#### **EMOTIONAL INTELLIGENCE Dial in Information** AND VULNERABILITY • Tel: 267.507.0240 • Passcode: 657872 Materials for call: · Slides Handout Vulnerability sounds like truth and EQ-I 2.0 Model & feels like courage! Definitions **Call Etiquette:** · Mute/unmute: PRESS 4\* · Questions: Crescendo Connect Conversation PRESS 5\* Thank you! Presented by: Karen Greer July 14, 2014

### Personal Journey

- Brene Brown Ted Talk 2012
- Desire for "joy"
- Studying Brené's Work
- Teaching Group Sessions
- El Connection
  - Emotional Self-Awareness
  - o 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

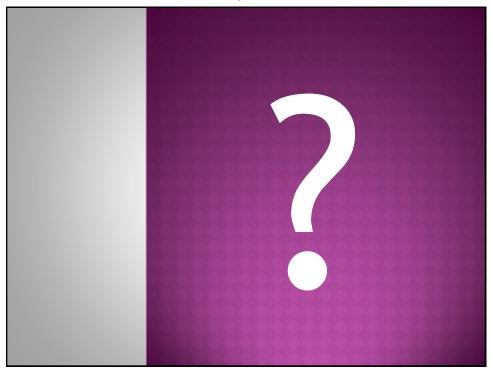
- Engage in life from a place of worthiness and vulnerability:
  - Courage
  - Authenticity
  - Compassion
  - Connection

#### **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



#### 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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