

LEADERS FOR LEADERS

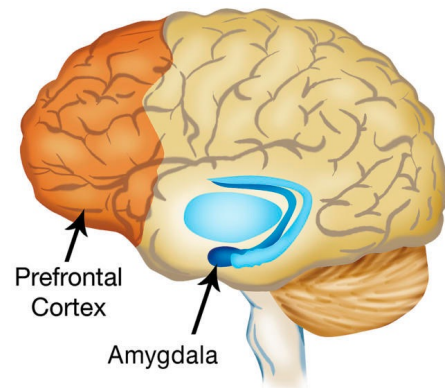
The EQ Edege

*Leadership success through
Emotional Intelligence.*



BREAKOUT #1

- Can you think of a time when you experienced an amygdala hijack recently?
- What does it LOOK like?
- What does it FEEL like?
- **Bonus:** What strategies have helped you regain control?



AMYGDALA HIJACK

What does it LOOK like?

Sitting forward or back
Arms folded
Hand gestures
Wide eyes
Pursed lips
Deer in the headlights
Forced smile
Tone of voice
Shaky hands
Teeth clenched
Muscles tensed
Sweaty palms
Other...

What does it FEEL like?

Mind scrambles
Mind blanks out
Polarized thoughts
Generalized terms
Palpitations
Butterflies in the stomach
Heart beating fast
Short of breath
Adrenaline rush
Other...

HIJACK STRATEGY

1. INTERRUPT

- Wake up the “logical brain”
- Take 3 deep breaths, count backwards from 10, etc.

2. GET CURIOUS

- How do you feel? What is the emotion? (scared, angry, hurt...)
- About what? What event or behaviour caused it?
- Why? Why did that event/behaviour cause that emotion?

3. CHOOSE

- How do I want to behave/show up?
- Respond (emotion + logic) instead of React (100% emotion)

Foundations of Emotional Intelligence

Thanks to Reuven Bar-On, MHS Inc.



Self- Perception

- Self-regard
- Self-actualization
- Emotional Self-Awareness



Self- Expression

- Emotional Expression
- Assertiveness
- Independence



Interpersonal

- Interpersonal Relationships
- Empathy
- Social Responsibility



Decision Making

- Problem Solving
- Reality Testing
- Impulse Control



Stress Management

- Flexibility
- Stress Tolerance
- Optimism

Self- Perception

Self-Regard - The ability to accept yourself just the way you are and have self-confidence

Self-Actualization - The ability to live a life of meaning, purpose and fulfillment

Emotional Self-Awareness - The ability to be "in touch" with your emotions

Self- Expression

Emotional Expression - Openly expressing one's feelings verbally and non-verbally

Assertiveness - The ability to say what you need to say in a non-destructive manner

Independence - To be self-directed and free from emotional dependency on others

Interpersonal

Interpersonal Relationships - The ability to have meaningful connections with others

Empathy - The ability to notice, understand, and 'be present' with the feelings of others

Social Responsibility - Willingly care and contribute to the welfare of others

Decision Making

Problem Solving - The ability to include emotions in solving problems

Reality Testing - The ability to remain objective and see things the way they are

Impulse Control - The ability to be patient and delay gratification

Stress Management

Flexibility - The ability to adapt to unfamiliar and unpredictable circumstances or ideas

Stress Tolerance - Coping with difficult situations and believing that you can manage in a positive manner

Optimism - Remaining hopeful and resilient, despite occasional setbacks

BREAKOUT #2

What do you see as your top EQ strengths?

What areas of EQ do you feel are opportunities for development?

Learning Commitment

Putting learning into action.



MAIN POINT TO REMEMBER ABOUT THIS TOPIC

WHAT CAN I START, STOP, OR CONTINUE DOING IN THE
NEXT 30 DAYS TO PUT MY LEARNING INTO ACTION?

WHAT DO I FEEL MIGHT GET IN THE WAY OF HELPING
ME ACHIEVE THIS COMMITMENT?

WHAT IMPACT WILL THIS COMMITMENT HAVE ON
MY LEADERSHIP EFFECTIVENESS?



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