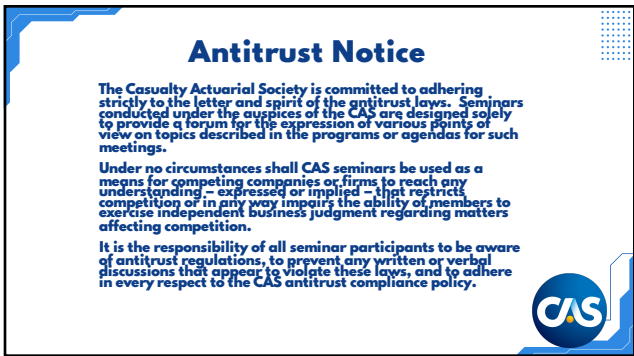
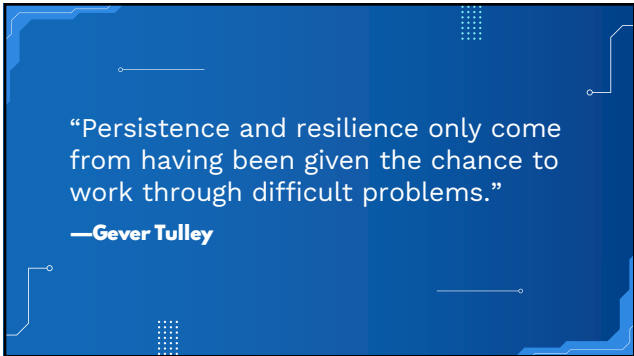




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3

TODAY'S AGENDA

01 Intro to EI & how resilience fits in	02 5 Dimensions of Resilience Along w/ a Quiz
03 Strategies Proactive & Reactive	04 Application Exercises & Planning

4

01 The Science of Emotional Intelligence

5

Emotional Brain

The diagram shows a profile of a human head with a cross-section of the brain. A box labeled 'Event' has an arrow pointing to the brain. Another arrow points from the brain to the right. The text 'Emotional Brain' is written above the brain diagram.

6

Emotions Influence

Decisions
Don't Limit Yourself

Behavior
Thoughtful Responses v Automatic Reactions

Performance
Consistent & Empowering

Relationships
Empathetic & Genuine

7

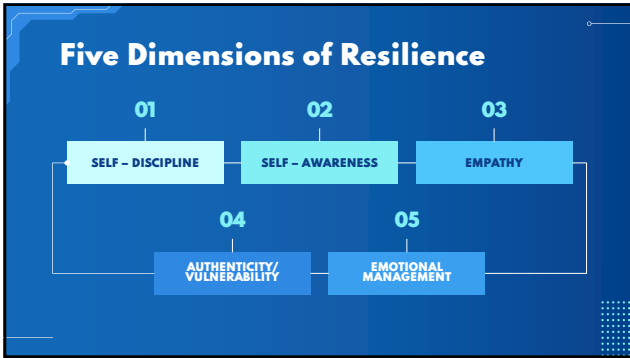
The Genos Model

Emotional Intelligence is about making intelligent responses to negative emotions and using the components of EI to generate positive emotions in self and others through being present, empathetic, genuine, resilient and empowering in our behavior as often as possible.

8

02 5 Dimensions of Resilience

9



10

BUILDING PERSONAL RESILIENCE

QUESTION	T	F
01 When dealing with stressful situations I tend to stop, reflect and think through the causes of the stress to help me feel differently.	<input type="radio"/>	<input type="radio"/>
02 I exercise regularly (at least 20 minutes most days).	<input type="radio"/>	<input type="radio"/>
03 I have someone at work who I catch up with regularly to reflect on how things are going.	<input type="radio"/>	<input type="radio"/>
04 I work eight hours or less a couple days per week.	<input type="radio"/>	<input type="radio"/>
05 I engage in meditation a few times a week.	<input type="radio"/>	<input type="radio"/>
06 I am careful about my diet (e.g., eating regularly, moderately and with good nutrition in mind).	<input type="radio"/>	<input type="radio"/>

11

BUILDING PERSONAL RESILIENCE

QUESTION	T	F
07 When someone bothers or frustrates me, I engage that person in discussion about it as quickly as I can.	<input type="radio"/>	<input type="radio"/>
08 I take 45 minutes or more for lunch with someone once or twice a week.	<input type="radio"/>	<input type="radio"/>
09 Once or twice a year I set myself achievable goals to help improve myself.	<input type="radio"/>	<input type="radio"/>
10 Most days of the week I get the amount of sleep I need.	<input type="radio"/>	<input type="radio"/>
11 I regularly seek feedback from colleagues on how I interact with them.	<input type="radio"/>	<input type="radio"/>
12 I work in different environments to help me manage my mood or stress.	<input type="radio"/>	<input type="radio"/>

12

BUILDING PERSONAL RESILIENCE

QUESTION

13	I set boundaries for myself at work (like how much time I spend on email) and stick to them.	<input type="radio"/>	<input type="radio"/>
14	I mix up my activities at work so that I am sitting, standing, and walking around regularly.	<input type="radio"/>	<input type="radio"/>
15	I regularly attend events with my peers in my industry (ie - today...)	<input type="radio"/>	<input type="radio"/>
16	I could withstand a change in my financial circumstances.	<input type="radio"/>	<input type="radio"/>
	I have someone in my life who can help hold me accountable.	<input type="radio"/>	<input type="radio"/>

13

Building Personal Resilience

	THINKING	PHYSIOLOGY	RELATIONSHIP	ENVIRONMENTAL
QUESTIONS	1 ● 5 ●	2 ● 6 ●	3 ● 7 ●	4 ● 8 ●
	9 ● 13 ●	10 ● 14 ●	11 ● 15 ●	12 ● 16 ●
# OF TRUES				

- What strategies are you using most?
- What new strategies could you adopt?
- What would the benefits be?

14

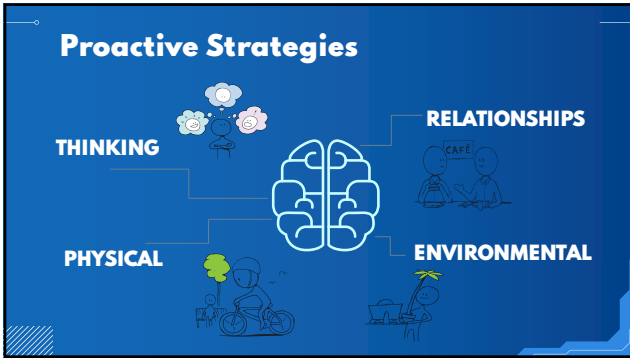
03

Strategy Session

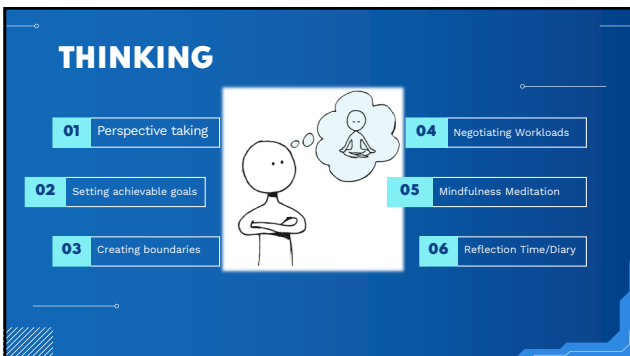
Proactive & Reactive



15



16



17



18

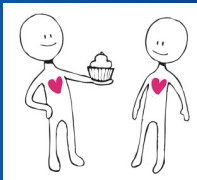
RELATIONSHIPS

Mentoring & Coaching

Support Networks

Leaning into Conflict

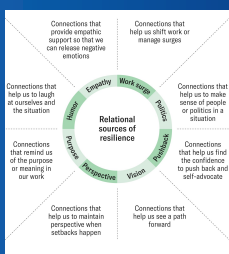
Feedback



19

Expanding Your Network

- Make it a two way street
- You don't need all of these
- Strengthen your top 3 needs



Source: Rob Cross, Karen Dillon, and Danna Greenberg © 2010

20

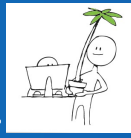
ENVIRONMENTAL

Work Structure

- Adjusting hours
- Location

Time Blocking

- Email
- Slack
- Meetings
- Thinking



Senses

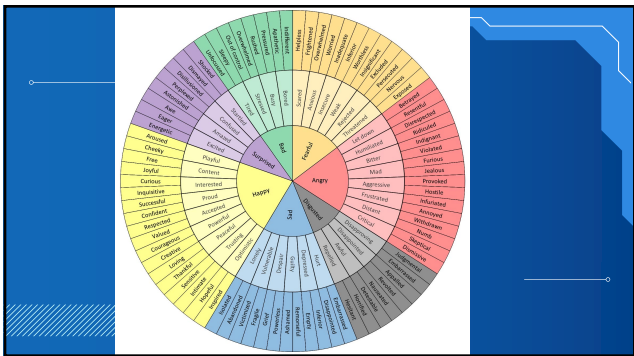
- Candles
- 20/20/20
- Snacking
- Music

21

24 Hour Emotion Exercise

- Take 60 seconds to write down as many emotions as you can remember experiencing over the last 24 hours.
 - Total up the number of positive emotions and negative emotions.
- Using the feelings list on the next slide, write down as many emotions as you can remember experiencing over the last 24 hours.

22

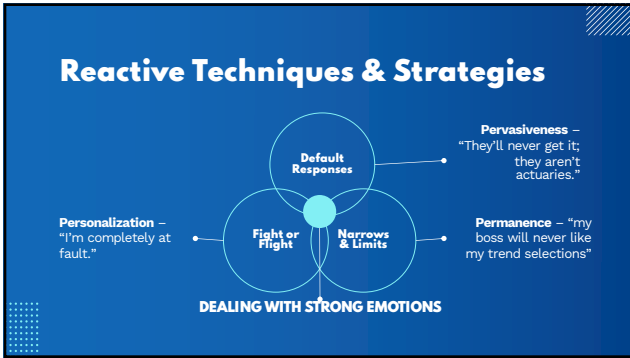


23

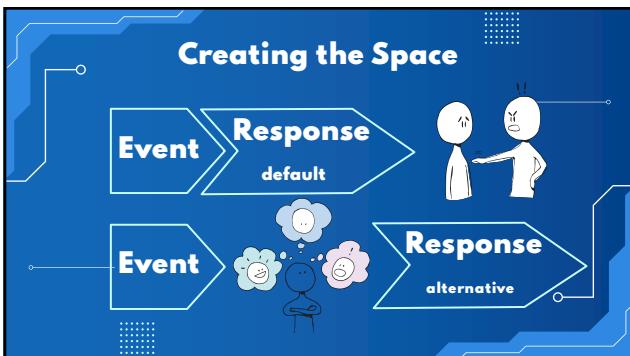
24 Hour Emotion Exercise

- How many more did you write down the second time?
- How conscious/unconscious were you of these emotions?
- If some of your coworkers/teammates did this exercise; how would they do?

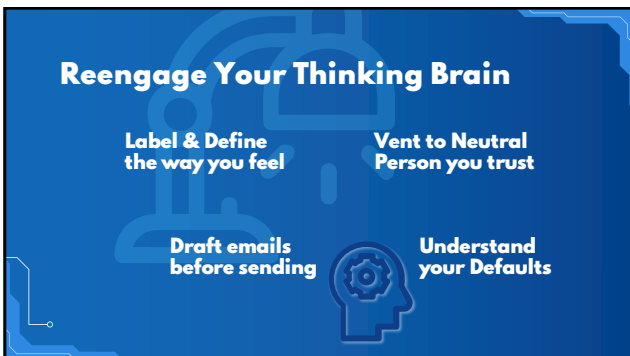
24



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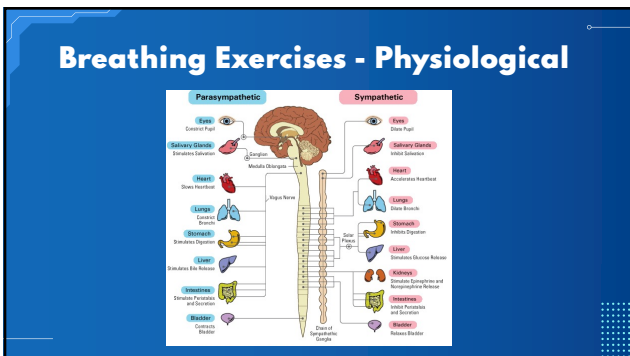


27

04 Application

Exercises and Practical Way to Improve Resilience

28

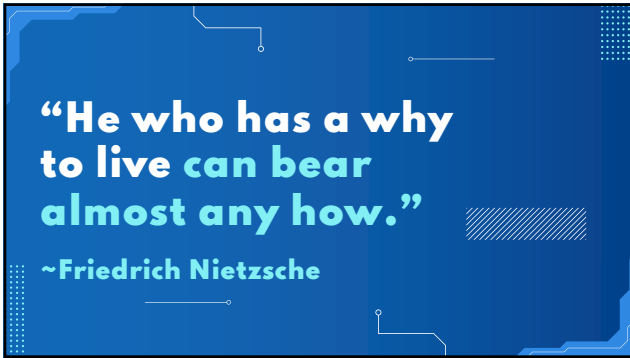


29

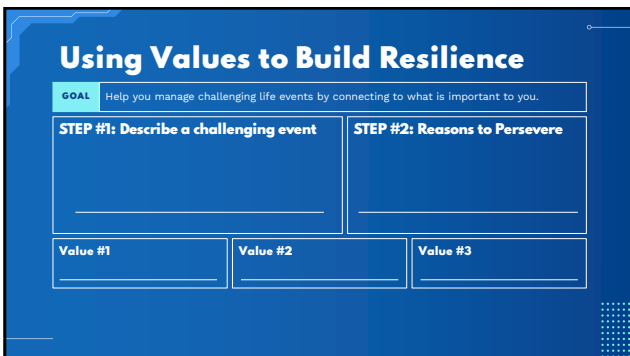
Breathing Exercises - Physiological

	DESCRIPTION	BENEFITS
A	6 Breaths	
B		
C		

30



31



32



33

Using Values to Build Resilience

GOAL Help you manage challenging life events by connecting to what is important to you.

STEP #1: Describe a challenging event

STEP #2: Reasons to Persevere

Value #1 _____

Value #2 _____

Value #3 _____

34


VISUAL VALUES REMINDER




35

VISUAL VALUES REMINDER

IT'S CALLED RESPECT



HAVE SOME

 **frank & rex** LLC
@frankandrex


"you have to respect other people's opinions"

their opinion:

$3^2 = 6$

36

Ideal Day



Designing your Own Resilient Day

37

What does a typical day look like?

- Start time
- Finish time
- Activities
 - % of time working with people
 - % of time completing tasks (email, reports, etc)
 - % of time reflecting and/or preparing
 - % of time reacting to emails or calls
- Breaks
- Food
- After hours work

38

Your Resilient Day

MORNING	AFTERNOON	EVENING
<ul style="list-style-type: none"> • sleep goals met • exercise, stretching, yoga • balanced breakfast • set daily priorities • avoid back to back meetings • calls/email time scheduled 	<ul style="list-style-type: none"> • structured breaks • stand-up/sit down • mix activities/interactions • lunch away from desk • walk/change of environment • limit caffeine • reflection/prep time 	<ul style="list-style-type: none"> • disconnect • exercise or stretching • mindfulness • time w/ friends & family • balanced dinner • read a book • cool down time • reflection/relax

39

THANK YOU!

Do you have any questions?

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740-324-0469
technicallyleading.com



The logo for Technically Leading features a stylized cube composed of several smaller cubes in shades of green and blue, with the text "Technically Leading" positioned below it.

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