

Emotional Intelligence and Brain Tuning

Crescendo Connect Conversations – March 23, 2021

Presented by: Cindy Edwards



Emotional Intelligence and Brain Tuning

Strategies to decrease stress and improve Emotional Intelligence (EI).

Presented by:
Cindy Edwards MA, ACC
March 23, 2021

Zoom Conference

- See Calendar Invite for Login information


Materials for call

- Slides Handout
- EQ-i2.0 Model

Thank you!

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EQ-i2.0 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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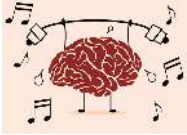
Coaching and Training
Using Neuroscience & Consciousness in

- *Career Change and Transformation
- *Professional & Leadership Performance
- *Finding Focus - Mindfulness
- *Adult ADD/ADHD/Invisible Disabilities


Free Consultations Available

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Agenda for learning



- Emotional Intelligence Well-Being & Stress
- Brain Basics – Your Orchestra
- Brain Tuning Techniques – PFC and Hemispheres
- Q & A





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Emotional Intelligence

Wellbeing:

- Awareness
- Connection
- Insight
- Purpose

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Emotional Intelligence Skill Breakdown

What EI skill do you struggle with when under stress?
What would you like to improve?




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Emotional Intelligence Skill Breakdown

What EI skill do you struggle with when under stress? What would you like to improve?

We know that "Threat" can create a stress response which decreases EI.

Know your triggers: David Rock's SCARF model

SELF-PERCEPTION

PERFORMANCE

CAUSES OF STRESS:
 Not feeling valued
 Uncertainty
 Lack of decision making power
 Lack of connection
 Lack of equity.

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Brain Basics - Understanding Your Orchestra

A new way of thinking of the brain, is thinking of it like an orchestra and you it's conductor. - Ann Betz & Ursula Pottinga

An integrated brain equals the linkage of differentiated parts. – Dan Seigel

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Brain Basics – Efficiency and Routine

- The brain has Neuroplasticity (for better and worse)
- The brain is wired to see then believe
- The brain likes to master things to conserve energy. (it prefers to stay on the same block)
- The brain protects the body by predicting based on learned concepts

Even if you've unlearned a negative experience it still lingers in the brain

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Brain Basics – Constructed Emotions (Lisa Feldman Barrett)

Bottom line:
 Change the Question
 What are you predicting?
 What positive prediction could you make?

- We construct emotions based on learned concepts from birth. (So fast it feels like a trigger.)
- Emotions are predictions of what we think will happen based on learned concepts.
- Our brain is always regulating and predicting what the sensations from the body are as a way to figure out how much energy to expend (Body Budget)
- Because the prime directive of the brain is to keep the body alive.

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Brain Basics –The Brain's BODY BUDGET

"Just like companies that have a financial office for making sure that their overall budget is balanced, your brain manages the budget for all the accounts in your body."

Daily Deposits:
 Exercise
 • Reflection
 • Meditation
 • Healthy Eating
 • Good Sleep
 • Mental Breaks

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Brain Tuning - Your Pre-Frontal Cortex (PFC)

Executive functions
 (work together in various combinations)

Activation	Focus	Effort	Emotion	Memory	Action
Organizing, prioritizing, and activating to work	Focusing, sustaining, and shifting attention to tasks	Regulating alertness, sustaining effort, and processing speed	Managing frustration and modulating emotions	Utilizing working memory and accessing recall	Monitoring and self-regulating action

Brown, T.E. (2001). Manual for Attention Deficit Disorder Scales for Children and Adolescents.

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PFC Chemicals – Tuning for JUST RIGHT

The Goldilocks of the Brain – Your Prefrontal Cortex

When we are in balance, we have access to high level functioning:
goal direction – delaying gratification – making and retrieving memories
decision-making – understanding what others are thinking – abstract concepts

Just right = dopamine and norepinephrine in balance

When we are under- or over-stressed, we have impaired functioning:
foggy thinking – poor impulse control – poor decision-making
poor memory – lack of empathy – black and white thinking

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Brain Tuning - Hemispheres

- Inhibition is the ability to pause and reflect in order to see the big picture and the details of a situation.
- This process is found in each hemisphere of the brain allowing it to inhibit its opposite hemisphere.
 - Integration is key.

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Iain McGilchrist – The Divided Brain

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Improving Integration - Tuning Both Hemisphere

Tune RH – LH Coaching Questions:
What is one thing I can do right now?
What is a positive aspect I can focus on?
What is the plan?
What is on my list?

Tune LH – RH Coaching Questions:
What is really important here?
What's the big picture?
How do others feel?
What values can I name and honor?

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Improving Integration - Tuning Both Hemispheres

Improving Logic, Creativity, Intuition

Imagery

What is an image for the current state, future state and bridge state?

Embodiment

Where do you feel that in your body?
What physical position can you take to feel better?

Metaphor

Magnetic force pushing us apart
An eye for detail
Early bird
Life is a highway

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Neuroscientists Agree: Best Strategies to Decrease Stress

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NAME THE EMOTIONS

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CIRCLE OF CONTROL

Draw the circles

Ask yourself:
What can I control?
What can I influence?
What do I need to let go of?

In your control
You can influence
No control or influence

Focus here

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VALUES AND PURPOSE

“People who demonstrate a sense of purpose in their lives have a 15% lower risk of death.” (Psychological Science)

What is most valued?
What’s the greater purpose here (why)?

Vision
We enable people, businesses and society to grow.

Values
Open Simple Caring

Purpose
We promote a sound and sustainable financial situation for the many households and businesses.

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REFRAME IT

Reappraisal has been touted by some neuroscientists as one of the most important skills a human being can develop for their mental health and life success.

What is another way of looking at this situation, maybe one you haven’t yet thought of?

If you stood in someone else’s shoes, what might this situation look like?

What does meaningful work/life look like to me?

What is a metaphor for how I want my work/life to be?

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FOCUSED MINDFULNESS

Mind Full, or Mindful?

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Share one thing you will do or try to tune your brain to improve Emotional Intelligence?

Light bulb moments?

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“You must be the change you wish to see in the world.”

Q & A

Thank you!

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What's Next?

- Crescendo Connect: May 19, 2021
- EI and Networking – Jill Hauwiller
- EQ-i^{2.0}/EQ360 Certification – Virtual
- June 2021

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