Corey Andrew Powell ([00:01](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Hello everyone and welcome to Motivational Mondays. Today we have a special guest, Dr. Jenny Woo, a Harvard trained educator and emotional intelligence researcher, and the founder and CEO of Mind Brain Emotion. Dr. Woo has dedicated her career to exploring how emotional intelligence can transform our relationships. She created a, an award-winning card game series that helps people develop essential human skills. Her work in emotional, her work in emotional intelligence impacts over 50 countries, empowering deeper, more meaningful connections. Please welcome Dr. Jenny Woo. Hey, how are you?

Dr. Jenny Woo ([00:41](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Hi, Corey. So great to see you again, and thank you so much for the great intro.

Corey Andrew Powell ([00:45](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

It's great to see you again. I know that we were, uh, in a webinar before we were discussing emotional intelligence and how it relates to the world of, uh, soft skills and durable skills. So it was really great to sort of pick up this conversation with you once again. So let's dive in. So I wanna ask you, you know, I read this article you posted recently on the CNBC website, and it was really, really informative about emotional intelligence and sort of like these common practices with that particular area of study and people who sort of practice them every day. So can you give a little bit of a background of your journey though, into the field of emotional intelligence and what inspired you to focus on this area? Yeah,

Dr. Jenny Woo ([01:30](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. Absolutely, Corey. Well, you know, emotional intelligence really is so connected to many things. How to build a good relationship, how to communicate better personally, professionally, and really how to deal with the tough times when things are getting hard with obstacles. So in terms of my personal journey, I sort of really learn about these three facets of emotional intelligence. Ever since I was a little kid, I am the first person in my family to graduate college and an immigrant. And so coming over to the United States, not knowing a single word, let alone actually not even knowing that alphabet really trained me to really understand how do you build relationship when you don't quite have sort of the common language? How do you read social cues and how do you really connect with people from an emotional standpoint? I'm finding those commonalities. And of course, you know, it was, it was really hard. I'm not gonna lie. I also lived without my parents for five years prior to coming over to the United States and reuniting with them. So there were definitely a lot of coping skills involved in adjusting to new environment environments, uh, new family, and sort of knew everything. And so that's also where I found the beauty of emotional intelligence and really how do you perceive something instead of as a threat at someone you know, you are a victim of versus a challenge and feeling more resourceful and hopeful rather than feeling helpless. And so, you know, I had this inkling, I had no idea what emotional intelligence meant. I didn't know there was even such a term. So it wasn't until when I started working as a management consultant, this was Deloitte, uh, right after graduating college and, you know, working with leaders, developing employees, that's when I also saw the importance of emotional intelligence and sort of knowing this name in, um, in the workplace when, you know, you don't wanna have a toxic boss and you don't wanna be working in a team where there's so much disconnect. There's lack of understanding worklife work-life balance, right? That non-existent focus on mental health and really what you need, and this is where I saw people were burning out even though, you know, they had gone to great colleges and had great, you know, jobs leading up, right. But they just weren't able to, you know, really find themselves and their purpose and advocating for their needs. And so long story short, saw it basically from toddlerhood. I also worked as a Montessori school teacher and the classroom, you know, to being an MBA coach at UC Berkeley, to now teaching at UC Irvine emotional intelligence to being a researcher in cognitive science, working with adults that are 70 plus.

Corey Andrew Powell ([04:43](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Jenny Woo ([04:43](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And understanding, you know, how do I still, um, you know, work on my memory skills, but, but, but that also goes with emotional intelligence and how do you actually see yourself? Do you feel like you could make it, uh, make it work? You know, that sort of thing. So I just, I see this, um, thread of emotional intelligence being so important to empower people to succeed in life in their mental health and, um, at work and at school. Of course.

Corey Andrew Powell ([05:15](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah, I mean, I love that you start from like the, the early stages all the way up to the seventies. And I think what's really important about that too is people who are older in that demographic, like seventies up, they are trying to navigate a very different world than they were used to, which is even probably more terrifying when you consider technology. I know my mother for the longest time was like, you know, trying to figure out when she was texting me and I was making like abbreviated words. She's like, what is LOL what is LOL? You know? But something as simple as that requires people from a different generation to have to adjust in their current time. So, um, I imagine that might be a little difficult for some of the older people. Do you have obstacles that you've run into with that, or are they more, um, open to the change and to learning?

Dr. Jenny Woo ([06:04](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah, you know, it actually is all about openness. And that's the biggest obstacle is when you perceive yourself feeling like, you know, I'm too late to the game, right?

Corey Andrew Powell ([06:15](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([06:16](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

It's kind of like AI or, you know, sports or whatnot, you know? And when we look at ourselves, we're like, oh, I should have started started this five years ago, 10 years ago, now I'm too late. And it's useless, right? So that type of lack of openness, lack of curiosity, and lack of growth mindset really sets people back. And so I know we're talking about, you know, seasoned, uh, 70 plus age people, but honestly, we're all going to be at some point feeling a bit outdated.

Corey Andrew Powell ([06:50](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm.

Dr. Jenny Woo ([06:50](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Even the Gen Zs and gen alpha.

Corey Andrew Powell ([06:53](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

<laugh>. Right.

Dr. Jenny Woo ([06:53](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

I work with, right? Because I mean, things are just moving so quickly.

Corey Andrew Powell ([06:58](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>.

Dr. Jenny Woo ([06:58](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And there's so many things to, you know, stay on top of and stay accountable for. And so that common feeling, um, is important to notice and to be able to address it with curiosity, open-mindedness, and the ability to cope and say, you know what? I don't know what I know now, but I can find out.

Corey Andrew Powell ([07:22](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

I love that too, because we always stress the growth mindset here at the NSLS, which is that you're never done learning, nor should you subscribe to the idea idea that you are like, and I always say like, you know, till the day they put me in the ground, I'm gonna be learning something. It might even be the day before they put me in the ground. I'm gonna be <laugh>, I'm gonna still be, you know, just quest on a quest for knowledge and, and more. And that's what I think, uh, life should really be about. That's what keeps us all relevant and in each other's lives every day, no matter what generation we're in. But I will ask you though, when it comes to emotional intelligence, let's start by really defining like what it is. Because, you know, we, you were just saying how you're like, well, how do I articulate what that is? I didn't even know. Some people really still don't know. So what would you say is a simple explanation or description of emotional intelligence?

Dr. Jenny Woo ([08:11](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. So emotional intelligence in a nutshell is really our ability to perceive how we're feeling, what we're thinking, and our sort of tendencies to act a certain way. And likewise, it's also our awareness of how we perceive others around us, to what they're thinking, what they're feeling, and how they're acting. And really putting it together is using this incredible insight to then take certain actions, build good relationship, and being able to communicate and get your points across. So that's where it sort of influenced charisma, right? Uh, leadership comes in and really, in short, being intelligent about your emotions is knowing how to make your emotions work for you and not against you.

Corey Andrew Powell ([09:05](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([09:05](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And, and you know, you know how it is. Like we have so many times where we, our only emotions we're tripping us up against us, right? When we blurred something out that we later regret, you know, we, um, you know, like I, I have kids, so they're sort of like, what is it? Um, rage quit, you know, <laugh>,

Corey Andrew Powell ([09:27](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

That was a thing. Yeah, yeah,

Dr. Jenny Woo ([09:29](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. Or just, you know, having those emotions come out like our buttons press and snap and we do or say or feel something that we later regret.

Corey Andrew Powell ([09:39](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([09:39](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

So that's what I mean by, um, being able to make it work for you and not against you.

Corey Andrew Powell ([09:44](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. That is such a biggie. And I mean, it, it's probably increasingly more difficult in the era that we are in, which is so driven by a lot of, uh, civil unrest and political arguments. And that's a lot. So I mean, if you add that to it, it's even even more difficult to, to, to navigate. But, um, you said something really important there. The type really, really love, which is not just about what we are controlling about our own emotions, but how we are also processing the emotions and the words of other people around us. That is the key. Because I think that if we don't listen with intention and we're not mindful, to your point, we're just going through life just like, like a ticker tape, just like,

Dr. Jenny Woo ([10:33](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>.

Corey Andrew Powell ([10:33](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Right? Whatever you're thinking things are coming out of your mouth 'cause you don't care. But when you care about what you're saying, how it might impact others, I think that is when a light bulb goes off for emotional intelligence. What's your thought on that?

Dr. Jenny Woo ([10:48](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah, definitely. That is the foundation of emotional intelligence, which is this awareness and to be aware is also caring, right? Having that empathy, but really also having the skills to know what you're looking for.

Corey Andrew Powell ([11:04](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Jenny Woo ([11:04](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And you know, at the youngest level, and honestly really, you know, when I teach undergrads, this is also about reading social cues because a lot of the times, you know, like you said, there's a lot of word pollution. People are just like talking, talking, talking. And you get the, you know, whether it's social media, digitally in person.

Corey Andrew Powell ([11:23](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Dr. Jenny Woo ([11:24](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Just a lot of words coming at you. So being able to filter that, um, is really important. So that's a set of skills of active listening and reading between the lines, but also not just relying on words, but also body language. Mm-

Corey Andrew Powell ([11:39](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Jenny Woo ([11:40](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Gesturing. Right. Um, I think we talked about in that CNBC article I wrote about mirroring.

Corey Andrew Powell ([11:46](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yes.

Dr. Jenny Woo ([11:46](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

So mirroring is being observant of other people's body language and, you know, to give you cues in how they think.

Corey Andrew Powell ([11:54](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([11:55](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And to be honest, you know, we've been through so much, um, especially our younger generations. I mean, it's, it's, it's so tough right now and it was tough, um, going through the pandemic. And so quite frankly, we just didn't have enough social practice.

Corey Andrew Powell ([12:11](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Right, right.

Dr. Jenny Woo ([12:12](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

To actually make some mistakes and to get exposure in different settings to really understand and build up these skills.

Corey Andrew Powell ([12:19](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([12:20](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And so that is why nowadays I have so many sort of media outlets reaching out to me and just honestly, basic questions like how do I start a conversation with strangers?

Corey Andrew Powell ([12:32](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Jenny Woo ([12:33](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

How do I not feel socially anxious? How do I carry a conversation? How do I be likable and look interesting?

Corey Andrew Powell ([12:39](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([12:40](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Right. These are all the skill sets related to emotional intelligence. And you know, the latest was, um, someone had reached out for a piece on how do I become a considerate roommate?

Corey Andrew Powell ([12:53](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Oh, right. Yeah. Wow. Yeah. Yeah.

Dr. Jenny Woo ([12:56](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yep. It's all connected. Well, I

Corey Andrew Powell ([12:58](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Love that too. 'cause that's not something that people normally in past generations cared about. Right. You just would hear these horror stories about, oh, my kid went off to college and they're roommates horrible. Or, I had a roommate in college, it was horrible. Or I just got a roommate and I, I can't stand them. And now I love the fact that some people are going, Hmm. How can I not be that <laugh> to someone else?

Dr. Jenny Woo ([13:18](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. And honestly, yeah, it's a win-win because, you know, college we tension is, and you know, we think of academic probation, but a lot of the times attrition and dropouts are also on your first year experience. Right?

Corey Andrew Powell ([13:34](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Dr. Jenny Woo ([13:35](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Um, and especially if you're a transfer student, it's, it's, do I feel like I belong? Right?

Corey Andrew Powell ([13:41](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([13:41](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Do I feel like I have a say I fit in. So obviously your participation in and outside of the classroom, including roommate situations really will take a toll on you.

Corey Andrew Powell ([13:52](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Jenny Woo ([13:53](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And things are not so much what you had expected.

Corey Andrew Powell ([13:56](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. It's so funny about that because I have a memory of my aunt who, um, I absolutely adore, and she, when I was a little kid, she went off to college and it was like this big deal. She was the first one of the kids to kind of go off like that. And, um, and she was home like within months <laugh>. But all I kept hearing was this horrible roommate story that the girl kept eating her food and she was a pig and, and just so exhausted my aunt within two semesters that she just was stressed and she came home and she ended up working, uh, you know, until retirement, but she never went back to college. And that experience was such a catalyst in her decision because it's already like there's enough pressure already with school now you add this other component to it. Right? So I love that maybe together collectively we're helping, um, helping others by being better ourselves at something. I just think it's really cool that, that, that you're seeing, uh, someone asking about how to be a better roommate. That's really, that's pretty awesome.

Dr. Jenny Woo ([14:58](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. Yeah. Oh my gosh, what a powerful anecdote. That's, ugh, that's such a bummer. Right?

Corey Andrew Powell ([15:03](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

It's, I mean, I mean it's, and that's why it's, it resonates because I remember as a child, I was like terrified to go to college. I'm like, <laugh>. I'm like, well, wait a minute. When I get older, is my roommate gonna eat all my food? I don't know if I wanna go to college.

Dr. Jenny Woo ([15:17](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

<laugh>. Yeah. I, uh, oh, that's so dope. So the tricky thing was, emo emotional intelligence is very much what you said, right? Um, we wanna better ourselves for us, but also for others. And we also need others to better themselves because you can be super emotional int intelligence, uh, intelligent and you can get very, very far. Yeah. But wouldn't you prefer a more inclusive, empathetic and just other people being emotional intelligent back? Right? Mm-Hmm. <affirmative>. So it really takes a village. And that's why, you know, when I speak in corporate settings and companies, it's all about the culture, all about everybody, right? The team cohesively working together.

Corey Andrew Powell ([16:01](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yes. And I think that a part of that too, that I've processed, that's a bigger part of the how I've evolved, um, is also not putting my emphasis on what I think people would do in a situation just because it's what I would do and I think it's benefited me. I would get upset at people who didn't respond to something the way I would have. And, um, once I've realized that, you know what, we all respond to things differently. Instead of being upset, ask someone, why did you see it that way? What made you respond that way? And try to process it to understand them better. So it really ties a lot into that is in the workplace as well. You have a boss, you mentioned earlier in the workplace, toxic bosses are bad <laugh>. And so it's good for people to learn the skill too, so they can know how to approach their employees. So how does that for you, uh, come into play when you have to deal with leaders in the workplace and how they have to process being leaders who are more empathetic?

Dr. Jenny Woo ([17:07](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. So I do leadership development a whole lot. And what you're referring to is also tied with critical thinking skills. Um, and it's also recognizing, again, awareness of your own cognitive biases, right? Just because I think this way doesn't mean that my team are gonna think that way or do a certain way that they're, they I would do myself.

Corey Andrew Powell ([17:33](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([17:34](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And so it's sort of really checking in with yourself to understand your blind spots, um, and being open and flexible to other people's way of thinking and doing things. And a lot of the, the biggest thing that trips us up is our own assumptions.

Corey Andrew Powell ([17:52](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm.

Dr. Jenny Woo ([17:53](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And everybody makes assumptions. Those are the, the, the boundary between assumptions to a bias is we're generalizing too much, right?

Corey Andrew Powell ([18:01](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([18:02](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And we make assumptions to save time because the more experience we have, the more we're like, oh, been there done that. I've seen this happen. This is, you know, so we generalize at, it's our little mental shortcut,

Corey Andrew Powell ([18:15](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Right. Right.

Dr. Jenny Woo ([18:16](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Like to judge people, um, size up a situation. Right. But you gotta be self-aware and what's happening. Not every situation is the same.

Corey Andrew Powell ([18:26](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([18:27](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And so, like you said, ask questions. That's one of the biggest tip I would give is really understand the intention and the implication of where the other person or other group it's coming from.

Corey Andrew Powell ([18:41](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Jenny Woo ([18:41](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And, you know, instead of assuming for the better or the worse.

Corey Andrew Powell ([18:47](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. No, that's really great. Great advice. And you also talk about the power of sharing personal mistakes and failures too.

Dr. Jenny Woo ([18:55](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([18:55](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And how that is also beneficial. So share a little bit about why that's important. Yeah.

Dr. Jenny Woo ([19:01](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

You know, um, we are all human and unfortunately with social media and sort of other things, and that's why I love your podcast because you really share the human side of the story, the good, bad, the ugly and the mistakes and triumph, right?

Corey Andrew Powell ([19:17](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([19:18](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And makes us human. And what I've seen a lot is in the media, social media, print, all that stuff, there's a lot of emphasis on success. Some so and so, you know, made this much is in this position doing so many things.

Corey Andrew Powell ([19:34](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Dr. Jenny Woo ([19:34](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And we don't see the other side. And that costs so much angst, self blame and honestly envy and hating, you know, just because like, it makes people feel inferior. And that's the last thing I think, you know, we would want to do to have a very civic to discussion and cohesive understanding of each other. And so that's why I think, you know, I myself always try to share my mistakes. In fact, you know, one, there was this article that garners so much views because it talked about, you know, my side hustle, how much I made, and blah, blah, blah, blah, blah. And I was like, yeah, but that's just one side of the story. So I reached out and to the editor of CNBC, I ended up writing about my three biggest mistakes just because, you know, I wanna just help people understand you're gonna make a lot of mistakes on your path to success.

Corey Andrew Powell ([20:32](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Right.

Dr. Jenny Woo ([20:32](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And that is the norm.

Corey Andrew Powell ([20:35](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. Yeah. And that's also the, uh, common denominator we share of vulnerability, right. Because we all are gonna have those stories about how many of us are willing to share them. And I think social media as well really even like enhances that because all you see are like these glossy final photos. I have a friend who said to me, do you ever take a bad photo? I'm like, yeah, you'll never see those honey <laugh>. Like you saw the 1001, I threw the other 999 into the delete then. But that's the problem with the internet, right? Everyone is seeing this glossy final product and to your point, not the work or they're not sharing that part, the work that got them there.

Dr. Jenny Woo ([21:19](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah, yeah. Exactly. So well said, right? That vulnerability brings authenticity. Yeah. And that's, you know, there's such thing where a true friend is someone who says, oh, you too. I felt that way too. Right?

Corey Andrew Powell ([21:35](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Jenny Woo ([21:35](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

That's really the common humanity, the common connection.

Corey Andrew Powell ([21:39](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([21:40](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

When we experience some of the, you know, bad days together, we share that feeling so we know how it is to be coping. Right. That, and so the more we could share that, and just honestly, like, you don't have to go outta your way to share, but just being open about it.

Corey Andrew Powell ([21:57](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([21:57](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Well do yourself a favor and other people and have more friendships.

Corey Andrew Powell ([22:02](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah. You know, it's funny about that too. There's a girl, I forgot her name now, but she's this really stunning, like, modelesque girl who is, has a viral social media account on Instagram. I mean, she's stunning. She's like five 11, the total supermodel thing. And then one day she just was like, I, I'm kind of done with that. And she's started to show herself really like, no makeup in the Starbucks line. The hair is matted. She's got a sweatsuit with like stains on it from her kid. I mean, really just like, you know, this is me. Right. She just did this whole anti personality and her numbers like tripled. Yep.

Corey Andrew Powell ([22:39](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And she, and so she started getting pressed because of that, and she was like, you know, I'm getting more coverage now. Or, or, Pamela Anderson, for example, was in the press a lot because in the past few years she's like, I'm taking this makeup off guys. Like, you've seen me overdone looking like a glamazon, but this is how I look. I've got freckles, my skin's imperfect. And she's become like the headline on every major publication from the Wall Street Journal, <laugh> to New York Times. But it's, I think it's a testament to people really are craving.

Dr. Jenny Woo ([23:07](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([23:08](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

The connections with authenticity and knowing they're not the only one and they're not alone. And that's a big part of what you're saying.

Dr. Jenny Woo ([23:16](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Absolutely.

Corey Andrew Powell ([23:16](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yep. Hmm. I love that. I love that. Now let's move on to your, uh, your card games, <laugh>, which I think are really super too. You have these educational card games that are, um, internationally acclaimed of course. And they are really about the whole emotional intelligence world. So tell us a little bit about those.

Dr. Jenny Woo ([23:32](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah, you know, <laugh>, it's, it's actually also one of those that I didn't intentionally plan on it, but really through my own personal struggle and just seeing the need that I just kind of whimsically did it. And then obviously more mistakes, many, many iterations, <laugh>, and somehow now it's gotten so big. But say for example, one of the deck 52 essential coping skills really came out of a class I was teaching at the University of California Irvine. And it was a quite popular class and it spanned, you know, before pandemic through pandemic, but there were so many students who wanted to take the class, but they couldn't get in.

Corey Andrew Powell ([24:13](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm.

Dr. Jenny Woo ([24:14](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And also during the pandemic, it was on emotional intelligence. During the pandemic, I needed a way to really support my students to help them deal with all these influx of emotions.

Corey Andrew Powell ([24:24](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Jenny Woo ([24:25](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

From a daily basis as a student, but also on top.

Corey Andrew Powell ([24:28](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>

Dr. Jenny Woo ([24:28](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

With pandemic, feeling lonely, socially anxious, and sort of not sure what to do life after college.

Corey Andrew Powell ([24:34](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Right.

Dr. Jenny Woo ([24:35](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And so because the exercises were so successful and class, I needed a way to kind of almost distill those exercise so that those who cannot get into my class will still have resources and tools to do that. And so that's really how the card deck was created. It was really codified from my assignments, which I say, students are writing the syllabus of their life. You get to apply this and really do this to better your own context and setting, because it needed to be culturally responsive. Everybody are dealing with different things.

Corey Andrew Powell ([25:10](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Jenny Woo ([25:11](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

And so it gave you the flexibility of really supporting yourself and building, flexing those resilience skills you needed, um, when times are hard. And so then it just kind of started from there. I had more requests from students, from administrators, from parents, and, um, it's all about building human skills, like relationship skills, social skills, critical thinking, coping skills, uh, that I just mentioned, um, and so forth. And so yeah, award-winning, um, you know, use at places like Harvard and also, uh, companies like Google. And so I'm really excited about that.

Corey Andrew Powell ([25:49](https://www.temi.com/editor/t/qGw0vwKsv9oMMZDElaB98q7pNa3usqSL2h-UEJY2BQErRE8W9mdV_ngvbPzjDp9ndHz0t0ruahsOWbAn7uoibsLppK0?loadFrom=DocumentDeeplink)):

Wonderful words of wisdom today from Dr. Jenny Woo, Harvard trained educator and emotional intelligence researcher and founder, and CEO of Mind Brain Emotions. I've enjoyed our conversation today so much, and thanks for being here today on Motivational Mondays. Thank you for listening to Motivational Mondays, presented by the National Society of Leadership and Success, and available wherever you listen to your favorite podcasts. I'm Cory Andrew Powell, and I'll see you again here next week.