

Lead from Within



Social + Emotional Intelligence



Gift your future self.



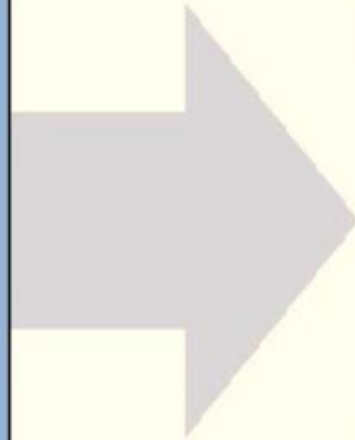
The second life begins.

90%

of our ability to succeed.

E.Q.

Personal Competence =
My ability to maintain awareness of my emotions & manage my behavior



Self-Awareness
Do I accurately perceive & understand my emotions?

Self-Management
Am I managing my emotions & behaviors productively?

Social Competence =
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Social Awareness
Do I accurately perceive & understand the emotions and behaviors of others?

Relationship Management
How do I impact others? Do I work with others effectively?



Confident



Skeptical



Scared



Ecstatic



Sad



Angry



Mischievous



Happy



Enraged

Accurately perceive + understand.



Stress = Demands vs. Resources.



What changes your perspective?



Q: What's it like for me right now?



too hot



too cold



just right

My permission slip to you.



Q: What's needed right now?

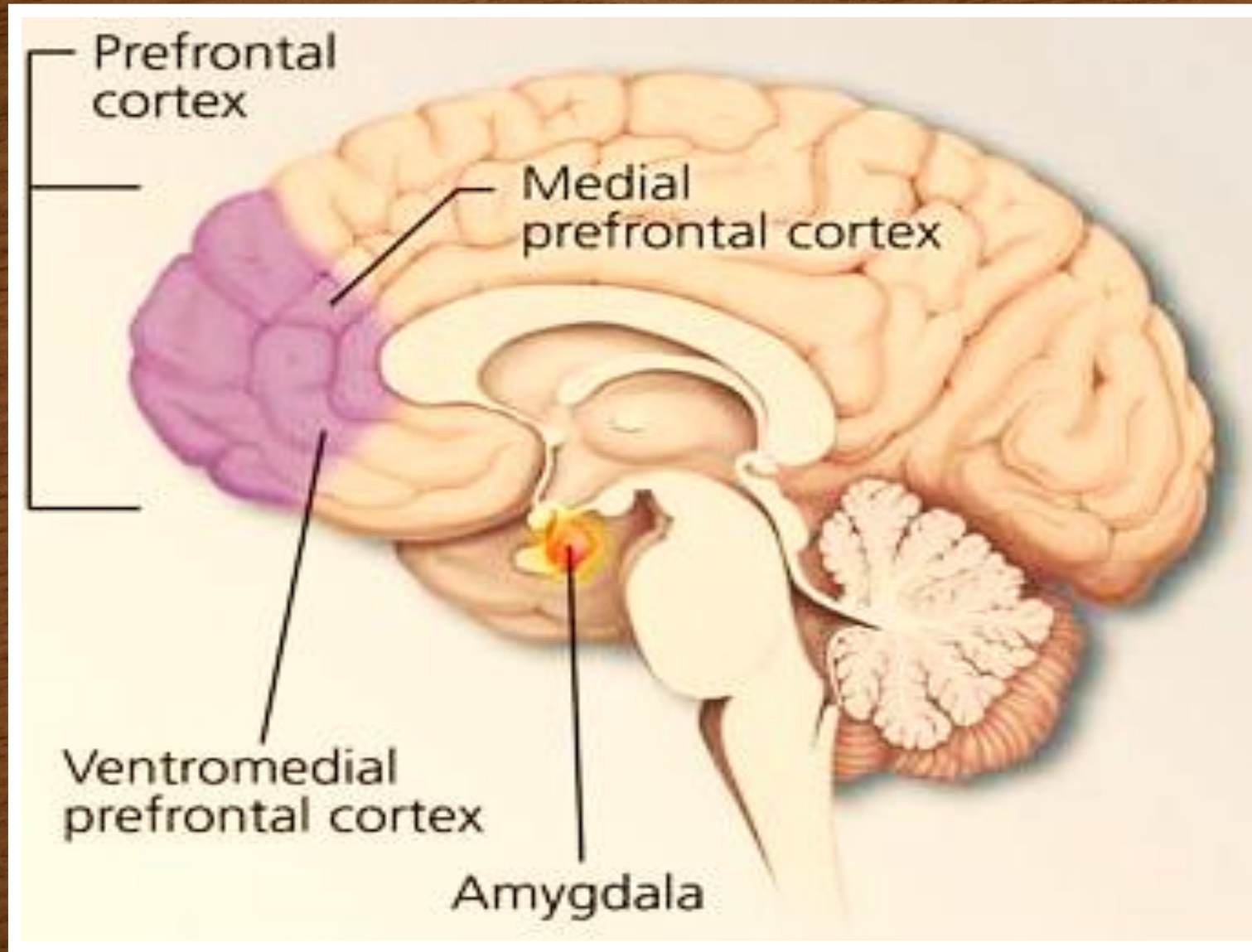
A torn piece of white paper is centered on a bright yellow background. The paper has irregular, deckled edges. The text "WHAT YOU NEED" is printed on the paper in a serif font. "WHAT" and "YOU" are in black, while "NEED" is in red.

WHAT
YOU
NEED

Your nervous system runs on this.

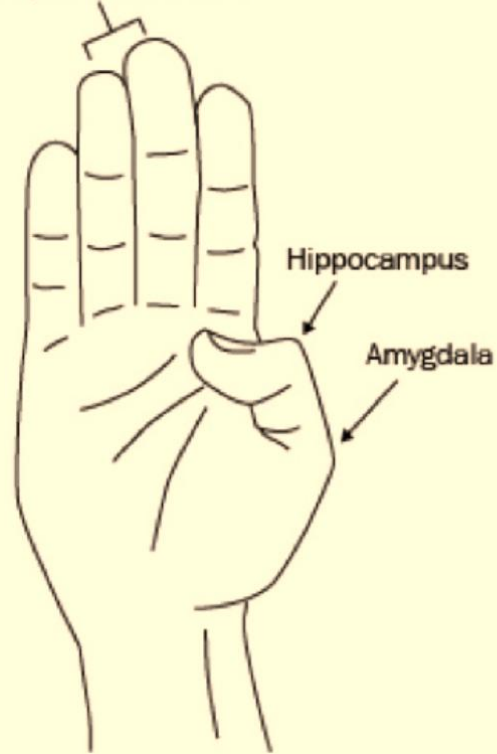


Rule #1.

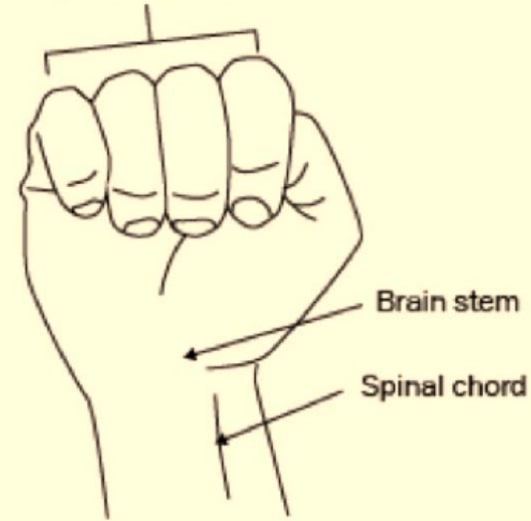


Your brain prioritizes Rule #1.

Middle prefrontal cortex

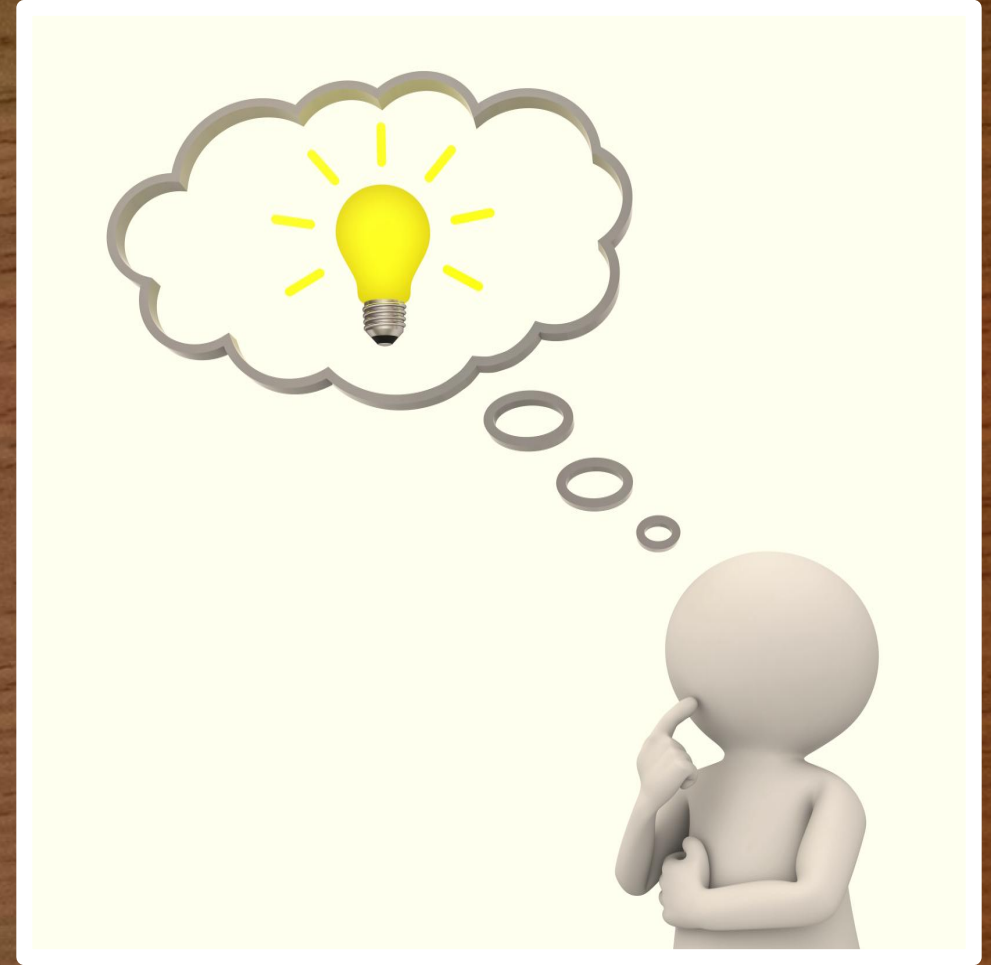


Cerebral cortex



Hand model courtesy of Dan Siegel

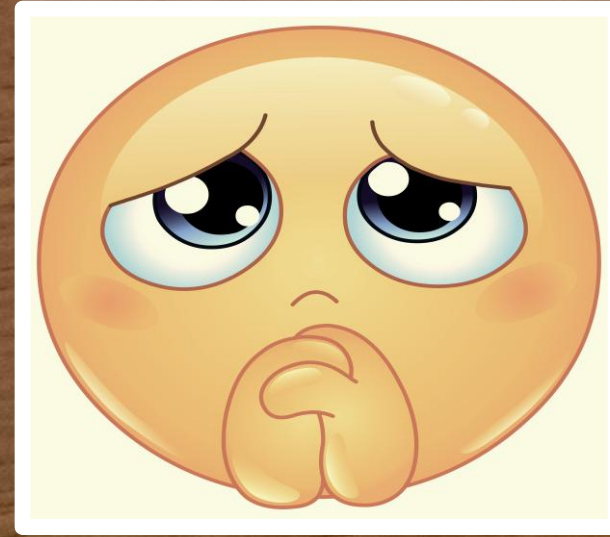
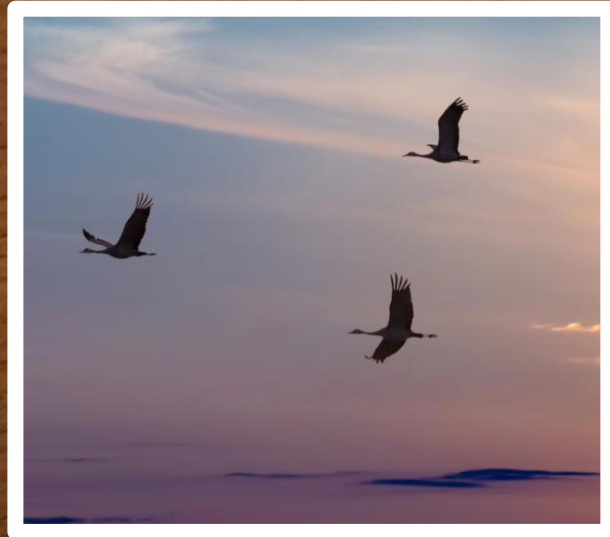
The anatomy of overwhelm.



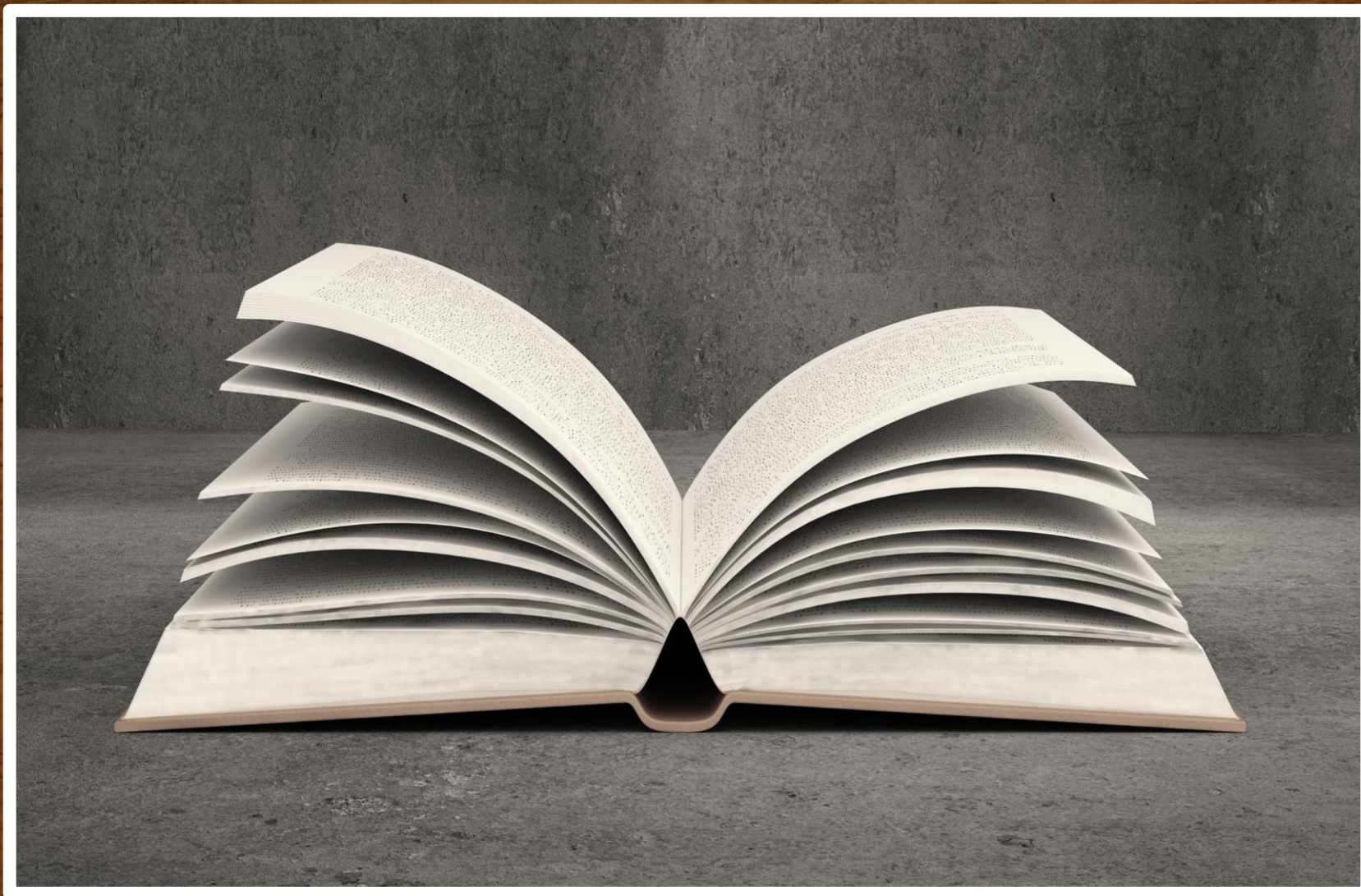
Same brain . . .
two VERY different perspectives.



Stressed Mode



Fight, flight, freeze, appease.



The story I'm telling myself is . . .



REWARD

The story rewards you
(regardless of accuracy.)



Velcro + Teflon



Judgy, judgy, judgy.

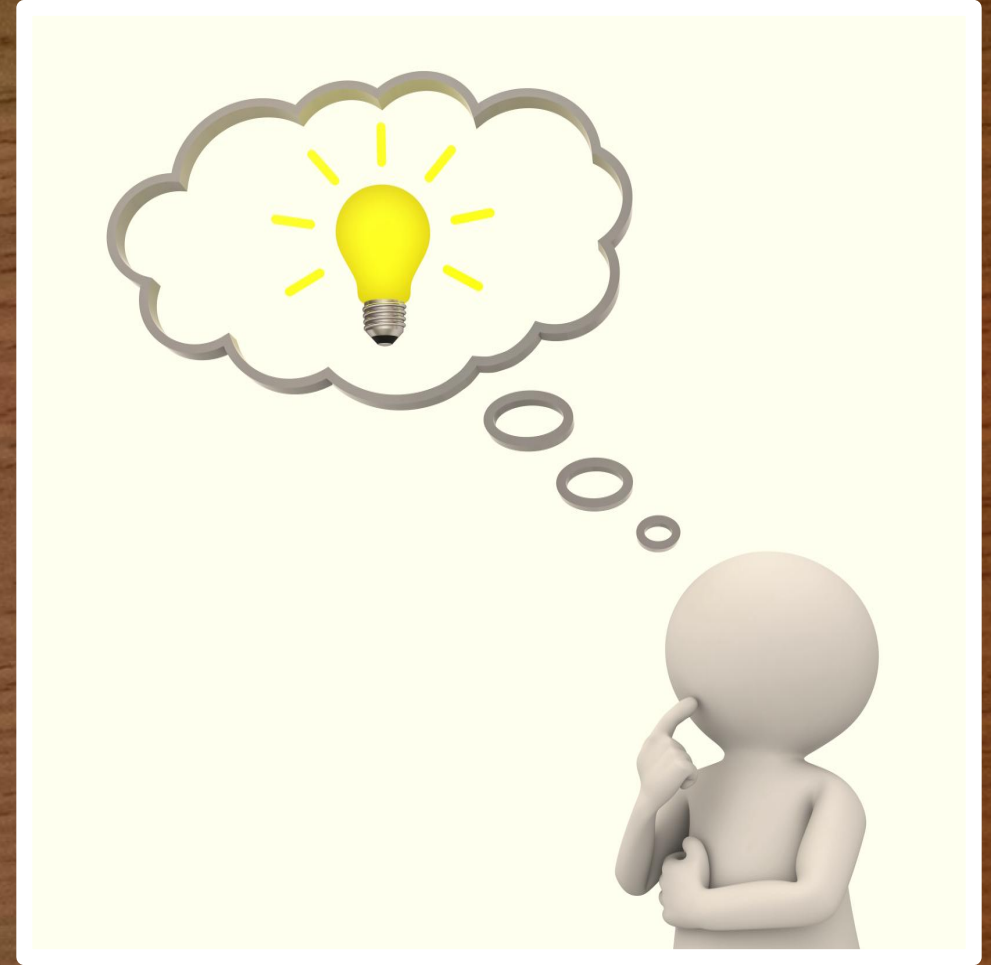


IDENTITY

This must say something about me.



We become our own source of stress.

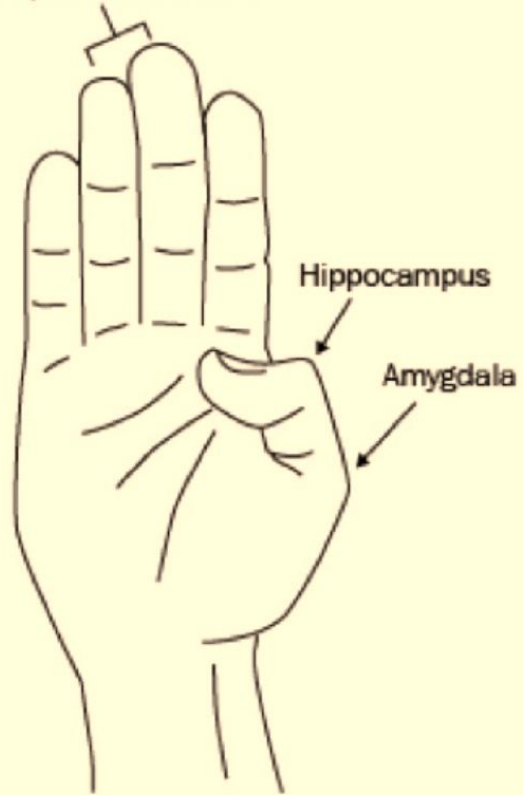


Same brain . . .
two VERY different perspectives.

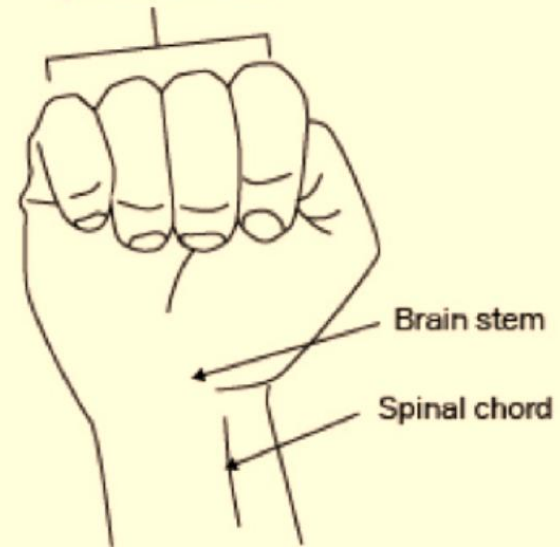


Self-Regulated Mode.

Middle prefrontal cortex

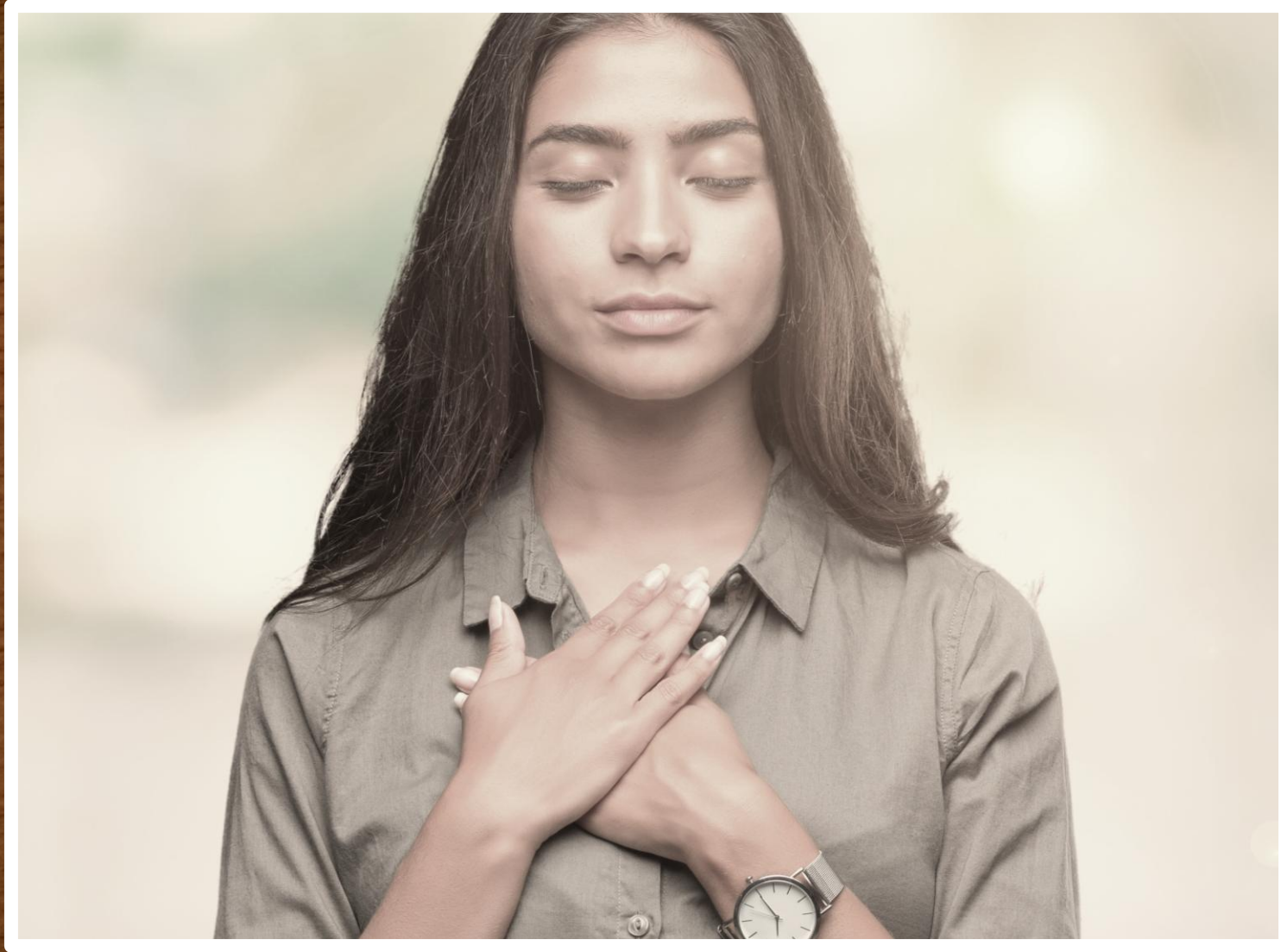


Cerebral cortex



Hand model courtesy of Dan Siegel

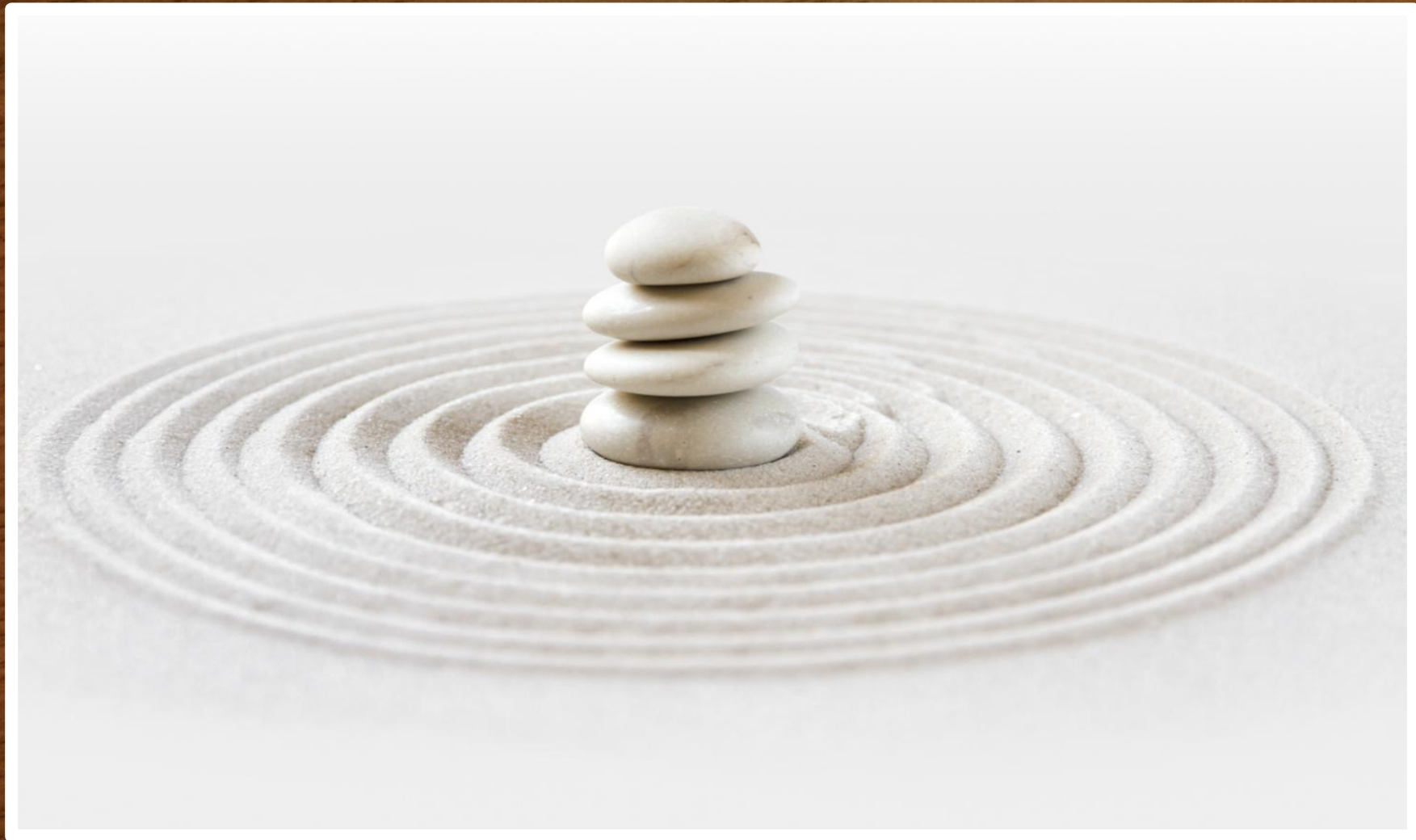
Close the flipped lid



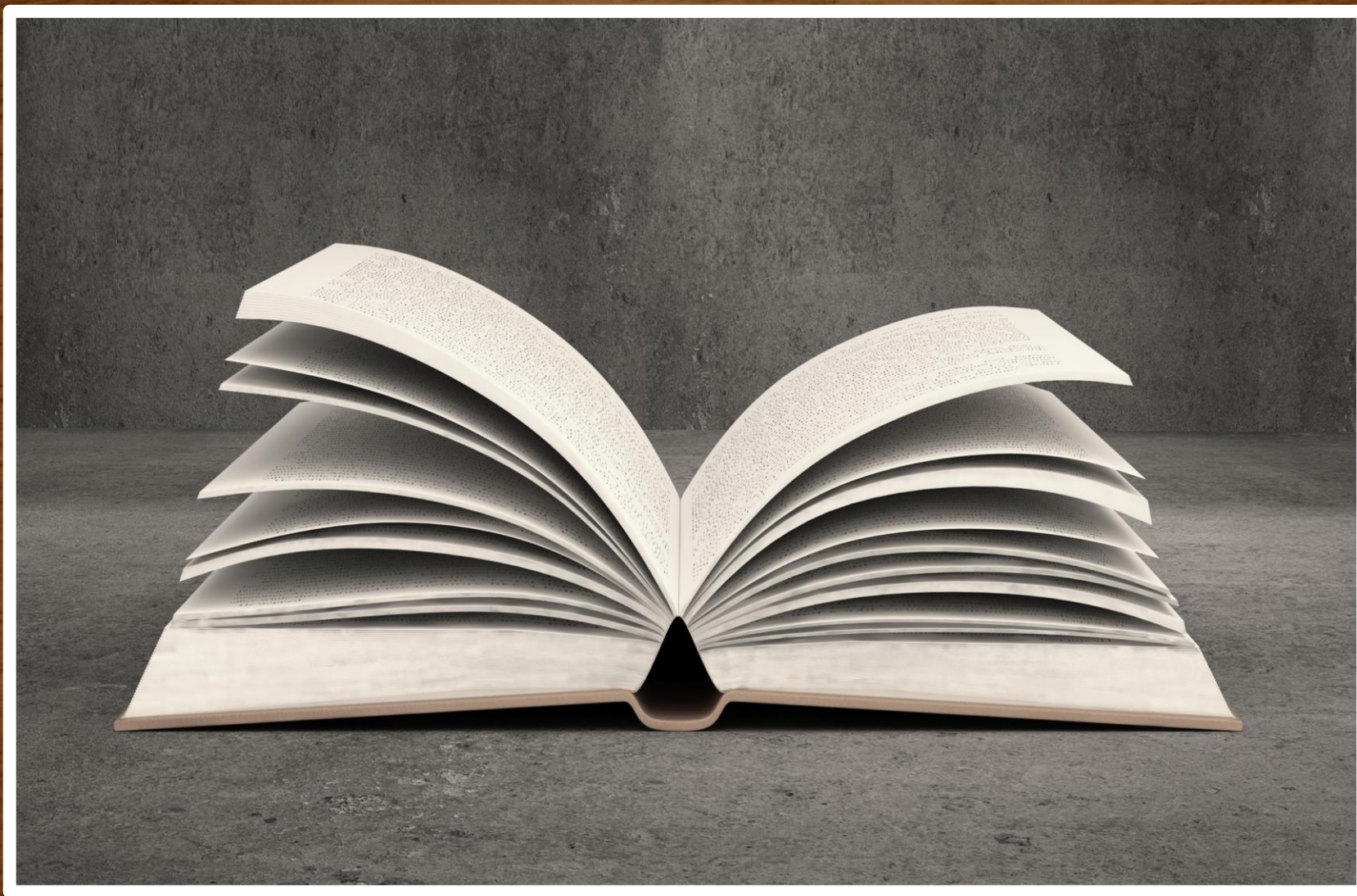
Attend & befriend.



The balcony view.



The calm within.



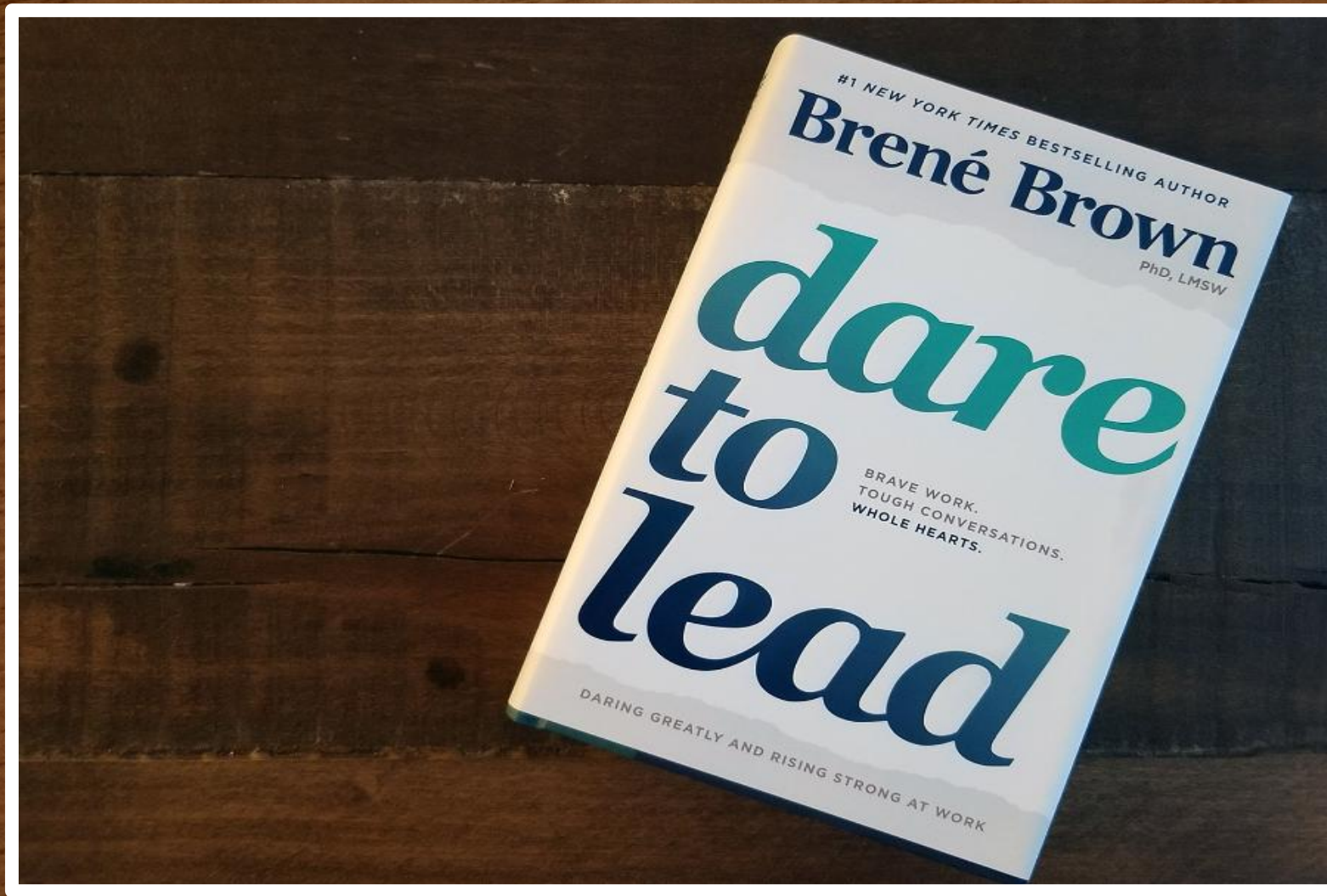
Listening to the story with a fresh perspective.



Curiosity.



We become our own source of support.



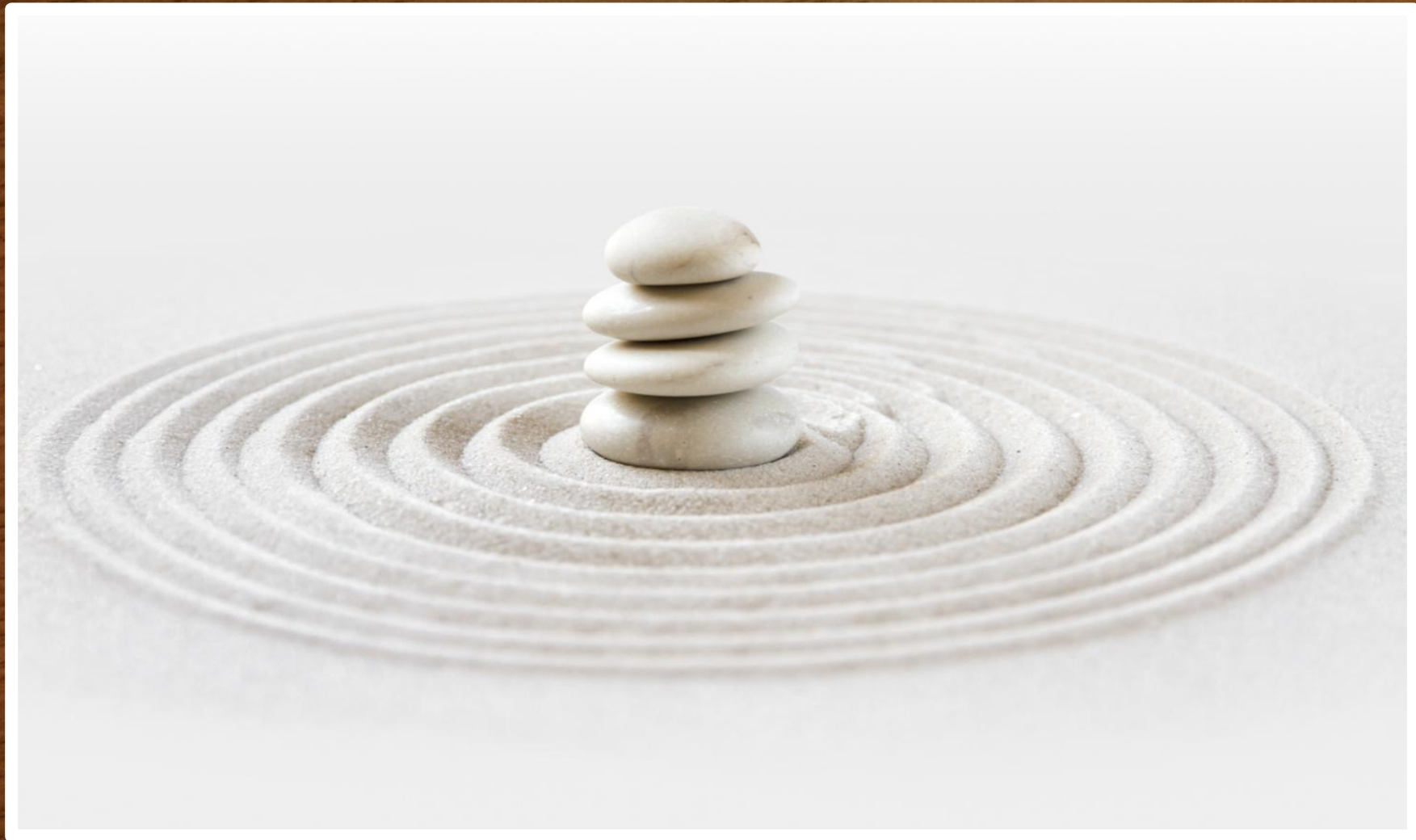
How we manage discomfort
shapes our perspective + presence.

*“Safety isn’t the
absence of threat,
but the presence of
connection.”*

– Dr. Gabor Maté



Safety is built through alliance.



The calm within.

- deepen breath
- lengthen exhale



- shallow breath
- lengthen inhale

Slowing it down vs. Revving it up.



Sympathetic revs you up.



Parasympathetic slows you down.



Getting your ground.

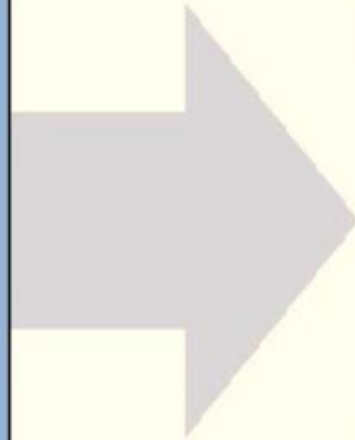


The balcony view.



L.O.O.K. Deeper Technique

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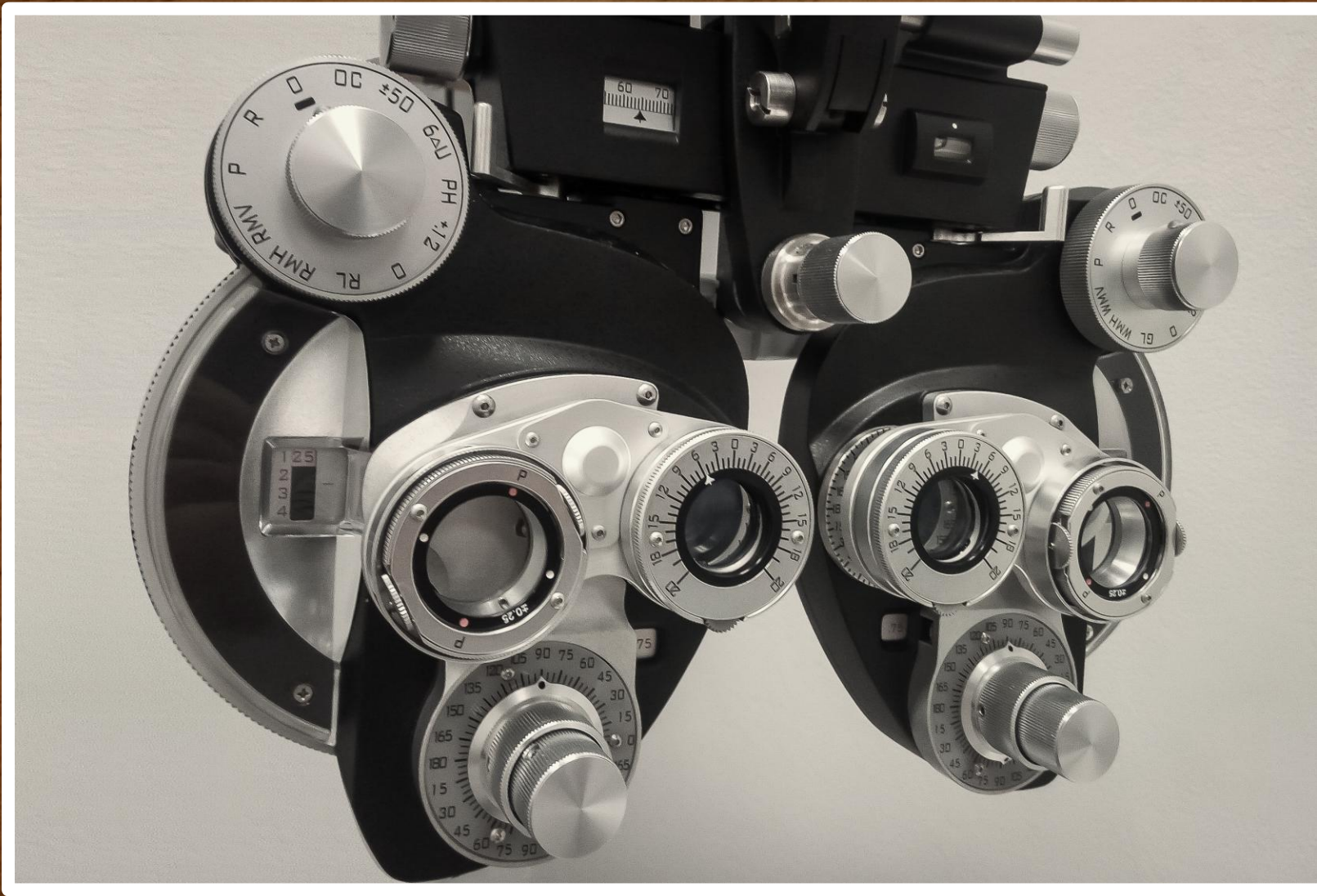
EQ x 2: social interaction.



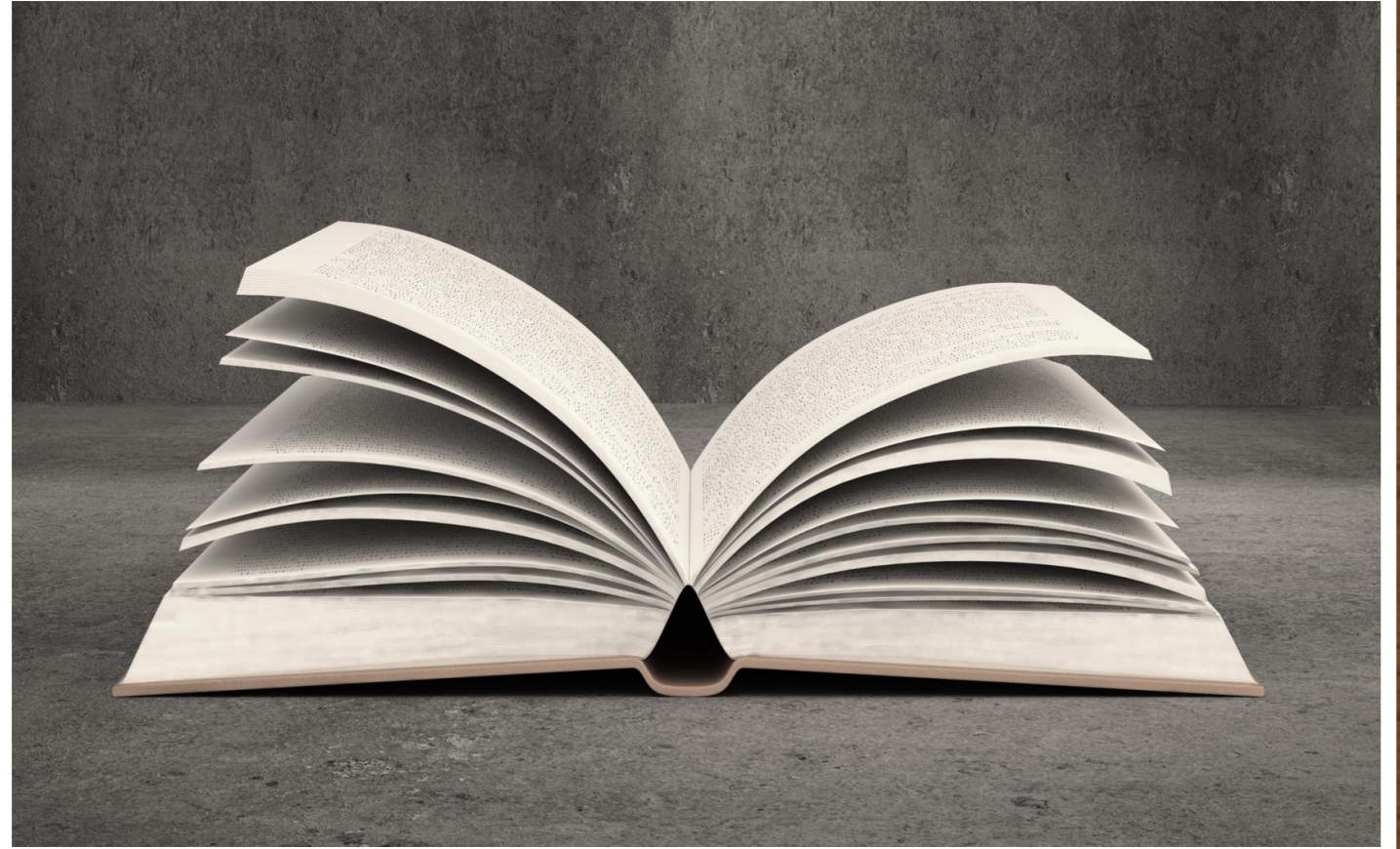
Navigating human interaction.



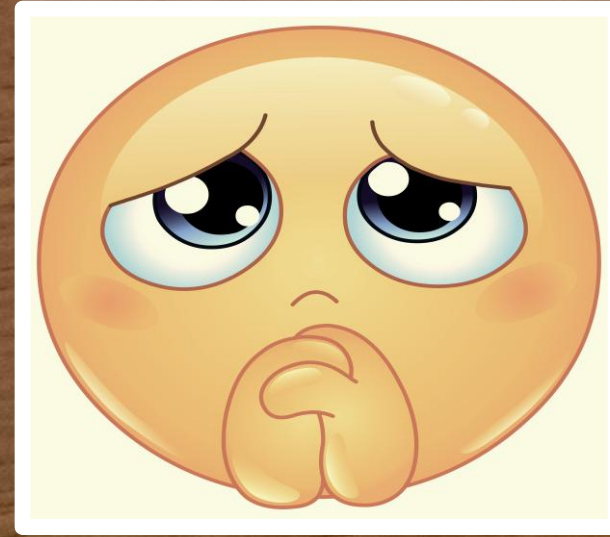
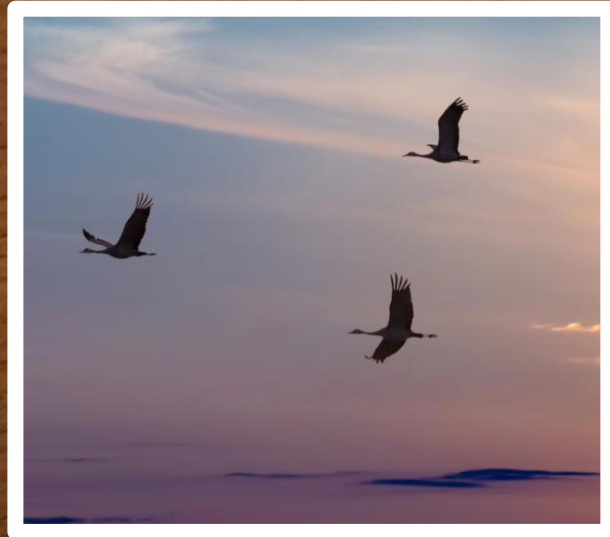
When perspectives get crossed.



Flipped lids distort our sight.



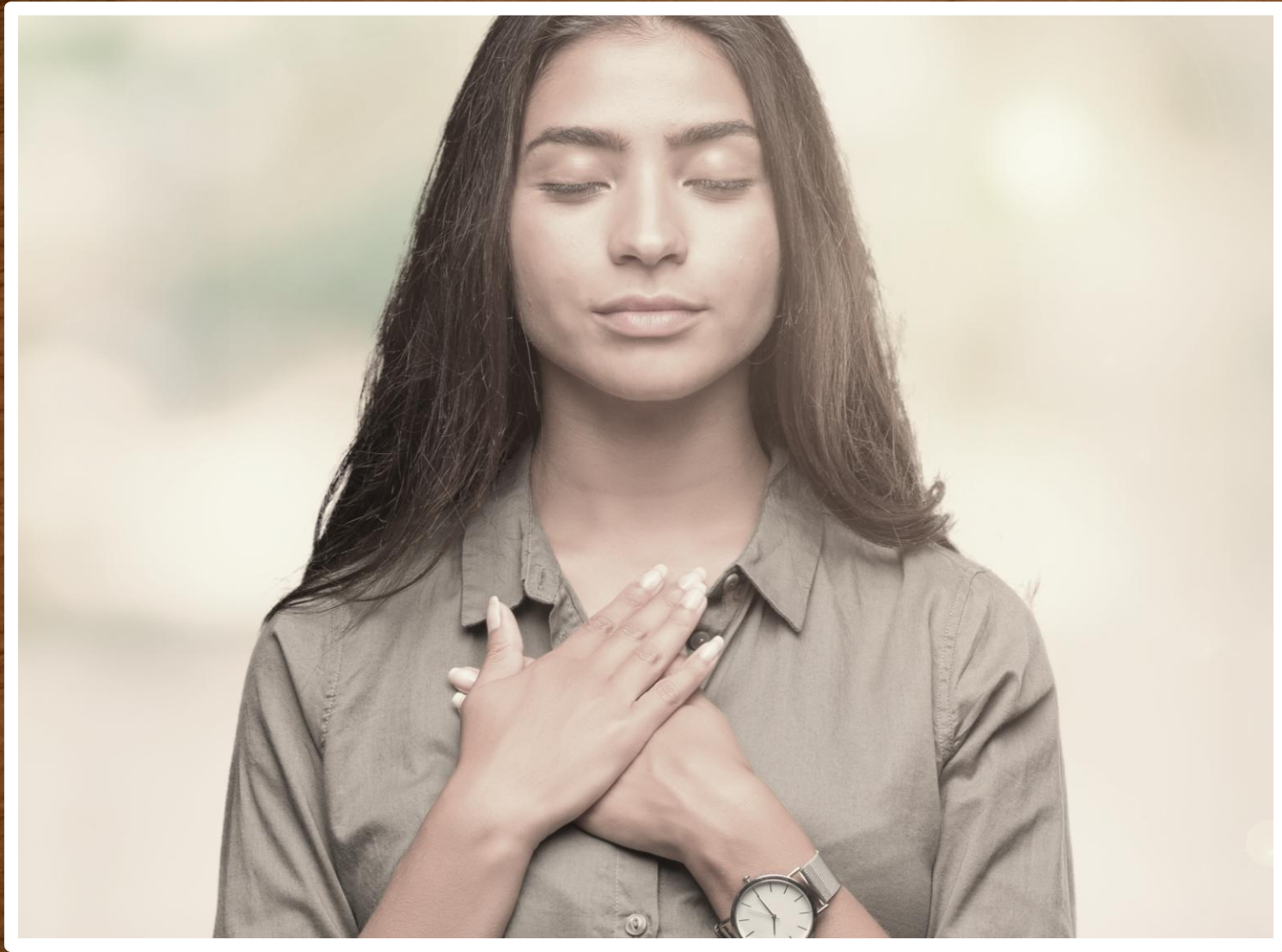
Stressed Mode:
The story runs the reactive show.



Fight, flight, freeze, appease.



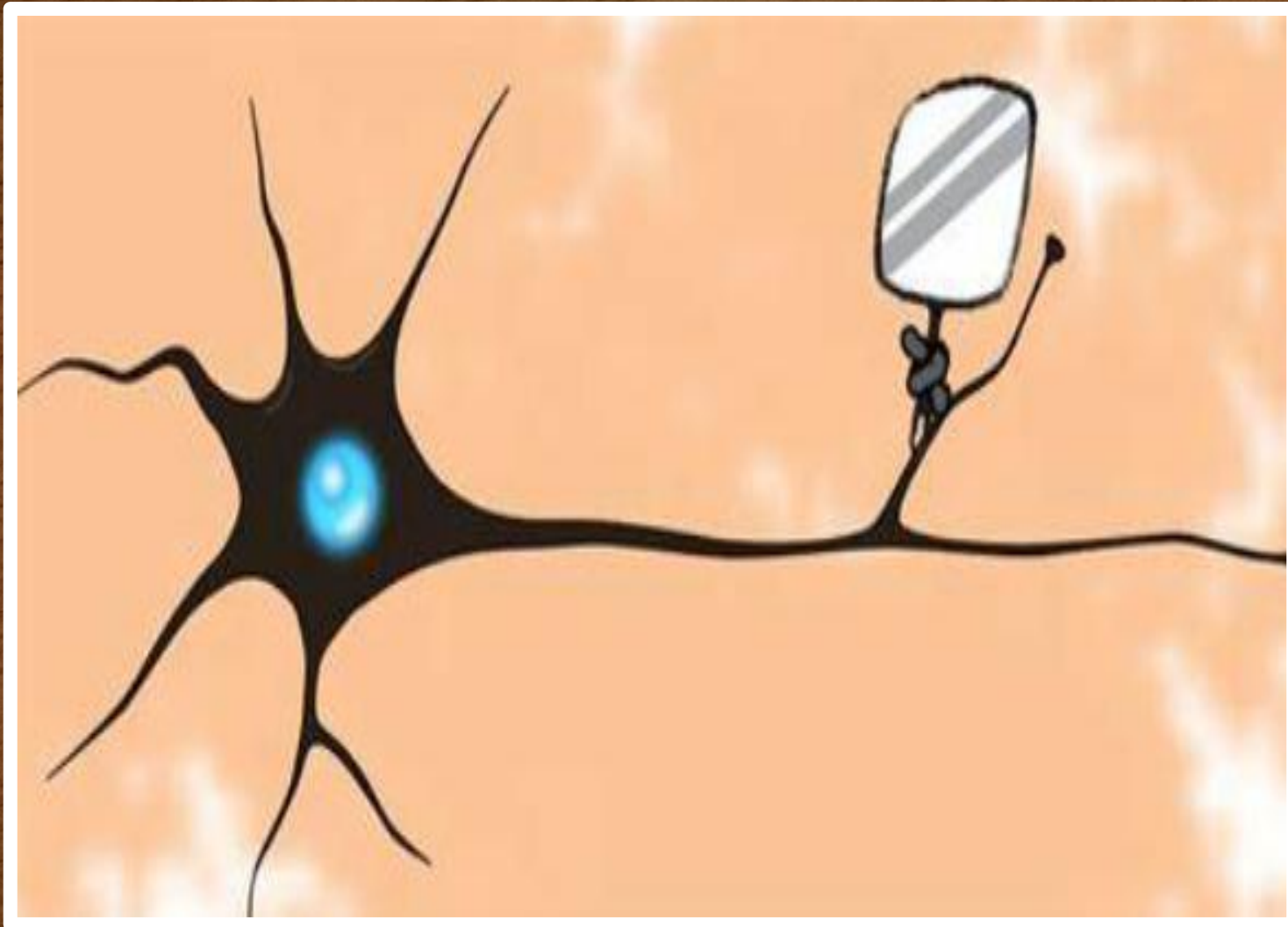
Self-Regulated Mode:
A fresh perspective on the story.



Attend & befriend.

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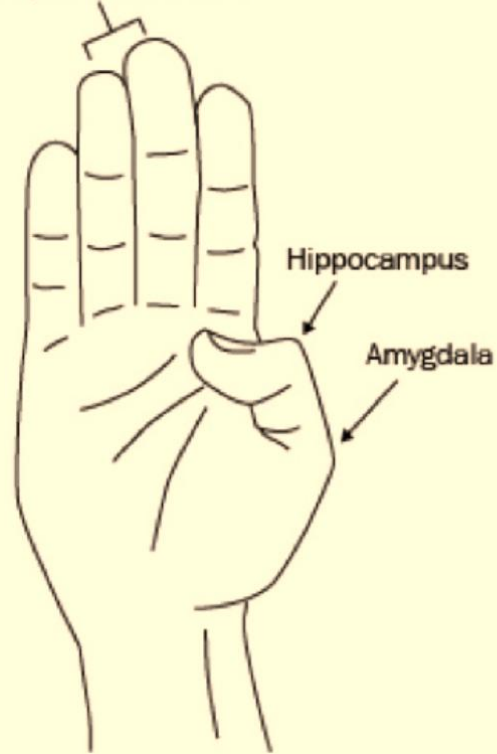


The mind is a mirror.

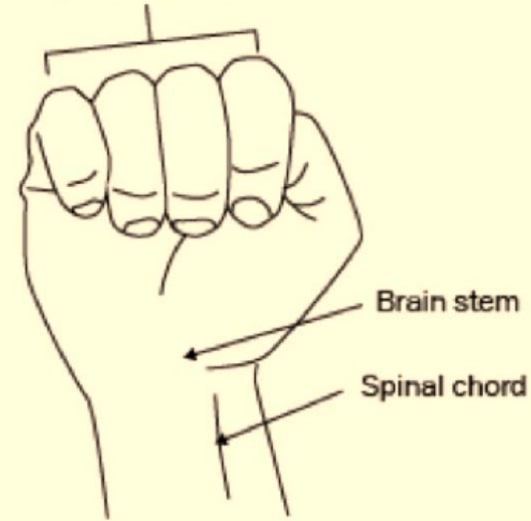


Your brain as a sponge.

Middle prefrontal cortex



Cerebral cortex



Hand model courtesy of Dan Siegel

A case of co-flipped-lid-itis.

A torn piece of white paper is centered on a bright yellow background. The paper has irregular, ragged edges, suggesting it has been torn from a larger sheet. On the white paper, the words "WHAT", "YOU", and "NEED" are printed in a bold, sans-serif font. "WHAT" and "YOU" are in black, while "NEED" is in red. The entire scene is framed by a dark brown, wood-grained border.

WHAT
YOU
NEED

Conflicting strategies to meet needs.



Unmet needs lead to offloading hurt.

*“Every criticism, judgment
... and expression of anger
is a tragic expression of an
unmet need.”*

– Dr. Marshall Rosenberg



Em(*Latin*): *to see through*
Pathy(*Greek*): *the eyes of the other*



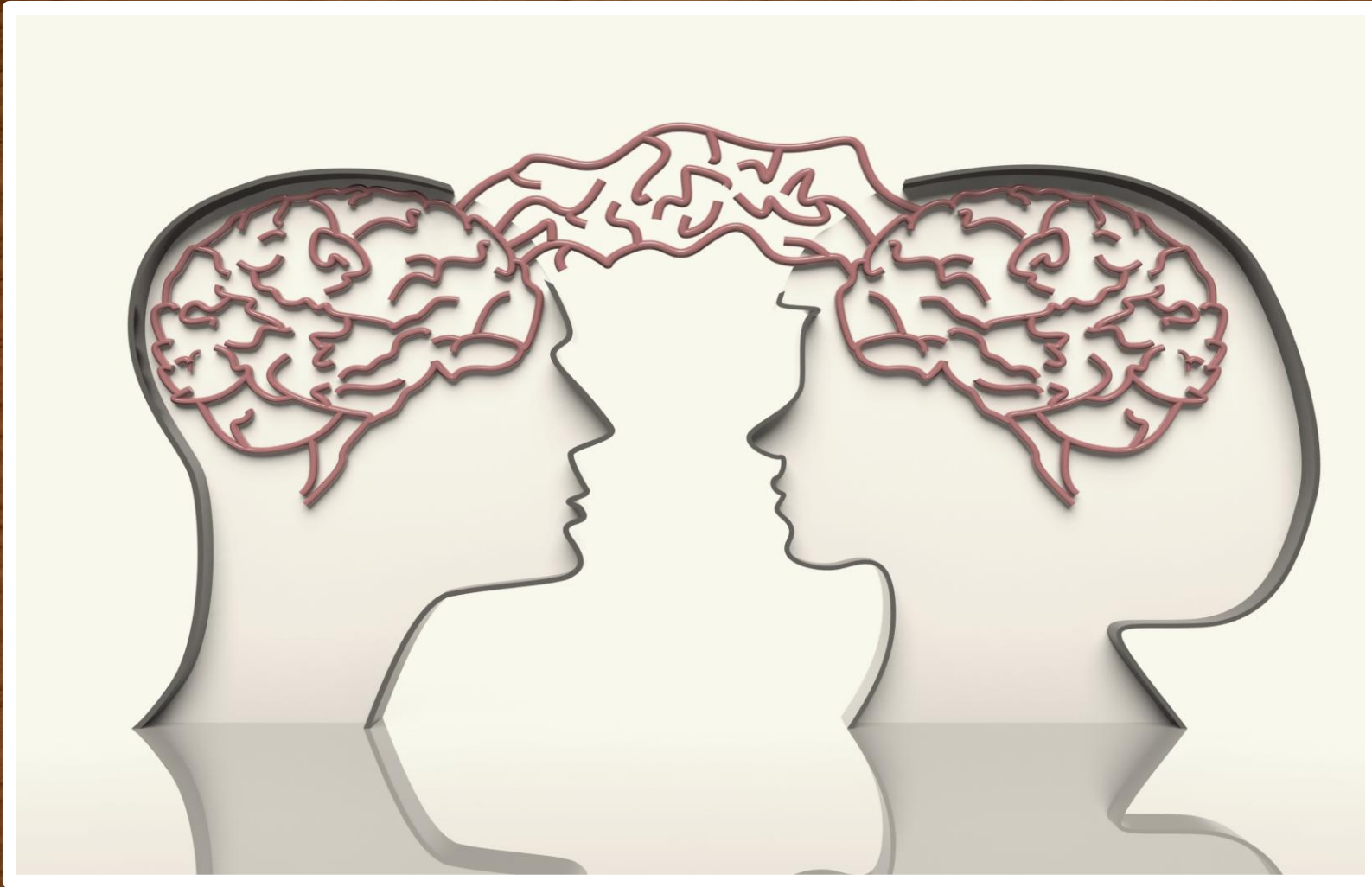
The pain is real.



To feel WITH + motivation for relief.



Check your location in the auditorium.



Two brains, one room:
Shared perspectives.



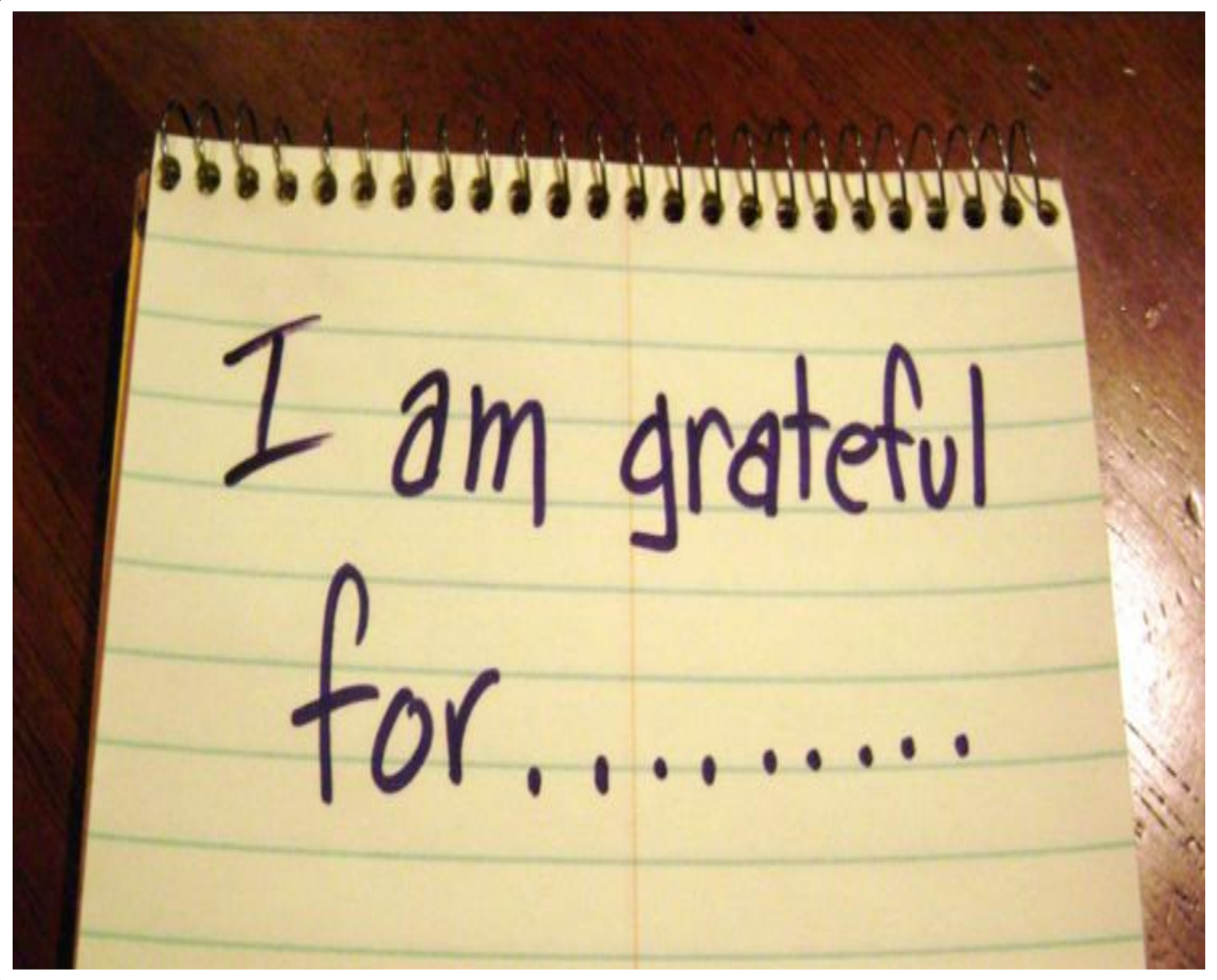
Before we can redirect, Connect.



Listen from the balcony.



The line between us.



I am grateful
for.....

Questions or comments?

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Sabrina@HeartintheMoment.com

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