

# Crescendo Connect Conversation – July 14, 2014

## Emotional Intelligence and Vulnerability

Presented by: Karen Greer

**Dial in Information**

- Tel: 267.507.0240
- Passcode: 657872

**Materials for call:**

- Slides Handout
- EQ-I 2.0 Model & Definitions

**Call Etiquette:**

- Mute/unmute:  
PRESS 4\*
- Questions:  
PRESS 5\*

**Thank you!**

# EMOTIONAL INTELLIGENCE AND VULNERABILITY

*Vulnerability sounds like truth and  
feels like courage!*

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## Personal Journey

- ◉ Brene Brown Ted Talk - 2012
- ◉ *Desire for “joy”*
- ◉ Studying Brené’s Work
- ◉ Teaching Group Sessions
- ◉ EI Connection
  - Emotional Self-Awareness
  - Emotional Expression
  - Interpersonal Relationships

## **Brené's Vulnerability Definition:**

- ◉ Willingness to risk emotional exposure
- ◉ Allow inner self to be seen
- ◉ RISK telling our truth and being authentic

## **Personal & Interpersonal Journey**

- ◉ Self protection
- ◉ Self disclosure
- ◉ Deeper connections

## How we grow up:

- ◉ Not safe to be open
- ◉ Don't ask for help
- ◉ "Do it alone"
- ◉ Believe vulnerability is a weakness
- ◉ Avoid feeling vulnerable

## Emotional Armor vs. Self-Expression

- ◉ Avoid feelings that make us feel vulnerable - small, inadequate & unworthy
- ◉ Believe emotions are about "weakness"
- ◉ Shut down - not willing to share the feelings

## Short Circuit Self Expression with Emotional Armor

- ◉ To avoid feeling vulnerable we become:
  - Perfectionistic
  - Numb
  - Cynical, critical, and cool
  - Addictive

## Self-awareness with Vulnerability triggers

- ◉ Recognize
- ◉ Learn
- ◉ RISK being seen
- ◉ Trigger areas:
  - Education level
  - Work
  - Money
  - Ethnicity
  - Mental and physical health
  - Trauma
  - Aging
  - Parenting

## Strength in Expressing Emotions - in being Vulnerable

- ◉ Learn to express *positive* and *negative* emotions
- ◉ Recognize vulnerability as the birthplace of creativity, belonging and authenticity
- ◉ Open ourselves to connectedness.

## Goal of Brené's Work: *Wholehearted Living*

- ◉ Engage in life from a place of worthiness and vulnerability:
  - Courage
  - Authenticity
  - Compassion
  - Connection

### Personal Reflection

- ◉ Select an aspect of our life where we'd like to feel more open, more connected.
- ◉ Consider how open we can be and with whom.
- ◉ Identify and take a first step in that direction.

### Resources:

- ◉ [Brené Brown website](#)
- ◉ [Power of Vulnerability](#) - TED Talk
- ◉ [The Courage to Be Vulnerable](#) - On Being Interview with Krista Tippett
- ◉ [Power of Vulnerability](#) - Audio CD
- ◉ Books:
  - [I Thought It Was Just Me](#), Brené Brown
  - [The Gifts of Imperfection](#), Brené Brown
  - [Daring Greatly](#), Brené Brown

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## What's Next?

- ◉ **Crescendo Connect Conversation**
  - September 15, 2014: *El and Wellbeing* – Kate Larsen
- ◉ **Intentional Leadership Coach Certification**
  - July 22-24, 2014 – Jane Kise (Minneapolis)
- ◉ **EQ-i<sup>2.0</sup>/EQ360 Certification – Virtual**
  - September 2014
- ◉ **Vulnerability Series**
  - September 2014 – Karen Greer (Minneapolis)
- ◉ **Leading with Emotional Intelligence**
  - September 24 (Minneapolis)

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### Contact Information

Karen Greer

Tel: 952.933.1941

Email: [kgcareer@msn.com](mailto:kgcareer@msn.com)

Website: [www.karengreerconsulting.com](http://www.karengreerconsulting.com)

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Lisa Griebel, M.Ed.

Crescendo Inc.

Tel: 612.718.4389

Email: [lgriebel@crescendoinc.com](mailto:lgriebel@crescendoinc.com)

Website: [www.crescendoinc.com](http://www.crescendoinc.com)