

Amplify Your Career Transition With EQ!

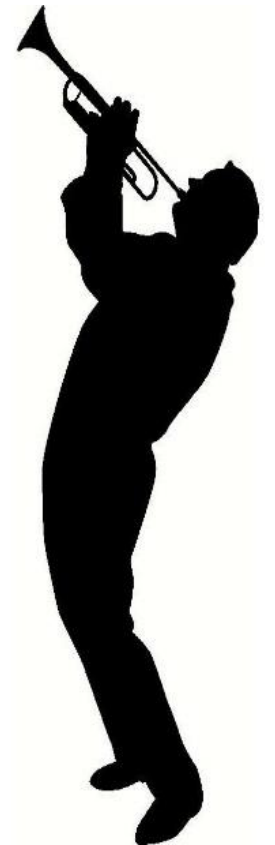
Dr. Michael Y. Brenner
President, Right Chord Leadership

My Career Transitions

April 8, 2017



**RIGHT
CHORD**
LEADERSHIP



Who is this guy?

He looks like Mario Lopez
but with more gray hair.





The Philosophy Behind Right Chord Leadership

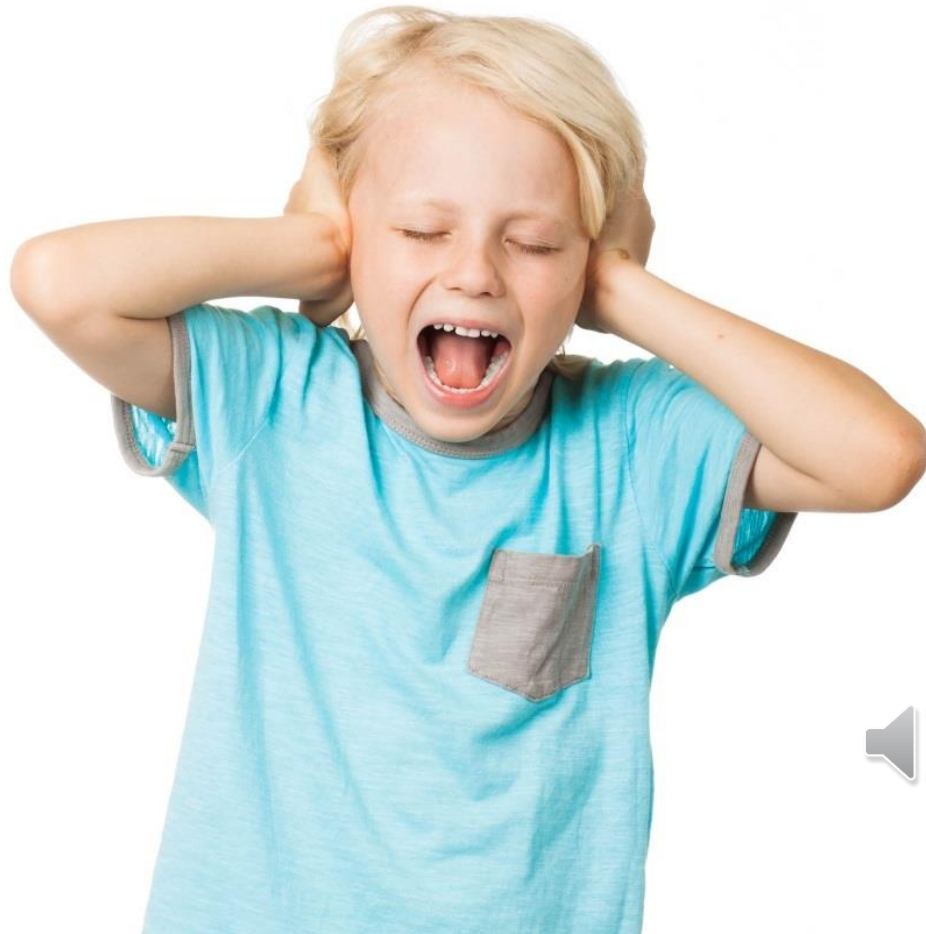
Staff 1: F7, F7, F7, F7, Bb7, Bb7, F7, F7
Roman numerals: I⁷, I⁷, I⁷, I⁷, IV⁷, IV⁷, I⁷, I⁷

Staff 2: C7, Bb7, C7, Bb7, C7, Bb7, F7, F7
Roman numerals: V⁷, IV⁷, V⁷, IV⁷, V⁷, IV⁷, I⁷, I⁷

Cadence

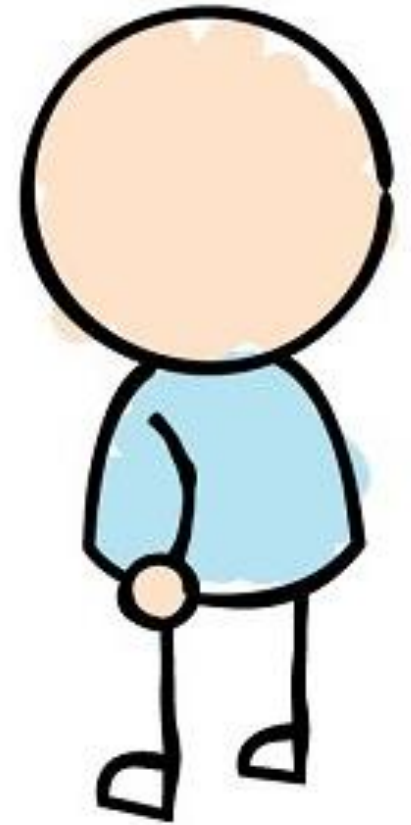
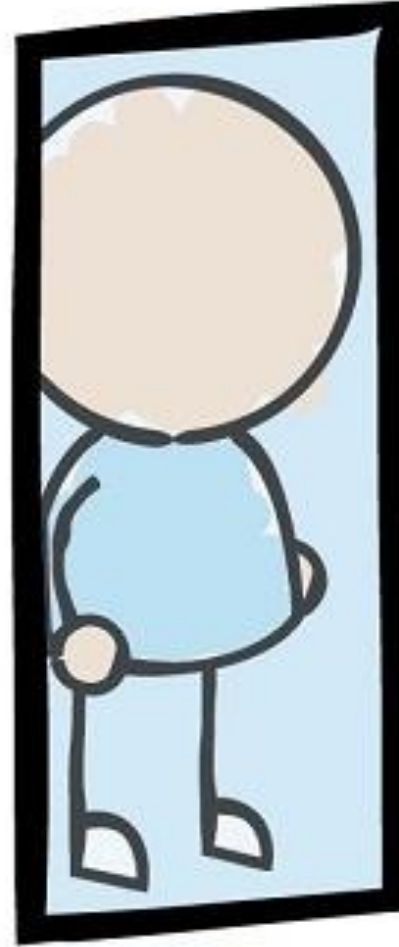
What “Chords” Are You Playing?

Are they shrill?



Or do they SWING?







A close-up photograph of a baby with light brown hair and blue eyes, looking directly at the camera with a determined, slightly pouting expression. The baby is wearing a green and white long-sleeved shirt and is holding a fistful of sand in their right hand. The background is a blurred beach scene with sand and the ocean under a bright sky.

Let's Do This!

Today's Objectives

By attending this session, you will learn:

- ✓ The 4 dimensions of emotional intelligence (EQ) and the important role they play in career transitions
- ✓ How to become more aware of self-limiting beliefs and overcome them
- ✓ How to regulate emotions for better outcomes
- ✓ How to increase the capacity to empathize with others
- ✓ How to forge trusting, fruitful relationships through listening and engaged collaboration

Roadmap for the Program

1. What is emotional intelligence?



2. Why focus on EQ?



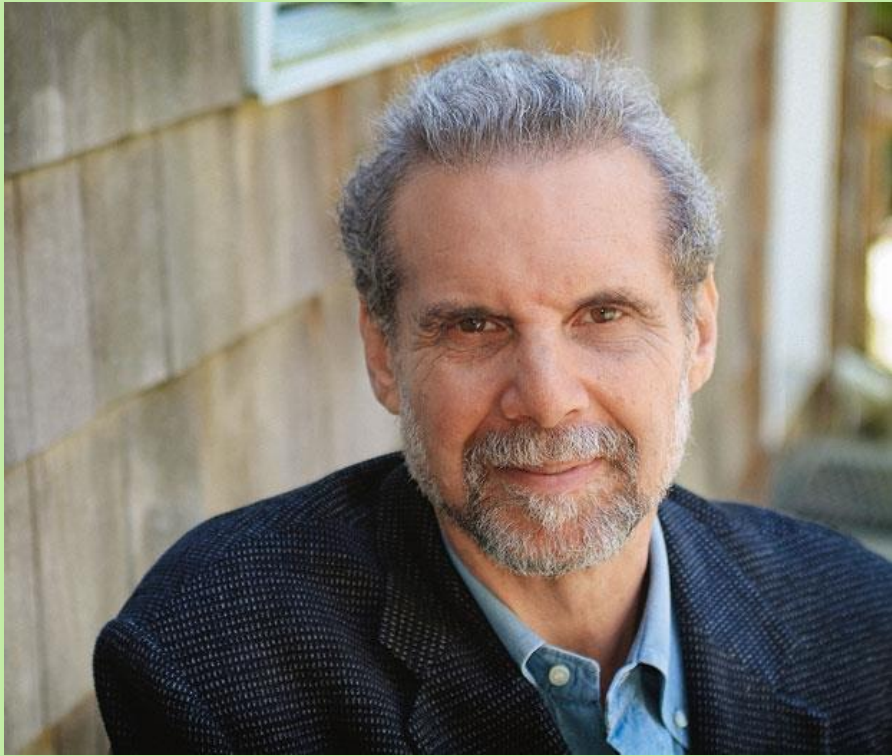
3. Let's jam! - 4 Dimensions of EQ



4. Conclusion/Q&A



What Is Emotional Intelligence?



“Emotional intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and others.”

~ Dr. Daniel Goleman

Teamwork

Initiative

Self-Control

Accurate Self-Assessment

Change catalyst

Empathy

Service

Adaptability

Optimism

Influence

Self-Awareness



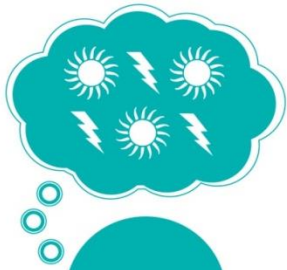
Achievement

Self-Confidence

Organizational Awareness

The EQ





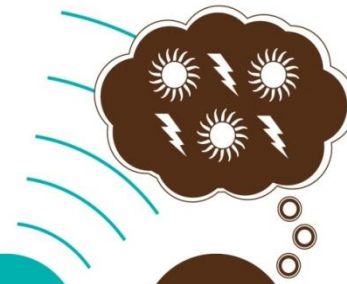
SELF **AWARENESS**

Recognizing your emotions and their potential impact.



SELF **MANAGEMENT**

Choosing to act upon positive emotions and control negative emotions.



SOCIAL **AWARENESS**

Recognizing the needs of others with a heightened sense of empathy.



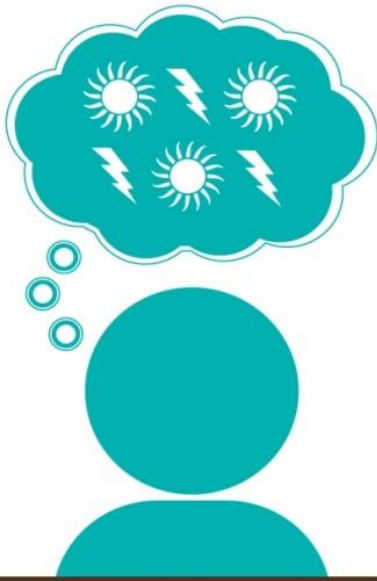
RELATIONSHIP **MANAGEMENT**

Choosing to interact and respond to others with positive influence.



“You blows who you is.”

- Louis Armstrong



SELF **AWARENESS**

**Recognizing your
emotions and their
potential impact.**

- ✓ Recognize one's emotional state in the present moment ("short game")
- ✓ Having a deep understanding of one's strengths, weaknesses, needs, triggers, and drives ("long game")
- ✓ Demonstrate a thirst for feedback and continual improvement

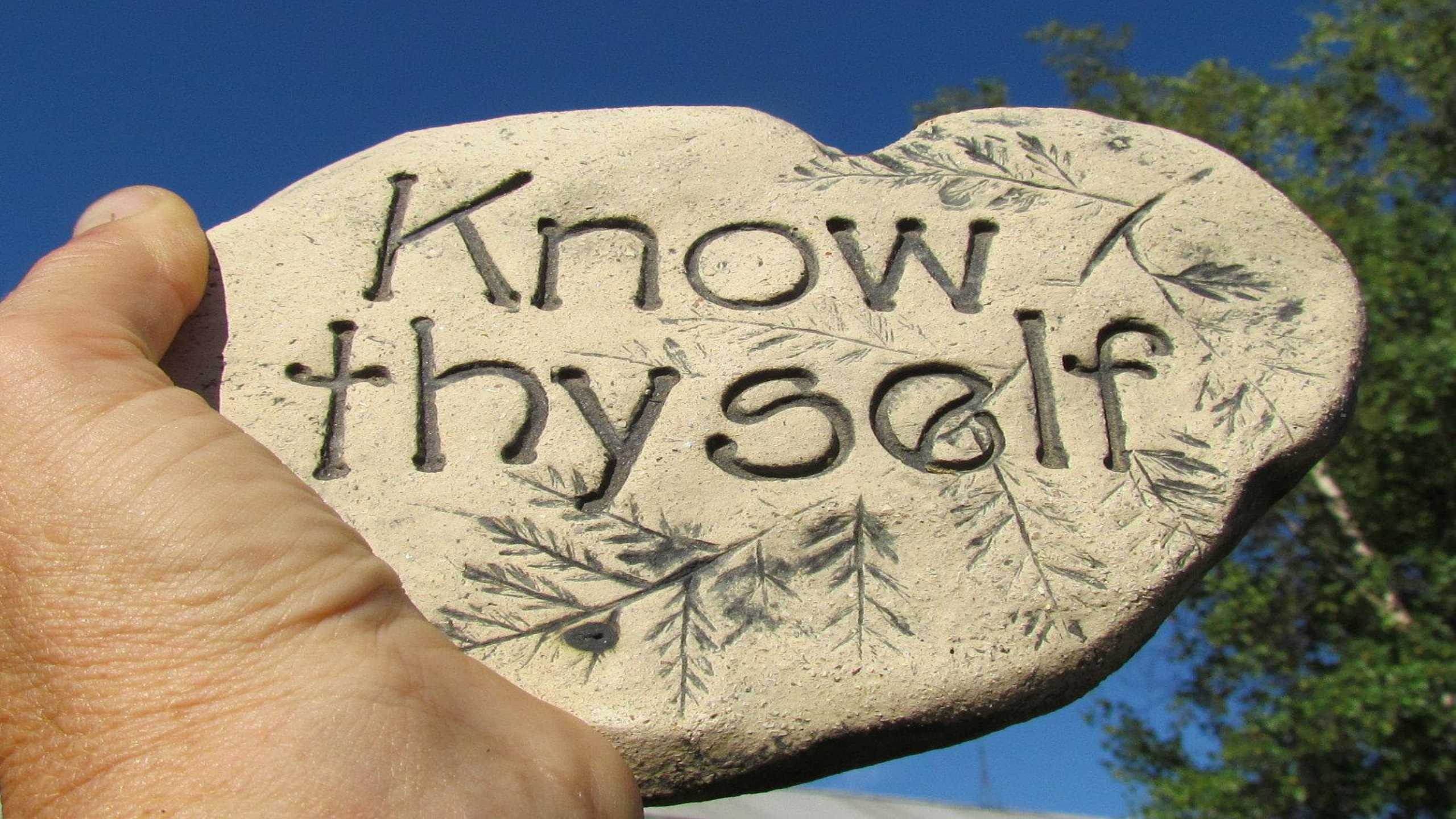
 ProVision

leas environment

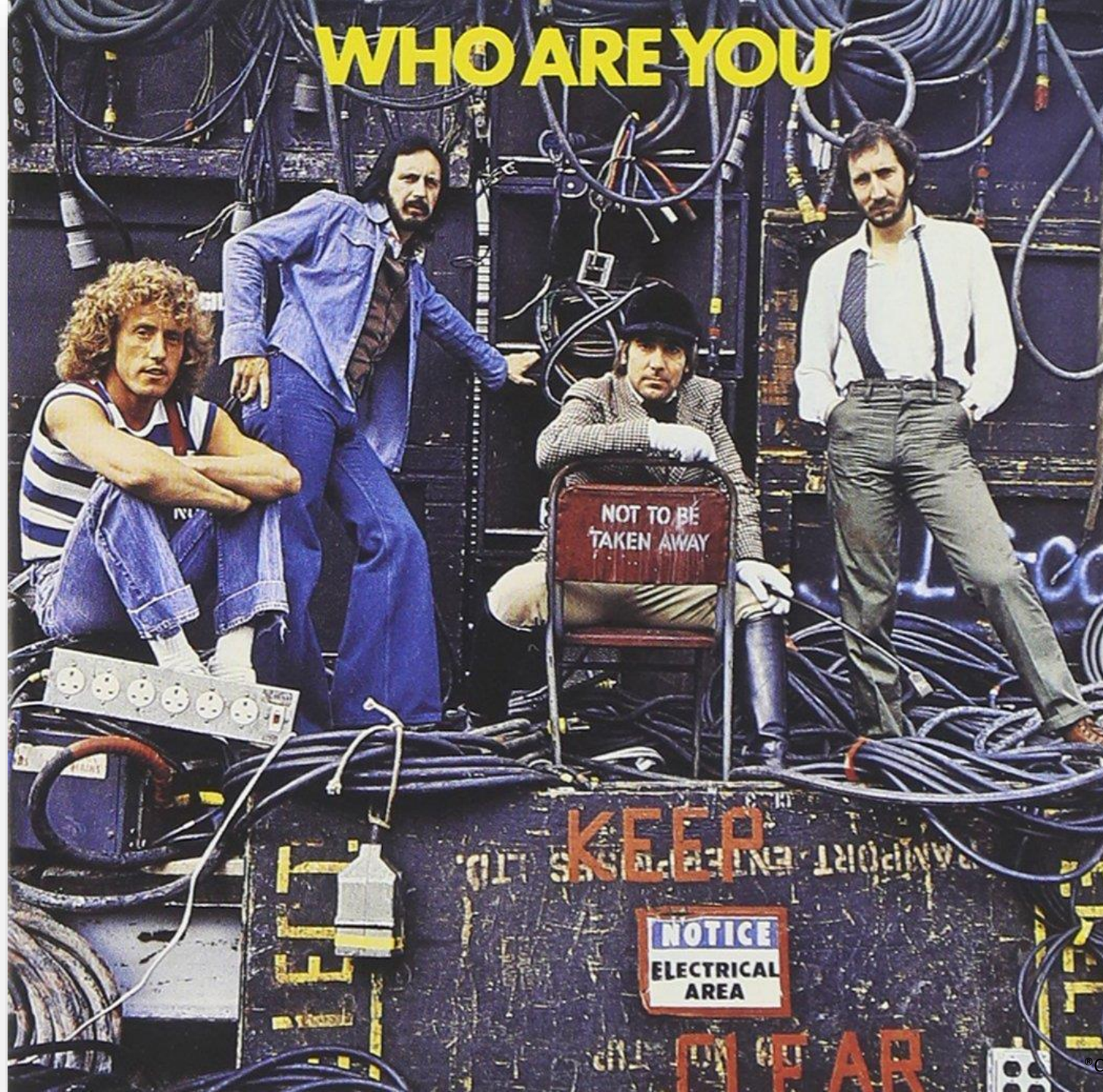
OK



Know
thyself



WHO ARE YOU



7 Questions for Boosting Self-Awareness

1. WHERE AM I?

Emotionally? Physically? Financially?
Spiritually? Time to take stock.

2. WHAT DO I NEED TO LEAVE BEHIND?

Get rid of old or useless things to make room for the new.

3. WHO DO I WANT TO BE?

We all leave a “wake” behind us every day.

4. WHERE IS THERE ROOM FOR GROWTH?

Identify areas to strengthen and commit resources to doing so.

5. HOW AM I GOING TO GET THERE?

Make a game plan, go out, and execute.

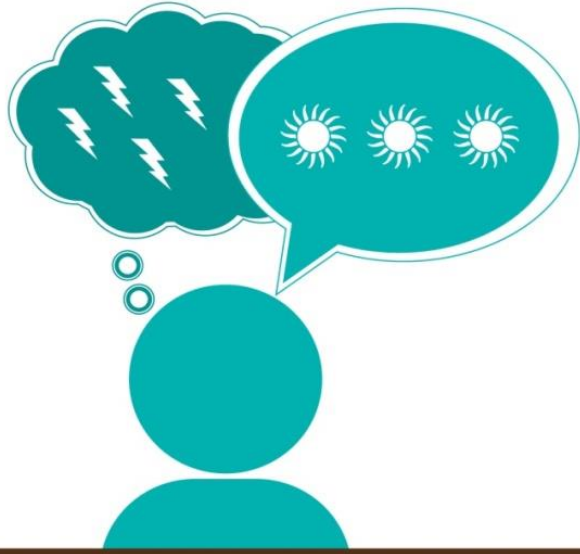
6. WHO DO I WANT BY MY SIDE?

Look for people who will build you up, encourage you, and challenge you.

7. WHAT IS MY ‘WHY’?

Your ‘why’ will keep your legs moving when you feel like giving up completely.

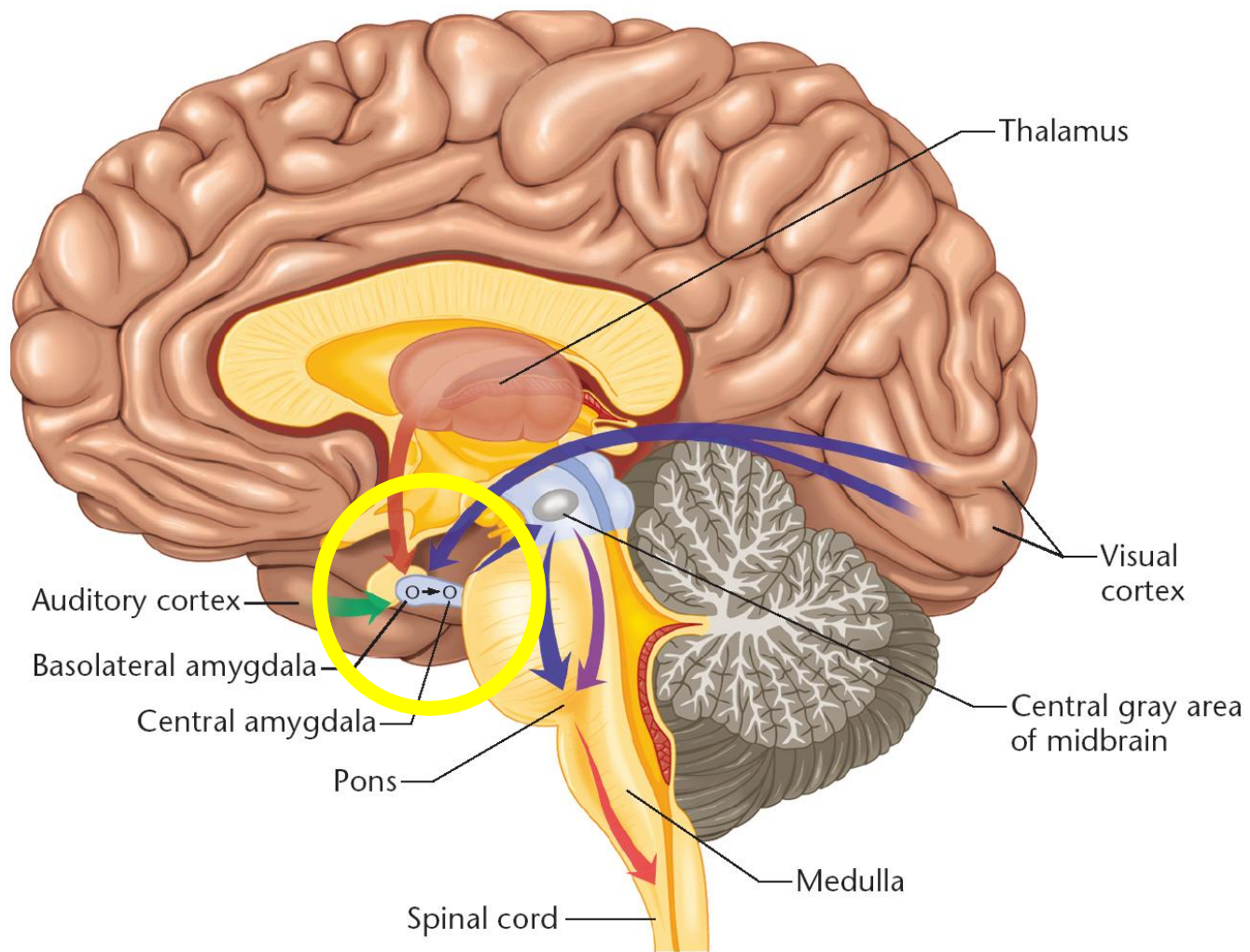
Source: <http://allgroanup.com/featured/7-questions-to-ask-when-going-through-a-transition/>



SELF **MANAGEMENT**

Choosing to act upon
positive emotions
and control
negative emotions.

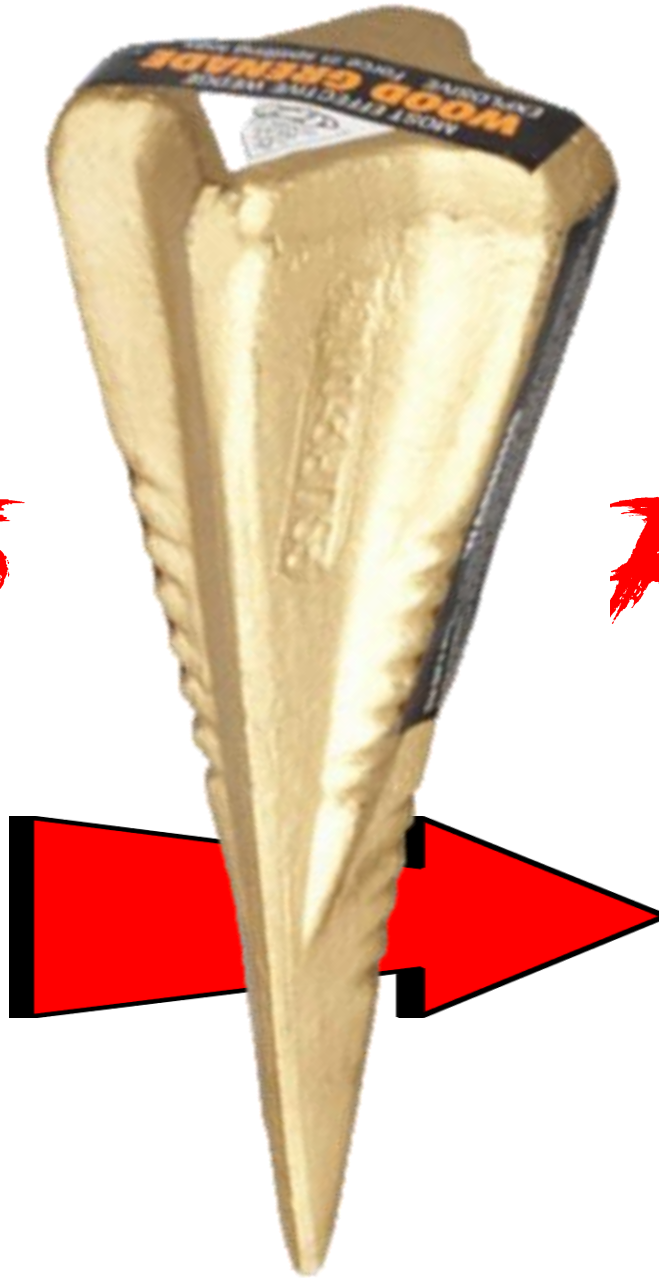
- ✓ Possessing self-control: “Can I control outbursts? Do I respond appropriately during stressful situations?”
- ✓ “How well do I recover from setbacks? Do I give up or dust myself off and try again?”
- ✓ Responds rather than reacts; ability to say no to impulsive urges



EMOTION comes
before THOUGHT
We FEEL before we
THINK

STIMULUS

RESPONSE





This email sounds angry. Are you sure you want to send it? Doing so will likely lead to feelings of extreme remorse and regret later.


I choose remorse
and regret

On second thought,
do not send

A silhouette of a tree with a thick trunk and many thin, bare branches. The tree is leaning significantly to the left, its trunk and branches forming a graceful curve. The background is a sky filled with large, textured clouds, with a warm, golden light from the sun low on the horizon. The foreground is a dark, flat silhouette of the ground.

Do You Bend or Break?

RESILIENCE



“If you want to make
God laugh, tell him about
your plans.”

quotescountry.com

Woody Allen

They frame adversity as
an inevitable part of life,
a challenge to overcome.

It is something to learn,
grow, and move on from.

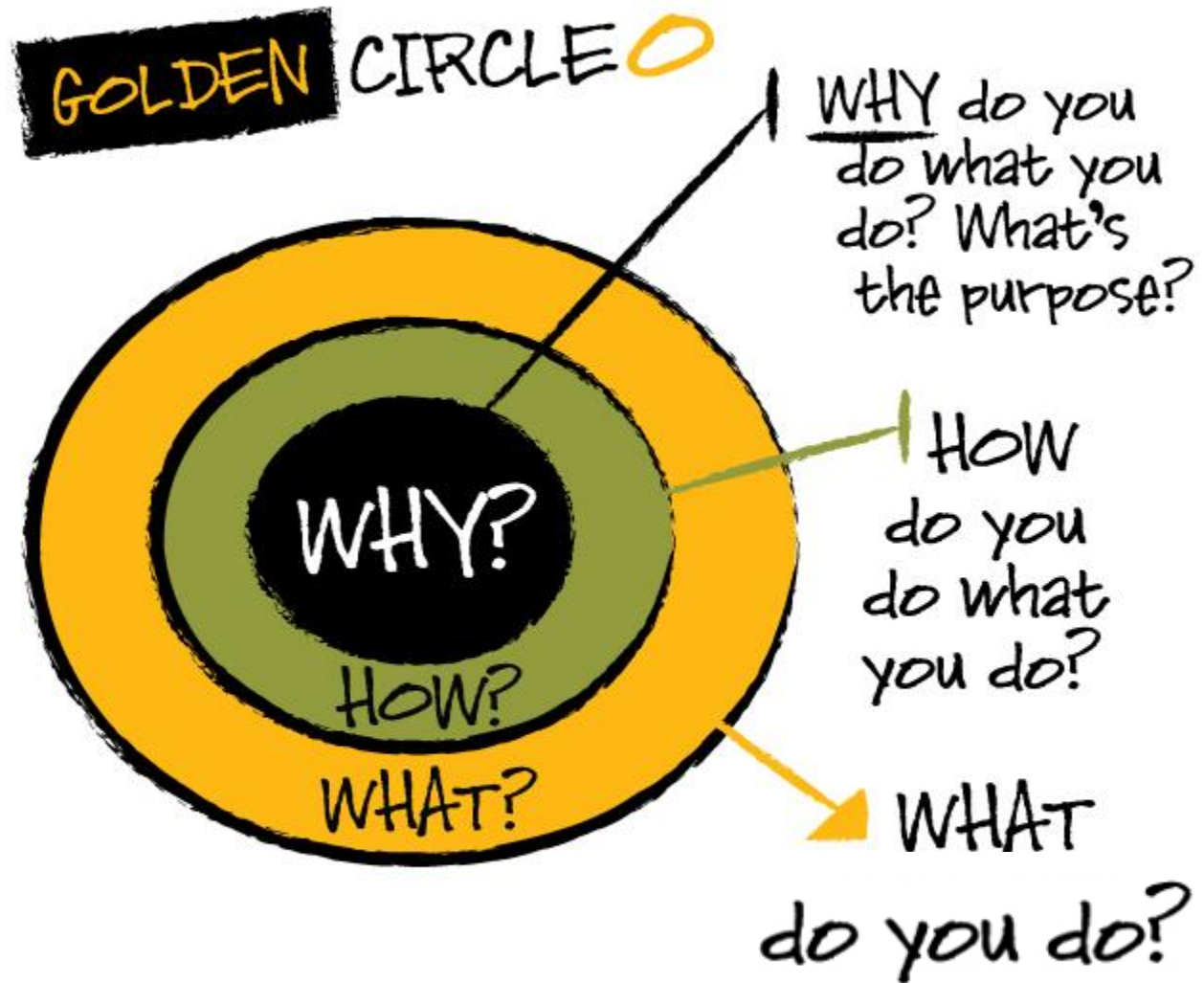


They reconnect to purpose.

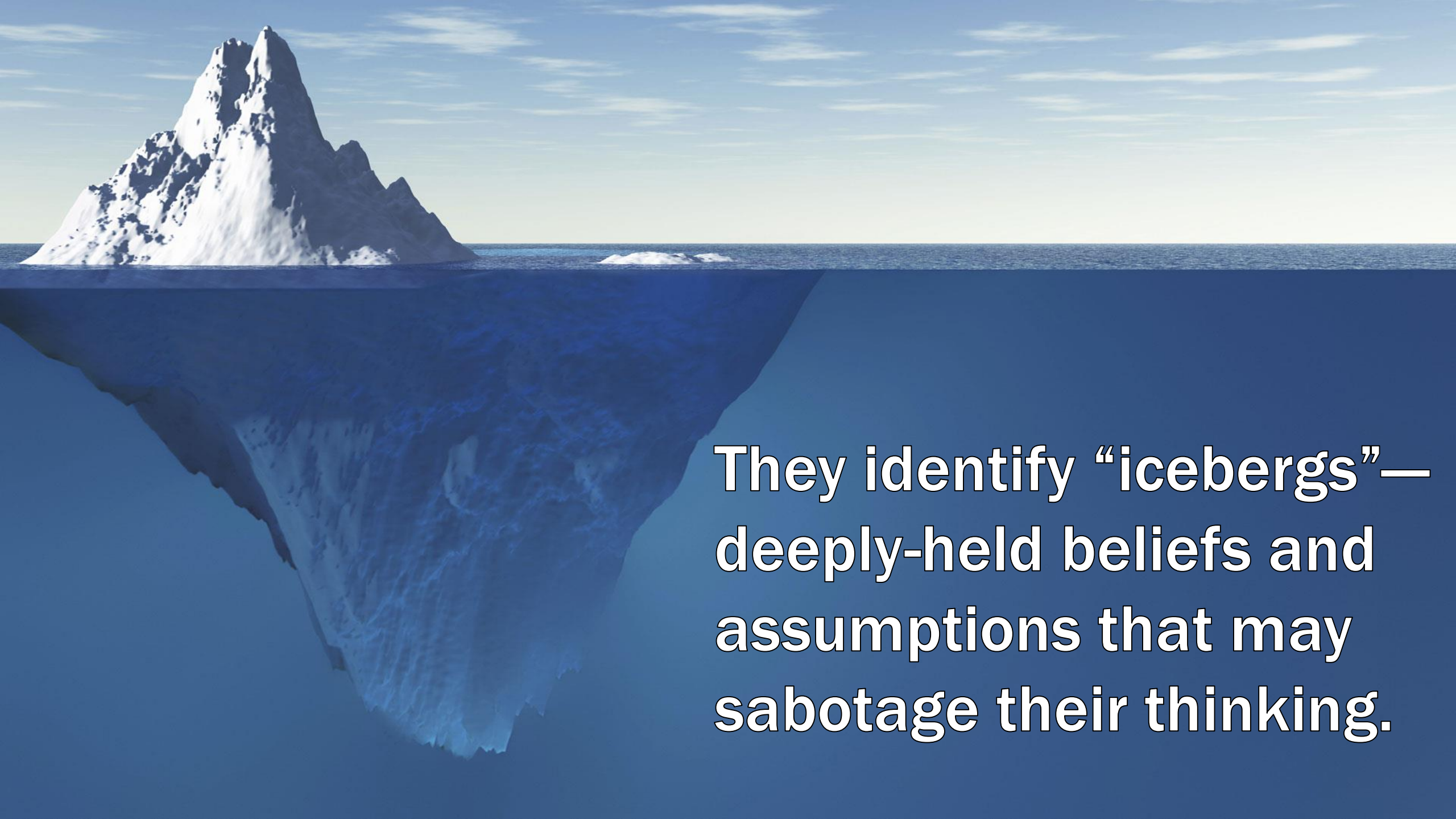


WHAT'S YOUR SONG?





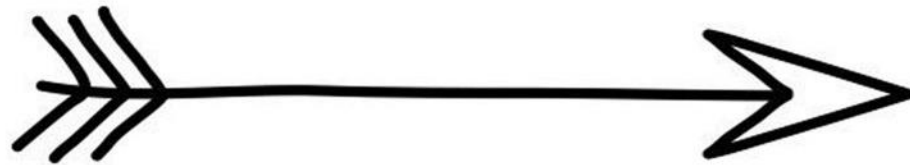
- Your Purpose (not profit)
- Your Cause
- Your Belief
- Why should anyone care?



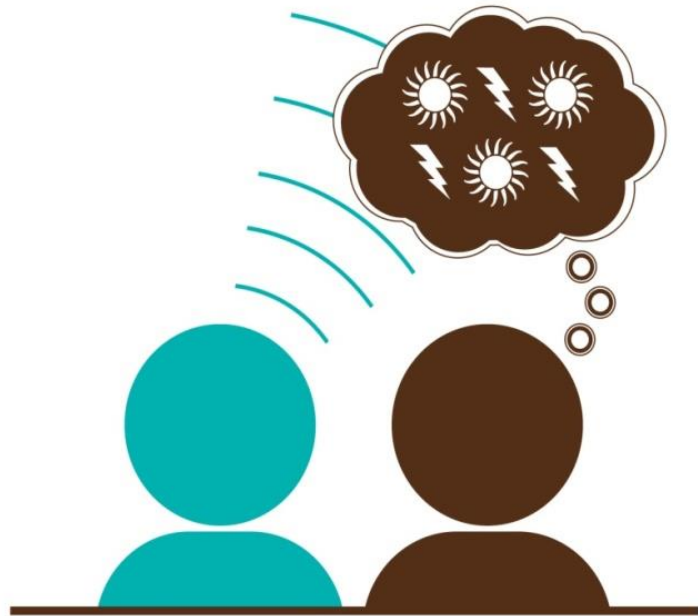
They identify “icebergs”—
deeply-held beliefs and
assumptions that may
sabotage their thinking.

They eliminate “can’t” from their vocabulary.

If you can't fly then run.
If you can't run then walk.
If you can't walk then crawl.
But whatever you do,
You have to keep moving forward.



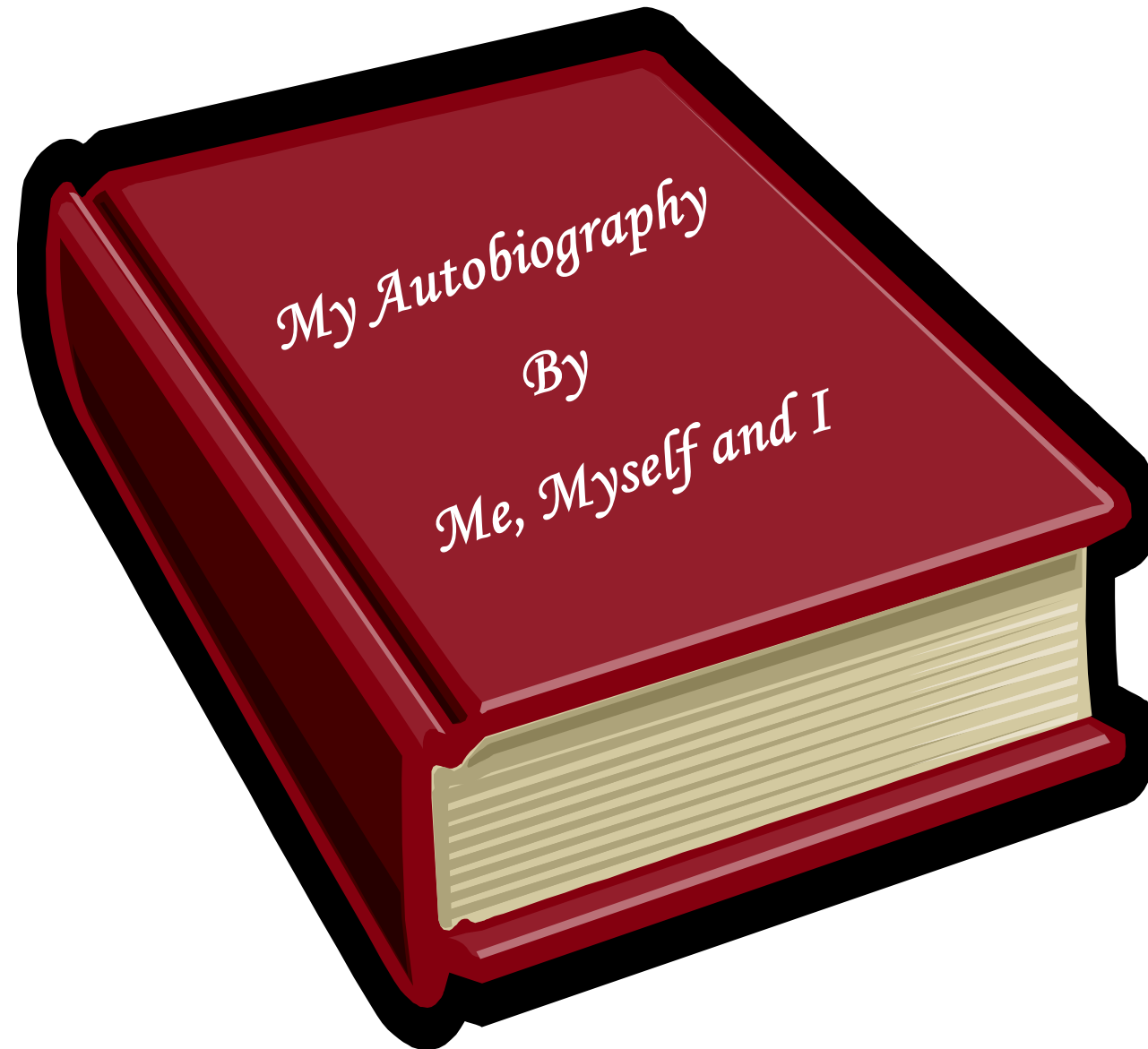
Martin Luther King

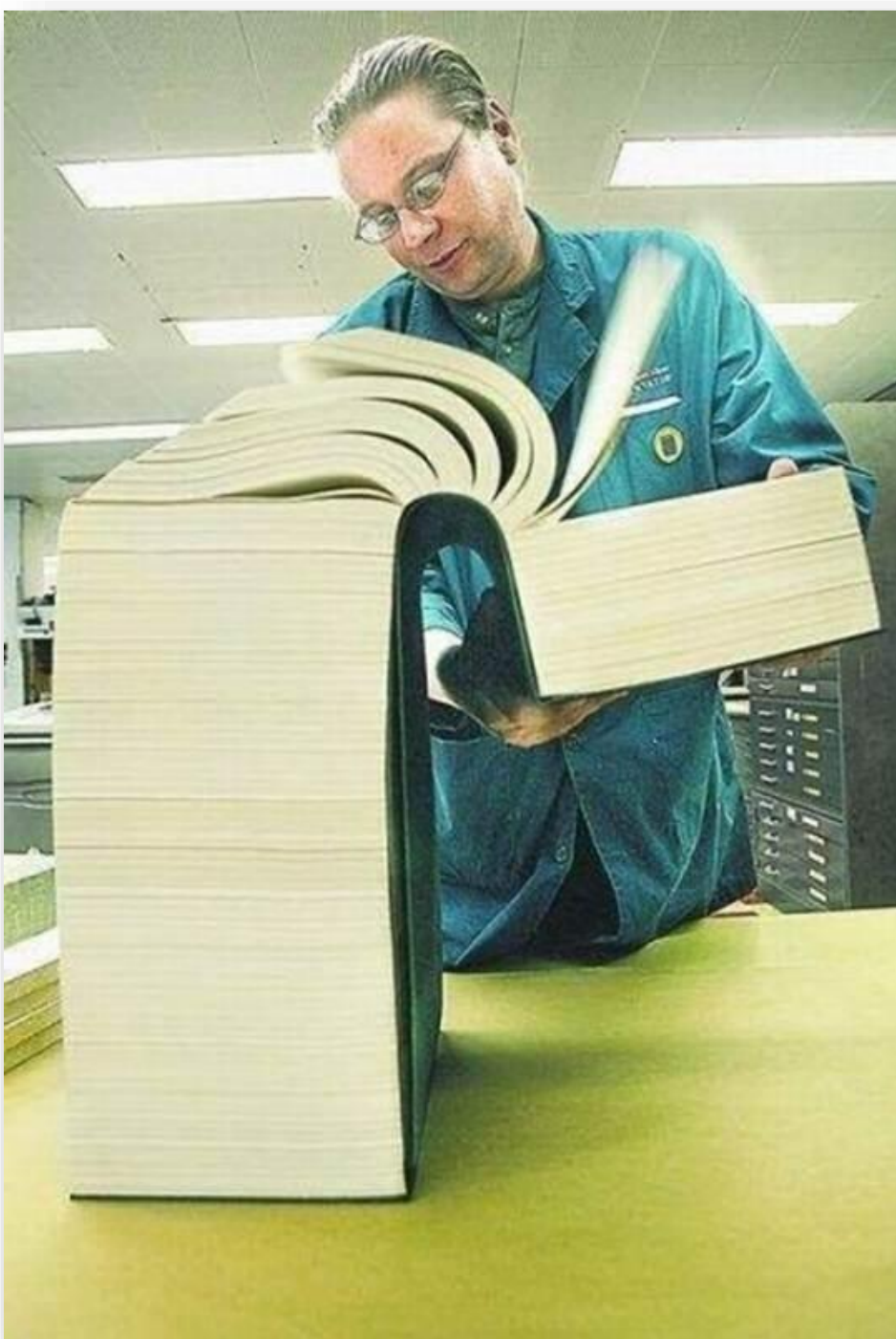


SOCIAL AWARENESS

Recognizing the needs
of others with a
heightened sense
of empathy.

- ✓ Do I consider others' feelings and needs in addition to my own?
- ✓ Do I strive to listen to and understand the other person's perspective even if I don't agree?
- ✓ Am I a "Giver" or a "Taker"? Do I exhibit compassion and patience even when others are being difficult?

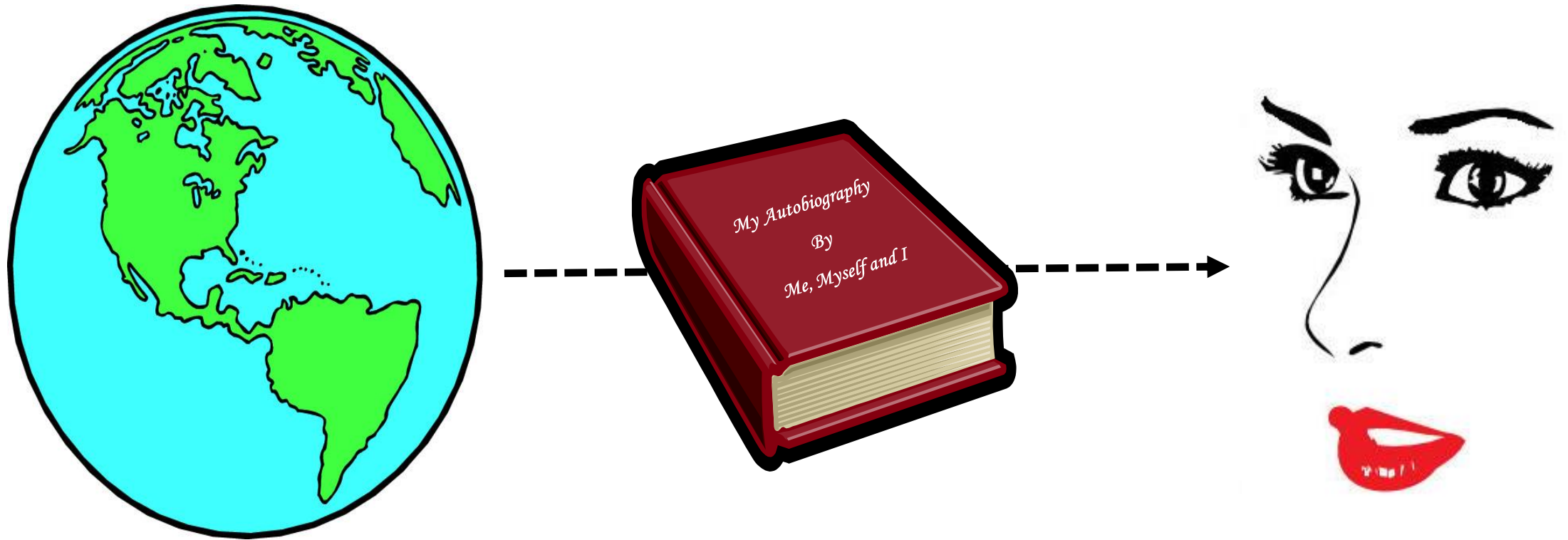




Mike's autobiography (actual photo)

We don't experience "reality."

We interpret what we experience and label it "reality."



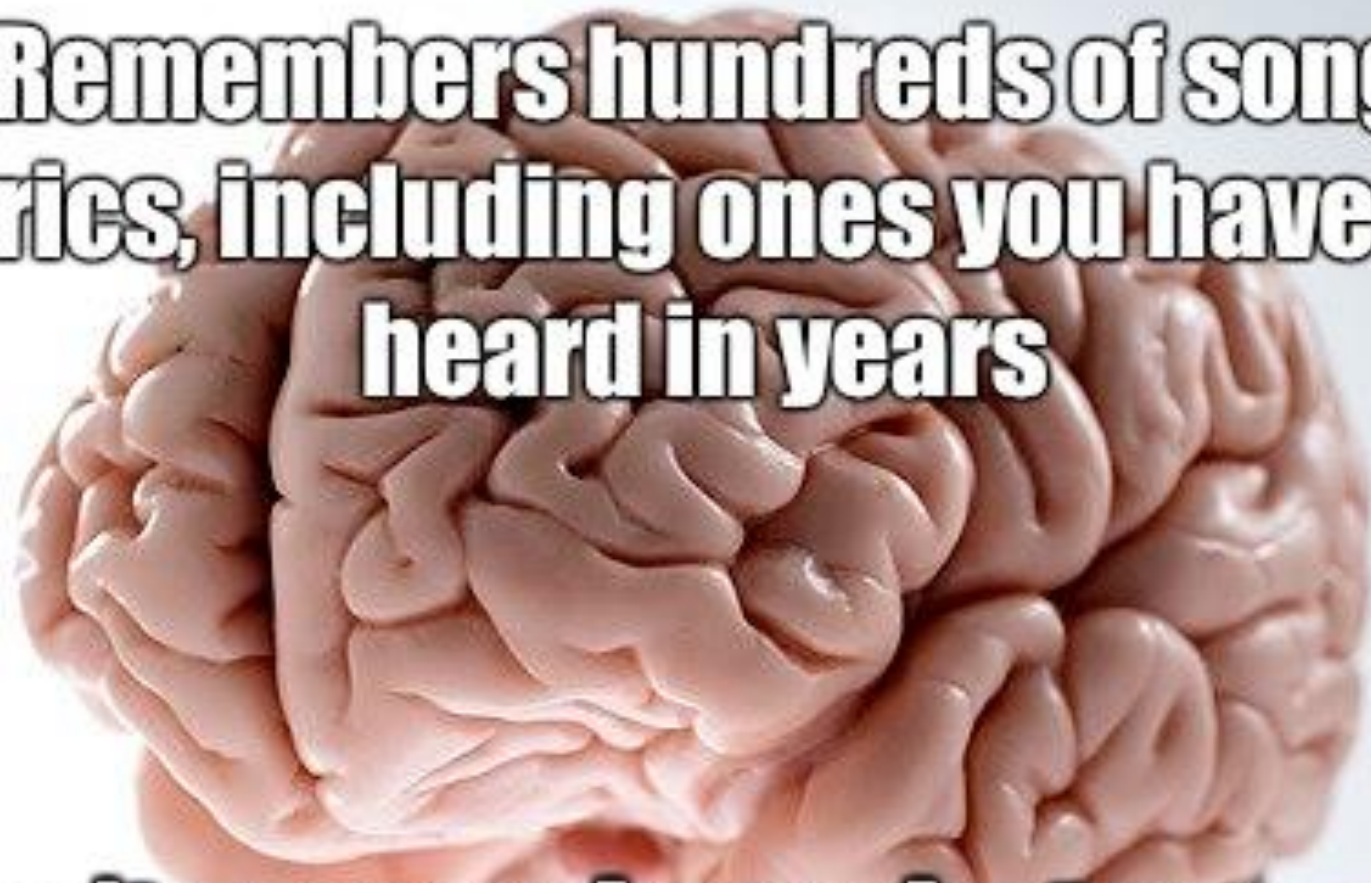
We're judgmental.



We're overloaded by information.



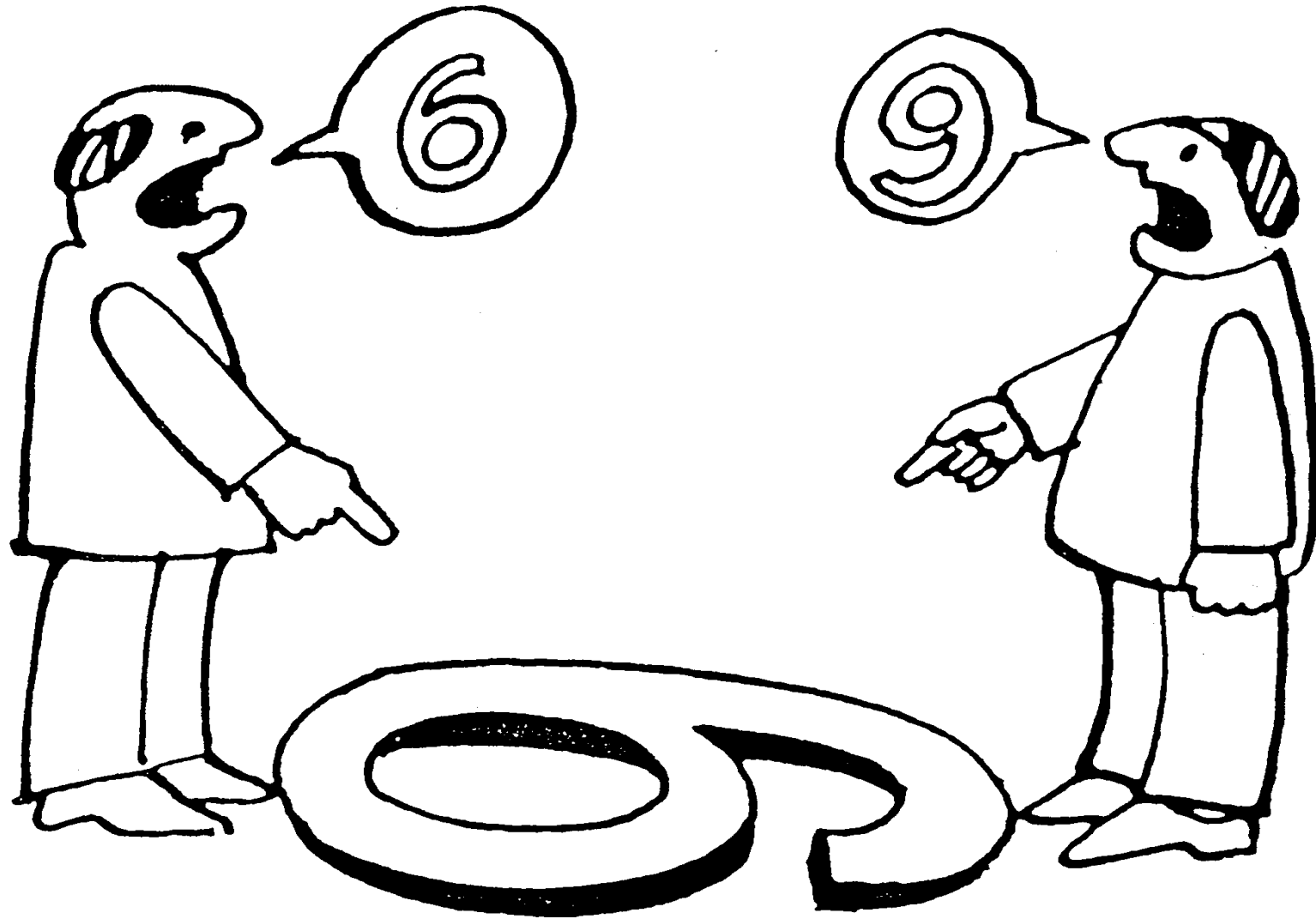
**Remembers hundreds of song
lyrics, including ones you haven't
heard in years**



**Can't remember what you ate
for breakfast this morning**

We're in a near-constant state of fatigue.

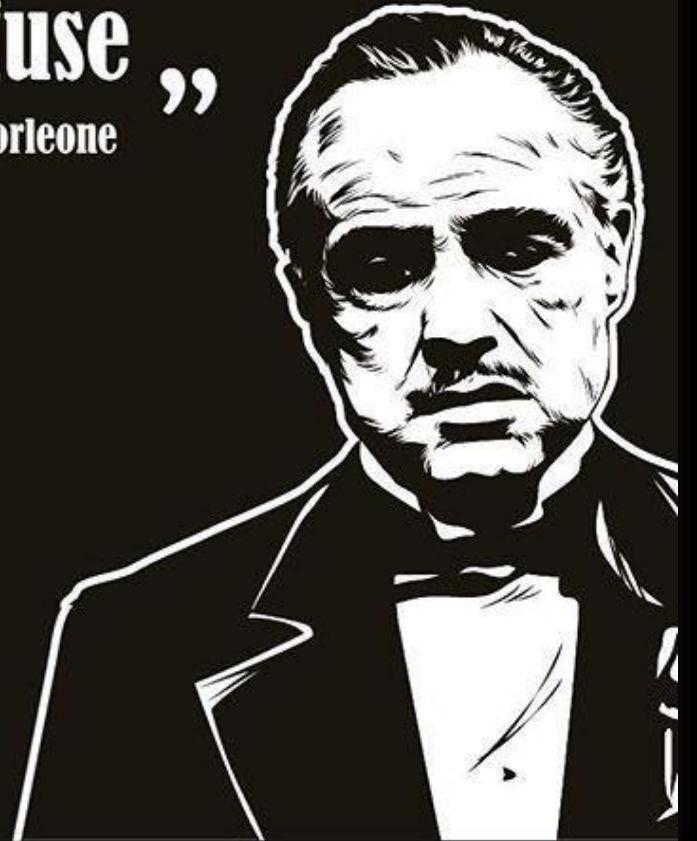






The Godfather Principle

“
I'm gonna
make him an offer
he can't refuse”
—— Don Corleone



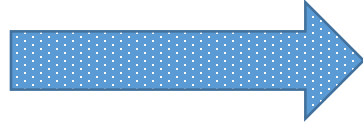


“Next to physical survival, the greatest need of a human being is psychological survival – to be understood, to be affirmed, to be validated, to be appreciated.”

- Stephen Covey

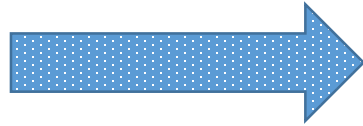
4 *POWER* Questions to Develop Empathy

What can I get?



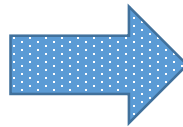
What can I give?

What's in it for me?



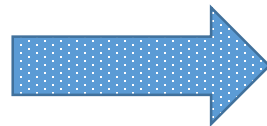
What's in it for you?

How much am I talking?



How much am I listening?

How will I get ahead?



What will I leave behind?

There are two types of people.

Those who come into a room and say,
"Here I am!" and those who come in
and say, "There you are!"





RELATIONSHIP MANAGEMENT

Choosing to interact
and respond to others
with positive influence.

- ✓ Having influence: “Can I get people to willingly do what I want them to do?”
- ✓ Am I able to work effectively with different personalities, temperaments, and leadership styles?
- ✓ Do others trust and feel comfortable around me? Am I a good coach/mentor/friend?



My first relationship to any kind of
~~musical~~ situation is as a listener.

— *Pat Metheny* —

AZ QUOTES

Micro-messaging

Micro-inequities

Negative micro-messages
which cause people to
feel devalued, slighted,
discouraged, or excluded





Micro-messaging

Micro-affirmations

Positive micro-messages which cause people to feel valued, included, or encouraged



"The little things?
The little moments?
They aren't little."

Jon Kabat-Zinn



.....

Life is 10% what
happens to us
and 90% how we
react to it.

.....

YOU ROCK!!!





**Place your card in
the bowl so that
we can connect on
LinkedIn and
continue the
conversation.**



**RIGHT
CHORD**
LEADERSHIP



www.rightchordleadership.com/subscribe



michaelybrenner



m_brenner4



michael@rightchordleadership.com



610.724.3621