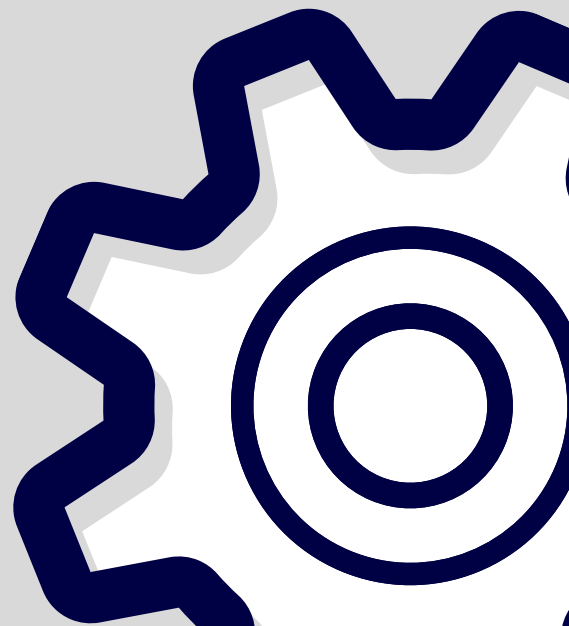
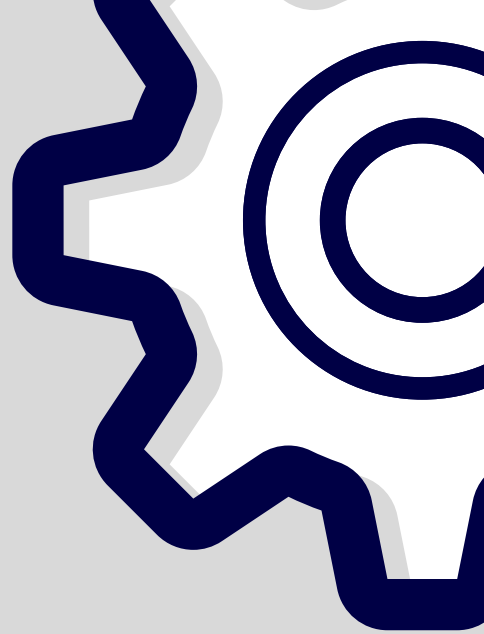


ADVANCING YOUR EMOTIONAL INTELLIGENCE

FRIDAY, MARCH 1, 2019
SANCTUARY CAMELBACK MOUNTAIN RESORT AND SPA

MICHAEL SEEVER

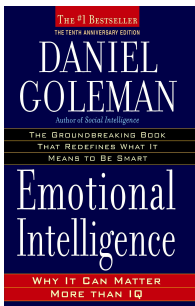


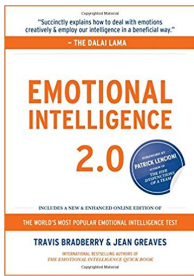
Advancing Your Emotional Intelligence

Why This Is Important

Relationship-Based Challenges

Research





Emotional Intelligence

Emotional Intelligence is the ability to sense, understand and effectively apply the power and acumen of emotions to facilitate higher levels of collaboration and productivity.

Self-Awareness

The ability to recognize and understand your moods, emotions and drives, as well as their effect on others.

Three people who have triggered your emotions.

Person #1 _____

What was the situation?

Why did this trigger your emotion?

When have you done this same thing to another person?

What did you learn from this scenario?

Who have you helped as a result of this experience?

Person #2 _____

What was the situation?

Why did this trigger your emotion?

When have you done this same thing to another person?

What did you learn from this scenario?

Who have you helped as a result of this experience?

Person #3 _____

What was the situation?

Why did this trigger your emotion?

When have you done this same thing to another person?

What did you learn from this scenario?

Who have you helped as a result of this experience?

Self-Regulation

The ability to control or redirect disruptive impulses and moods and the propensity to suspend judgement and think before acting.

Visualize yourself 15 years from today.

What do you look like?

Where are you?

How are you investing time?

Who is around you?

What advice does your future self have for today's self?

Motivation

The ability to control or redirect disruptive impulses and moods and the propensity to suspend judgement and think before acting.

Draft your personal mission statement, your why, your purpose.

What recurring challenges, feelings, emotions, experiences occurred repeatedly?

How did you overcome the challenge?

Who do you love to help, be in the service of, and generate value for?

How will you be the person you needed when you were younger?

Social Awareness

The ability to understand the emotional makeup of other people and how your words and actions affect others.

Anticipating someone's reaction to change.

How would you tell a colleague you've been promoted to be his boss?

What would you say to someone who is behaving inappropriately at an offsite retreat?

How would you inform a colleague that your company is moving to a new office?

Social Regulation

The ability to influence the emotional clarity of others through a proficiency in managing relationships and building networks.

Your process for deepening long-lasting relationships.

Through what channels will you follow up with her?

What personal things will you reference in your communication?

How will you remind yourself to follow up?

What will you share about your life's journey?

Implementation Plan

Choose one Emotional Intelligence component
Commit to 1-3 strategies
Be patiently persistent for 2+ weeks while learning
Invest time in weekly reflection

Self-Awareness -

- pain journal
- journal
- request feedback
- accountability partner

Self-Regulation -

- state goals publicly
- 5-second rule
- breathing techniques
- walk
- exercise
- visualization of success
- practice active listening

Motivation -

- share with loved ones
- create physical reminder
- celebrate your wins

Social Awareness -

- anticipate behavior
- ask how, what, and why questions to uncover personal information
- practice paraphrasing

Social Regulation -

- tailor communication
- celebrate wins
- calendar management
- build trust through consistent action



EQUAL CHANCE TO BE UNEQUAL



PODCAST



www.michaelsseaver.com
michael@michaelsseaver.com
+1 (480) 540-9399