

Dial in Information

- **Tel:** 1.302.202.1110
- **Passcode:** 657872

Materials for call:

- Slides Handout

Call Etiquette:

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

Thank you!



Emotional Intelligence & Creating a Portfolio Life

Presented by:

George Dow

George Dow Consulting

Executive Transition and Transformation

April 11, 2016

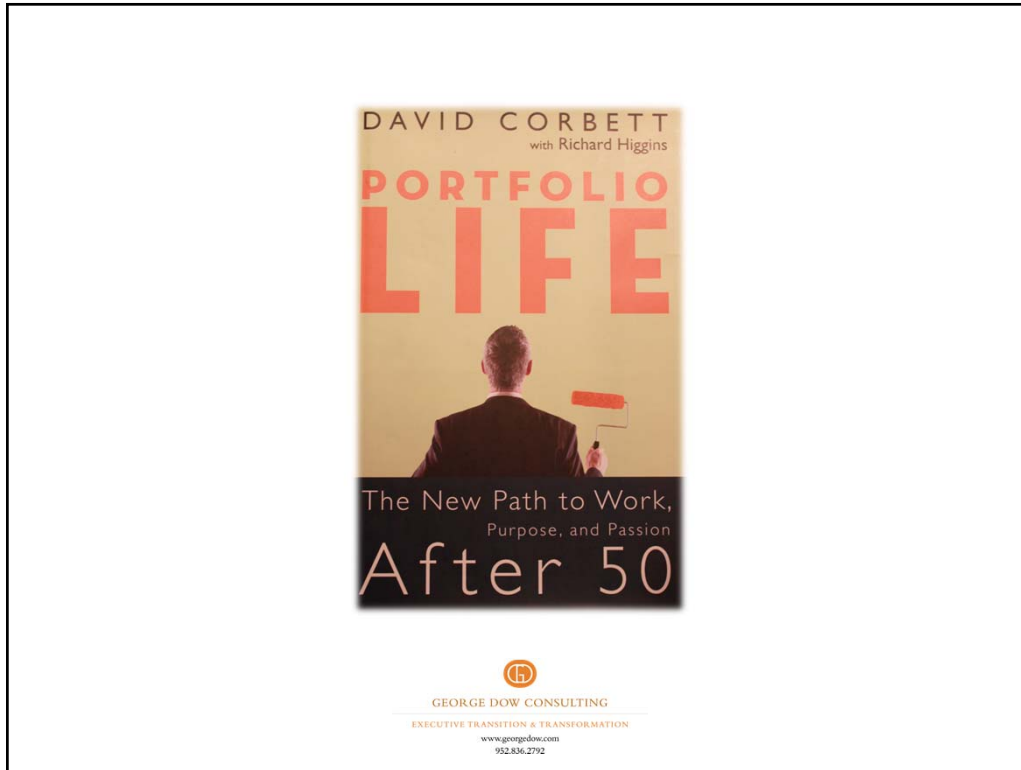
Questions

- What is a Portfolio Life?
- What are the benefits and barriers of a Portfolio Life?
- How can Emotional Intelligence support and sustain a healthy and successful portfolio life?



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EI and Creating a Portfolio Life
Presented by George Dow



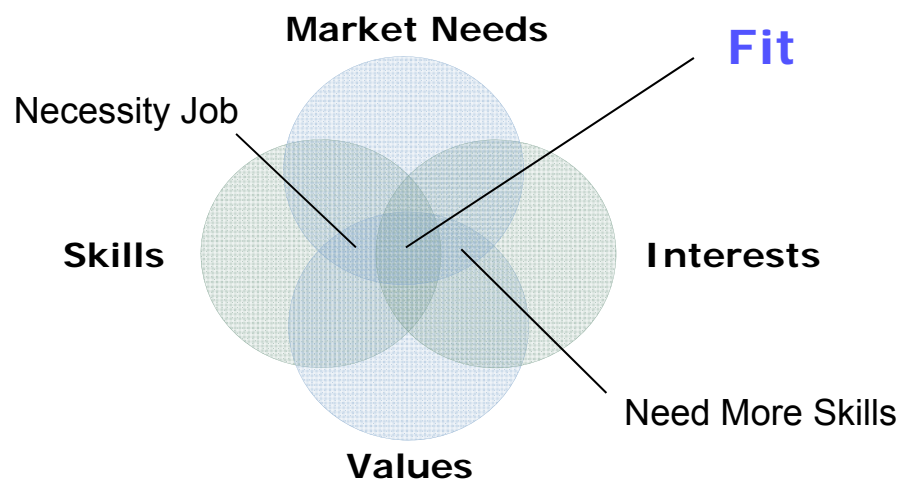
The Career Two-Step



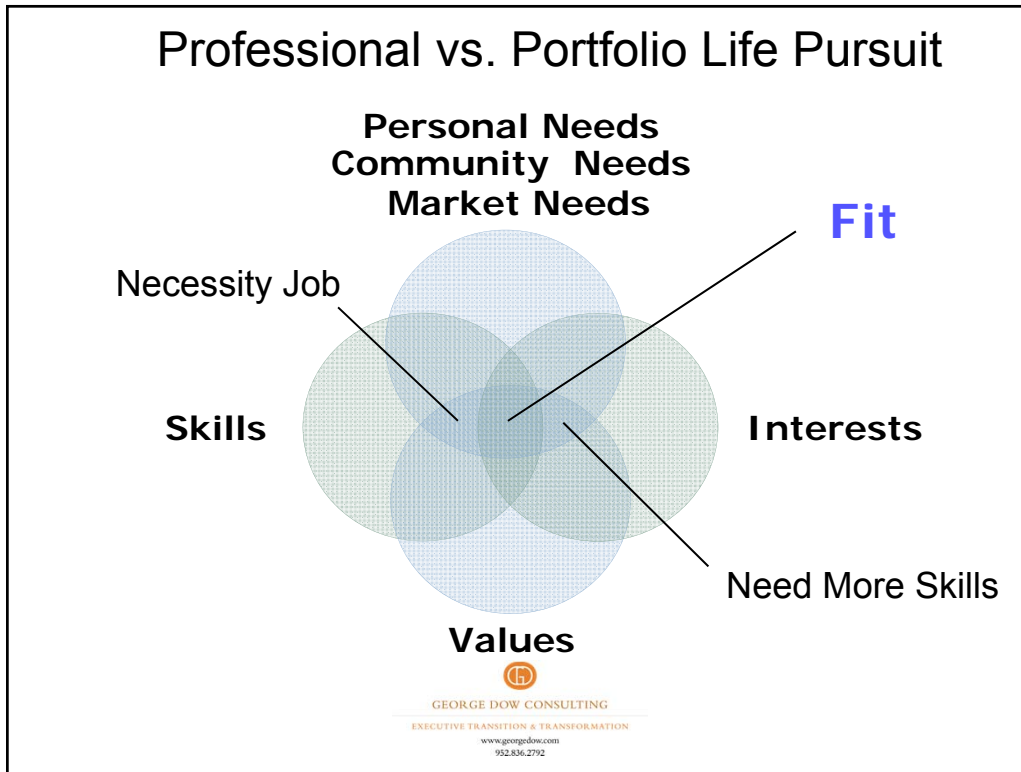

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Professional vs. Portfolio Life Pursuit




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Test and Learn Process

- Crafting Experiments
- Shifting Connections
- Making Sense

Working Identity
Unconventional Strategies for Reinventing Your Career
Herminia Ibarra
"One of the year's most important business books. Sophisticated and savvy..."
— Daniel Pink, author of Free Agent Nation
HARVARD BUSINESS SCHOOL PRESS

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Does it Make Sense to Pursue This Now? (Benefits vs. Barriers)

Vision
+ Dissatisfaction
+ Process



Cost
Financial
Risk
Time
Effort
Emotions



Larry Wilson, Wilson Learning

The Transformation From Domestic to Wild



Most relevant EI Factors

Self Perception

- Challenge: self regard
- Opportunity: self actualization

Self Expression

- Challenge: Independence
- Opportunity: Independence

Interpersonal

- Challenge: Interpersonal Relationships
- Opportunity: Social responsibility



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[September 2013 blog](#)

Most relevant EI Factors

Decision Making

- Challenge: impulse control/reality testing
- Opportunity: problem solving (*with a little help from your friends*)

Stress Management

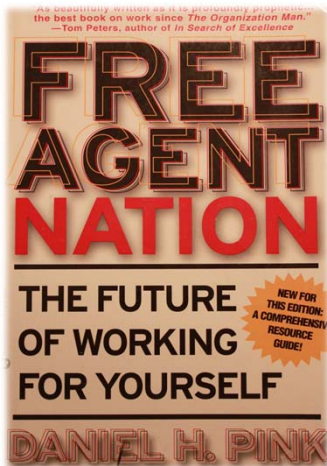
- Challenge: flexibility/stress tolerance
- Opportunity: Optimism (*fake it till you become it*)



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Isolation
Fear
Inability to Leverage Resources


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Go Solo Together...Create a F.A.N. Club

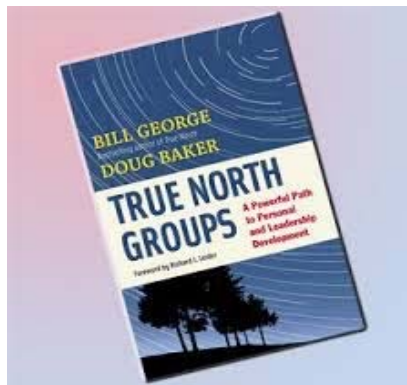
If you want to go fast, go alone. If you want to go far, go together.

African Proverb



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- **Crescendo Connect Conversation**
 - May 2016
- **EQ-i^{2.0}/EQ360 Certification – Minneapolis**
 - June 14 & 15
- **EQ-i^{2.0}/EQ360 Certification – Virtual**
 - September 7, 14, 21 & 28

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