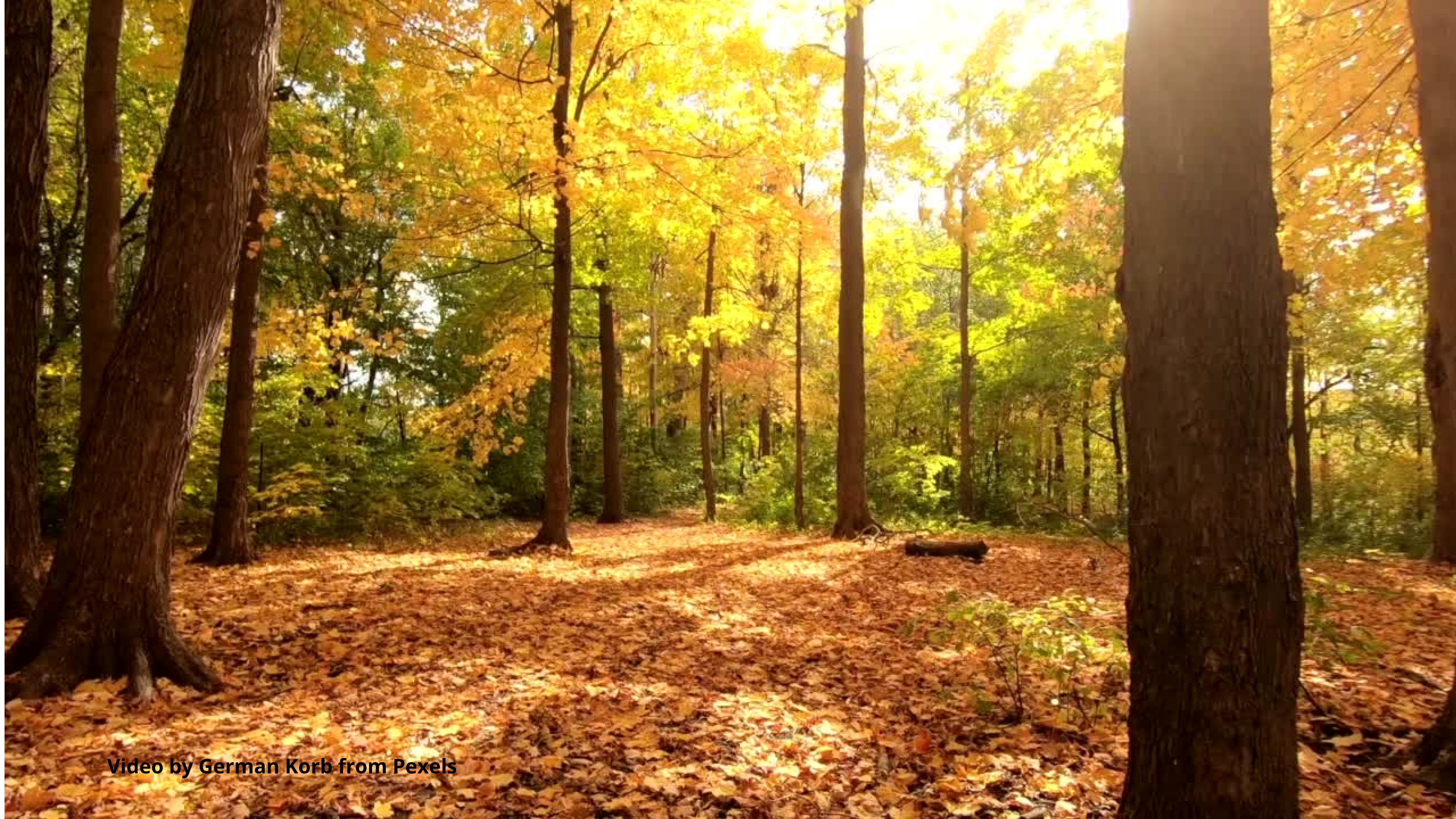


Emotional Intelligence in Nature

Leadership Lynchburg
September 16, 2021





Video by German Korb from Pexels

L e a d e r s h i p



E m o t i o n a l
I n t e l l i g e n c e



N a t u r e



J.WILLS
COACHING

Leadership

Be your best self and best leader.

What is the gap between where you are and where you want to be?





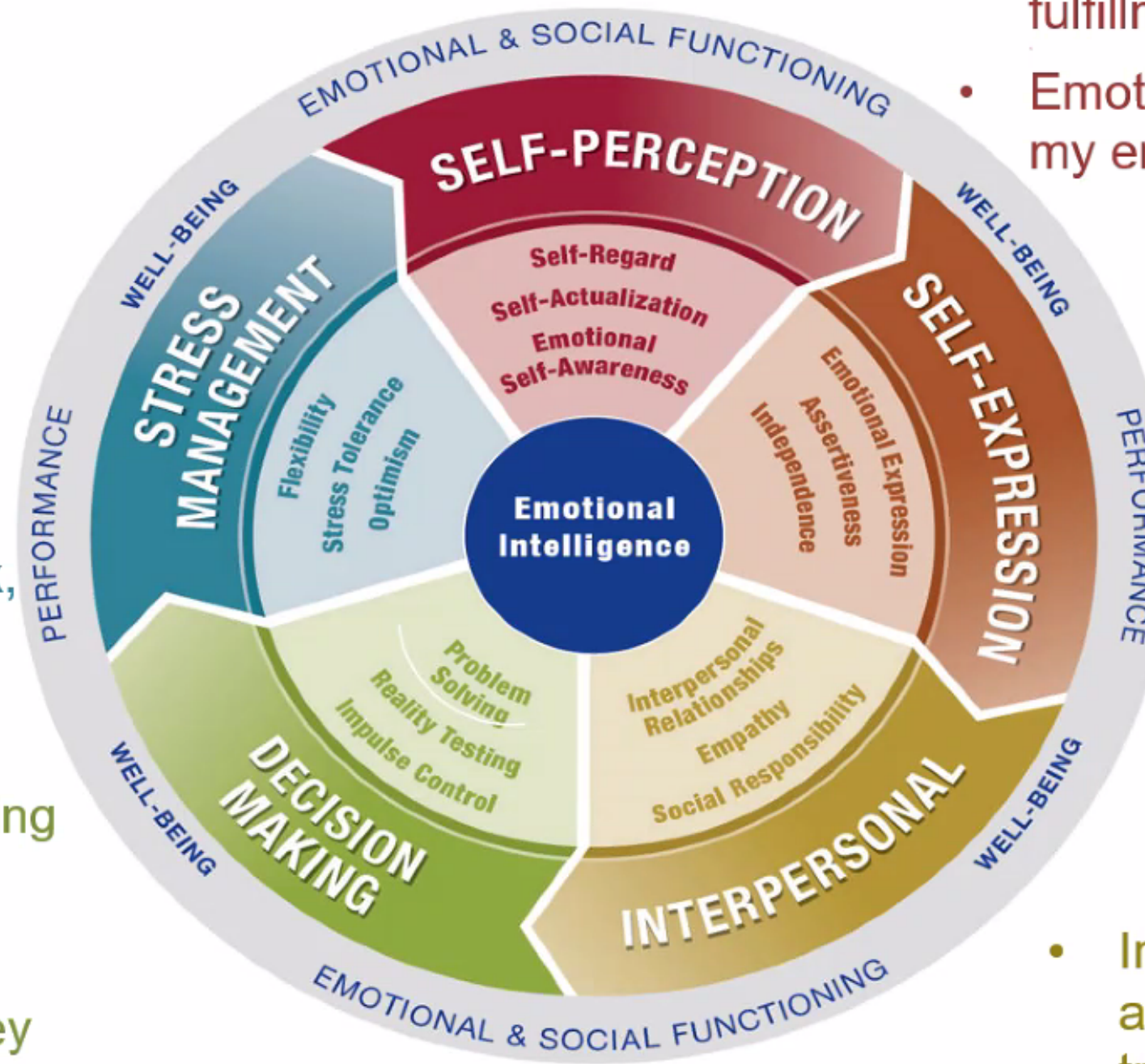
Emotional Intelligence

Emotional & social skills for relationships, coping with challenges, and using emotional information in an effective & meaningful way.

EQ-i^{2.0} Model

- Happiness - feeling satisfied, enjoying life, an indicator of overall well-being.

- Flexibility – adapting to change effectively
- Stress Tolerance – successfully coping with stressful situations
- Optimism – having a positive outlook, remaining hopeful and resilient
- Problem Solving – effectively managing and using emotions when solving problems
- Reality Testing – seeing things as they really are
- Impulse Control – ability to resist or delay impulses



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- Self-Regard – confidence, respecting oneself
- Self-Actualization – meaning, purpose, fulfillment, continuous development
- Emotional Self-Awareness – understanding my emotions, triggers and impact
- Emotional Expression – saying how you feel, transparent
- Assertiveness – standing up for yourself effectively without offending others
- Independence – standing on your own two feet, not over reliant on others
- Interpersonal Relationships – developing and maintaining relationships built on trust and compassion
- Empathy – recognizing, understanding and appreciating how others feel
- Social Responsibility – contributing to society / teams – Serve others

Leadership & Emotional Intelligence

1. Self-awareness

2. Stress-management

3. Empathy & Social Awareness

4. Interpersonal Relationships

5. Effective Communication & Self-expression



Nature & Emotional Intelligence

1. Relaxed mind & body: Self-awareness
2. Welcome the unpredictability: Stress management
3. Connect with something outside of self: Empathy





“At the end of the day, we come out in nature not because the science says it does something to us, but because of how it makes us feel.”

--David Strayer

The background of the image consists of several large, green, elongated leaves, possibly from a corn plant, arranged diagonally. The leaves have prominent parallel veins and are set against a soft, out-of-focus light blue sky. Overlaid on this background is white text in a clean, sans-serif font. The text is centered and reads: "Nature Roaming™ = Roam + Connect + Grow".

Nature Roaming™ =
Roam +
Connect +
Grow

Roam

- Focus on intention.
- Walk silently. Pay attention to your surroundings and yourself.
- What does nature tell you? What can you learn about yourself?

Connect

- Connect the dots between intention and what you realized during roam.
- Share with others what you've learned and learn from others. Connect with each other.

Grow

- Moving forward, what will you take with you?
- What are your goals after this activity?
- How will you achieve your goals?

Nature Roaming™

can
take
place
anywhere



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