

Emotional Intelligence and The Art of the Swerve

Crescendo Connect Conversations – July 15, 2020

Presented by: Sue Stanek Ph.D.



**Emotional Intelligence
and
The Art of the Swerve**
Stronger because of challenging times

Zoom Conference

- See Calendar Invite for Login information

Materials for call


- Slides Handout
- EQ-i2.0 Model

Thank you!

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July 15, 2020


EQ-i^{2.0} Model of Emotional Intelligence



"Emotional Intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way."
- Multi-Health Systems Inc.

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THE ART OF THE SWERVE



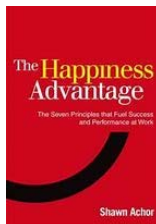
Stronger because of challenging times

Chinese Symbol for Crisis

危机

crisis
危机

danger opportunity



Post Traumatic Growth

- is also called -

Adversarial Growth

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You become stronger in your:

- Spirituality
- Compassion
- Openness
- Overall life satisfaction
- Better social relationships
- Enhanced personal strength and self-confidence



#1: MINDSET

1. Facing the problem head on
2. Acceptance
3. Optimism



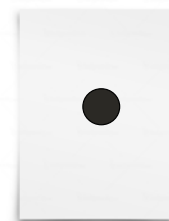
Mind-shifting Mindsets

All we can control is how we choose to respond

❖
*We're not going to let this define us,
It's going to refine us*

❖
How will we make this a day well-lived?

The Black Spot Story



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#2: Daily acknowledge your “+’s”



Simply answer:
What was a “+” in your day?

- Tuna salad hit the spot
- SNL skits made me LOL
- Riding my bike in warm, sunny weather

#3: Connect with BBOs

Who are you Better-Because-Of?



*“I like me best when I’m with you”
“I want to be better because of you”*

#4 Get Outside Yourself: Be a generous gift to others



Be Grace-personified



Choose a generous mindset

- Don't major in a minor
- Choose compassion for someone you would normally judge
- Listen to understand vs respond



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Be a Generous Listener

We have a tendency, especially when others are in pain, to try to relate because that feels like empathy – but it is not. They don't need advice, **they need a witness.**



Celeste Headlee – TED Speaker



Turn Intent Into Action

Don't ask – just do

Pro tip: Cards & stamps on hand

☐ Need an idea?

Google "brighten someone's day"



#5: Repack your bags for who you want to be in 4 weeks

Who do you want to be 4 weeks from now?
What do you need to add/delete/do differently to get there?



The Art of the Swerve

Choose to:

- ☐ have an optimistic mindset
- ☐ daily acknowledge your "+s"
- ☐ connect with your BBOs
- ☐ get outside yourself - be a gift of generosity to others
- ☐ repack your bags for your next 4 week destination



Make each day well-lived.



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What's Next?

Crescendo Connect: September 2020

- El & Selection/Development – Bill Jeffries

Crescendo Connect: November 11, 2020

- El and Intercultural Agility - Janice Downing

EQ-i^{2.0}/EQ360 Certification – Virtual

- November 2020

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