELLE – SOUVENIR EMOTIONNEL



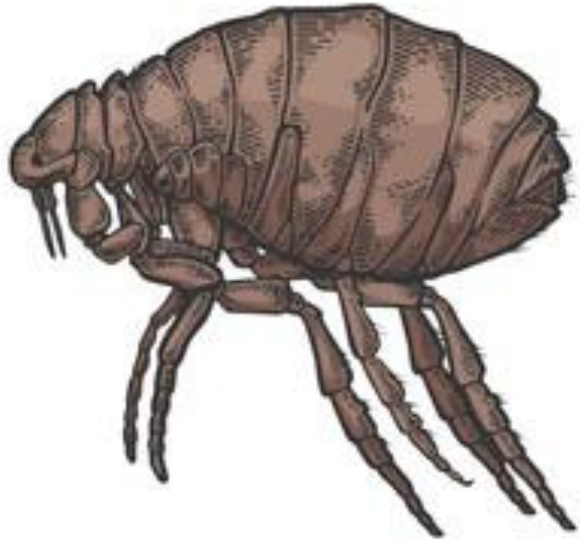
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# INTELLIGENCE EMOTIONNELLE - SOUVENIR



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KEYS FOR GROWTH

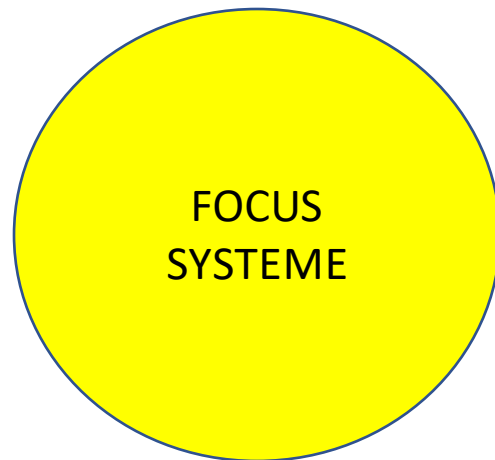
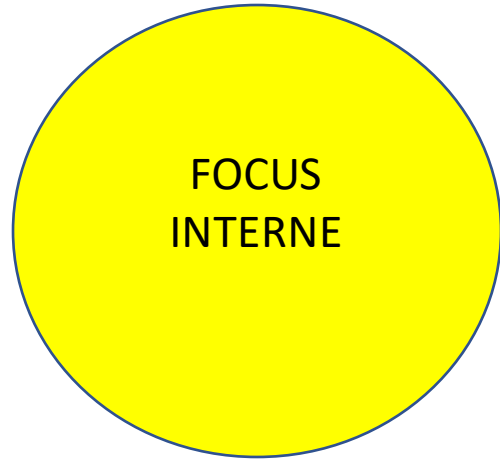
# INTELLIGENCE EMOTIONNELLE - PARASITE



L'intelligence s'intéresse aux parasites,  
aux éléments qui font que le verre  
n'est pas plein

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# INTELLIGENCE EMOTIONNELLE 3 FOCUS



# FOCUS INTERNE



## EMOTION vs SENTIMENT



# FOCUS INTERNE / ANCRAGE



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# FOCUS INTERNE / S'AUTORISER



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KEYS FOR GROWTH

# FOCUS INTERNE / ACTION





# FOCUS INTERNE



tiens,  
j'ai rendez-vous  
avec moi-même

Il faut consacrer du temps pour  
soi / un minimum au mois 20  
minutes par jour

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# FOCUS INTERNE



SE CONNAITRE EN TANT QUE PERSONNE ET CONNAITRE SES DECLENCHEURS PSYCHOLOGIQUES



# FOCUS INTERNE – PLEINE CONSCIENCE



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FOCUS AUTRE

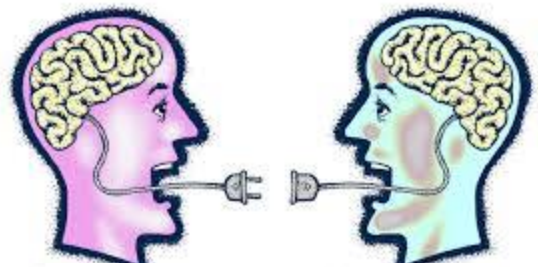
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# FOCUS AUTRES - LEADERSHIP

## COMPETENCES ET APPROCHES MANAGERIALES CERVEAU SOCIAL



**EMPATHIE**



**LEADER INSPIRANT**



**LEADER COACH**



# FOCUS SYSTEME



**EXPLOITATION**

**INNOVATION**

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MERCI

