



**Conscious Solutions**

## **DESCRIPTION**

### **Emotional Intelligence Five-Day Practitioner Description**

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## **Emotional Quotient Skill Test**

Unlike EQ tests that are based on rather non-scientific interpretation and labeling processes this EQ test is skill-based and easily trackable and verifiable. Go through 70 enlightening and inspiring questions that you will answer at the end of the training, and in two times periods afterwards, to receive feedback exactly where your EQ is in a thoroughly measurable way.

## **Setting Outcomes and Directions**

You will have a special partner in this training who will help you to set your outcomes and directions for your Emotional Intelligence. Set measurable stepping stones and time markers for continuing and implementing your Emotional Intelligence goals in your life. At the end of the training you will come back to your partner and those goals. This is to track yourself for optimal use of the learned skills and continuation of your transformation and communication processes into your future.

## **Pinpoint and understand emotions**

80% of emotions are identified incorrectly. We think we are angry but deeper down is guilt. We think we are sad but underneath is uttermost frustration. Identify your emotions more accurately and instantly and reflect on the numerous labels and meanings of emotions. Learn more details about how exactly your emotions are produced and what fabric they are made of in your brain and body. Differentiate an emotion from a thought and learn to measure neuro-intensity.

## **Distinguish between natural and out-of-place emotions**

Emotions are human and have to be. How do you know which emotions are helpful and natural and which ones are to be changed? A classification of primary, secondary and tertiary emotions helps a broader understanding of the emotional phenomenon.

Understand the phenomenon of neuro-intensity and what makes emotions so powerful. Every emotion has a value, even if it might not appear that way. Practice stepping in and out of a variety of emotions through theatrical means, called Emotion Yoga.

## **Learn to accept any emotion.**

It is not the emotion itself that is the problem but the way we relate to it. There is a natural tendency to fight uncomfortable emotions which actually makes them stronger. You will be invited to stop fighting your emotions and accept them from a different perspective. We change boxing into Martial Arts. Stepping in and out of emotions consciously helps you to take the charge out of them and creates neuro-pathways that are empowering. When you are able to feel any emotion you create neuro-pathways to also decisively let go of any emotion. - Enjoy inspiring and fun theater Improv experiences called: Emotion Yoga.

## **Access emotions more consciously**

Mostly people can quickly name the emotions they don't want to feel anymore. Often it is not misery that we are afraid of but uttermost bliss. When asked to define what emotions you actually needed and desire, the answers are rare. Learn about the health effects a good and conscious laugh as well as cry can have and indulge into a Laughter Meditation.

## **Transform Resistance into Assistance**

It is not the emotion itself but the way you relate to that emotion. Natural instincts make us resist. EI teaches us how to transform limbic reactions into new consciously decided relationships with any emotion. Every emotion has a signal for us. Once you recognize the signal and respond to it – you can deal with the emotions easily.

## **Enhance Your Focus**

Being stuck in emotions has a lot to do with where our focus is. We can be trapped in our inner stories and movies and believe them as if they are real – but they are not. You can learn to sharpen your senses and perception in a way that improves various focus directions.

## **Assumptions and Facts**

Learning to differentiate interpretation and judgment from rational evaluations is the basis for handling emotions more successfully. Practice the language and the skills that will help you to clearly differentiate assumptions from facts and so more consciously detach yourself from unwanted emotions.

## **Boundaries & The Emotional Health Model**

Many unresourceful emotional processes are linked to not knowing or not being able to express boundaries. It takes time and specific reflection methods to again and again define boundaries. The Emotional Health Model powerfully supports identifying and expressing boundaries and provides you with tools for more balanced emotional interactions.

## **Language that Disempowers - Language that Empowers**

There are verbal and non-verbal elements of disempowering thinking and speaking. Identify and eliminate these and focus on enforcing Language that Empowers. Often we want to be more committed but just don't know how. The innovative Accountability Model includes the application of language that empowers and shows you how to engage and implement greater responsibility and commitment for any desired area of our life.

## **Assertiveness and Compassion**

This topic is well-versed even in top leadership levels. Reflect and re-define your chosen level of confidence, assertiveness and determination combined with understanding, compassion and empathy in a way that is true for you. It is all about congruency.

## **The Four-Step Leading Pattern**

Practice successfully addressing potential conflict at the on-set. Handle disruptive behavior, any interactive resistance and charged situations. This pattern is highly emotionally engaging and turns obstacles into opportunities. Choose three of your most challenging scenarios with co-workers or family members and solve them on the spot with this pattern.

## **Stimulus Response**

Identify the specific emotional trigger that evokes your conditioned responses. Understand and discuss techniques that break stimulus response. Practice the well-known NLP Swish Pattern to change unwanted behaviors in a way that lasts.

## **Addictions, Compulsions**

Addictions are mostly more strongly based on the emotional level than the physical. Certain NLP processes of association and dis-association address the origin of emotional pain, co-dependency and any compulsion. Once working on that level and with sufficient willingness any such patterns can be successfully reversed.

## **Successfully Cure Fear, Anxiety and Phobia**

Emotions that result in high adrenalin levels, heightened heartbeat and any flight and fight response have a common structure. The famous NLP phobia cure simply works every time when the system is sufficiently checked and prepared beforehand. It also addresses trauma very effectively.

## **The Psychological Layers**

Learn the map of the psychological layers of emotions. Describe the effect of childhood conditioning on defense mechanisms and on the origin of emotional patterns. Find your defense and protection mechanisms that limit emotional and physical health. Identify your emotional core wound. Build and live vulnerability fearlessly and confidently. Strengthen your authentic power.

## **The Inner Neutral Place**

Some of us easily take on emotions and energies from other people. Learn and practice five emotional perceptions and to discern really where your own emotions are coming from. Once you identify you know more succinctly what to dis-identify from. While you are building this awareness an Inner Neutral Place will become strong. Practicing this Neutral Place in selected situations allows you to feel your emotions without inhibition and with choice. This EI also touches upon a spiritual perspective. It shows us how we are not our emotions but so much more.

## **Integrating Duality – Solving Conflict**

Conflict originates in battles that go on inside of us and of which we are mostly unaware. Find the origin of your domineering internal conflict by identify your main polarity. Experience a powerful model to be able to be with the two battling sides in a new peaceful way. This is a powerful step to better handle emotions that create outer conflict. Based on the same model you will practice solving conflict on an ongoing basis.

## **Your Evolved You**

Design your desired future in a realistic way that works. Physically build a desired emotionally healthy YOU and the direction to move towards it. Demonstrate the positive consequences in your life by connecting to your Evolved You.

## **The Five Keys for Emotional Intelligence**

Learn 5 distinct Keys enhancing your ability to feel emotions as well as detach yourself from them appropriately. Apply the 5 Keys to improve handling daily emotional challenges more successfully. Apply tips how to apply the 5 Keys and receive personalized feedback to increase your EQ.