

Success Its Not What You Think




Facilitator:
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Four Successful People

Pier 21 becomes a
National Historic Site







Dr. Peter Salovey and Dr. Jack Mayer's Definition

The ability to:

- Perceive emotions
- Access and generate emotions so as to assist thought
- Understand emotions and emotional knowledge.
- Reflectively regulate emotions so as to promote emotional and intellectual growth



Emotional Intelligence Is Not...

- Cognitive Intelligence (IQ)
- Aptitude
- Achievement
- Vocational Interest
- Personality
- Static - Results can change over time
- "Touchy-feely" hug me therapy

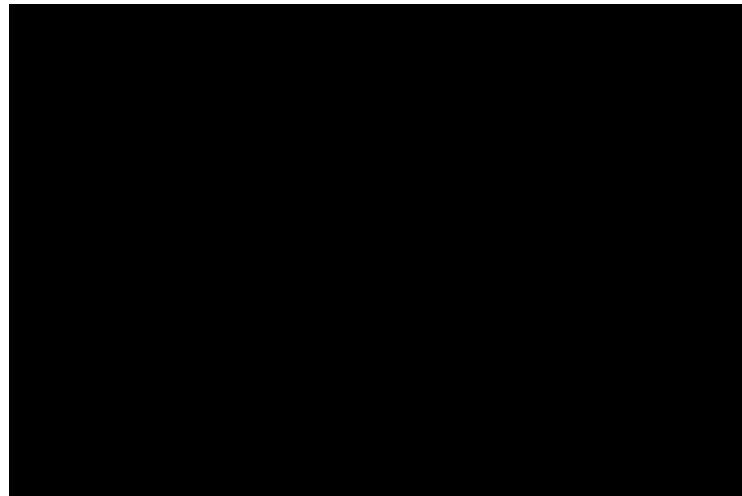


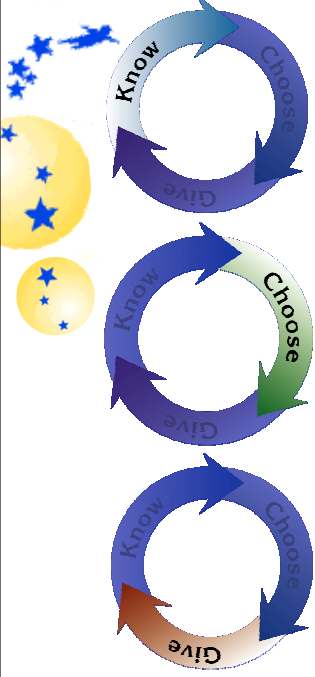
Emotions...

- Occur due to a change in the environment.
- Occur automatically and quickly.
- Change attention and thought.
- Motivate certain behavior.
- Serve an adaptive function.



The Marshmallow Test







What am I feeling?


What options do I have?

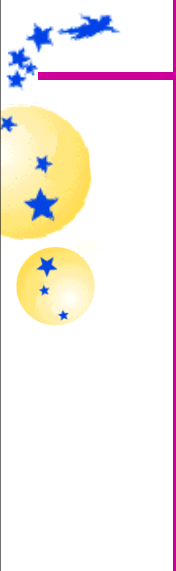
What's my empathic and principled choice?



How Well Do You Know Yourself?

- Are you reflective?
- How do you express anger?
- What do you do when you are anxious?
- Can you postpone gratification?
- Do you pay attention to feedback from others?
- Do you consider consequences?






Noble Goals Support Values

Universal Values

- honesty
- respect
- responsibility
- fairness (justice)
- compassion (love)

Institute for Global Ethics
www.globalethics.org



Canadian Farm Business
Management Council

Ruth Goldbloom



- Pier 21 National Historic Site
- Order of Canada



If I don't feel it I don't do it!

~ Ruth Goldbloom ~



Awareness



Emotions can be used as a source of information, motivation and change.



Recognizing Patterns



What are your patterns?

What do you do when you are:

- Celebratory
- Angry
- Frustrated
- Overworked
- Fearful



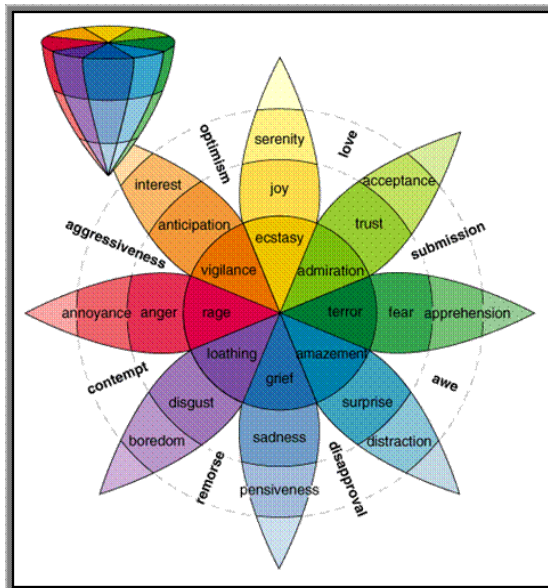


Paul Ekman's 7 Emotions

- Fear
- Anger
- Disgust
- Surprise
- Happiness
- Sorrow
- Contempt



The Emotional Map





Pete Lockett

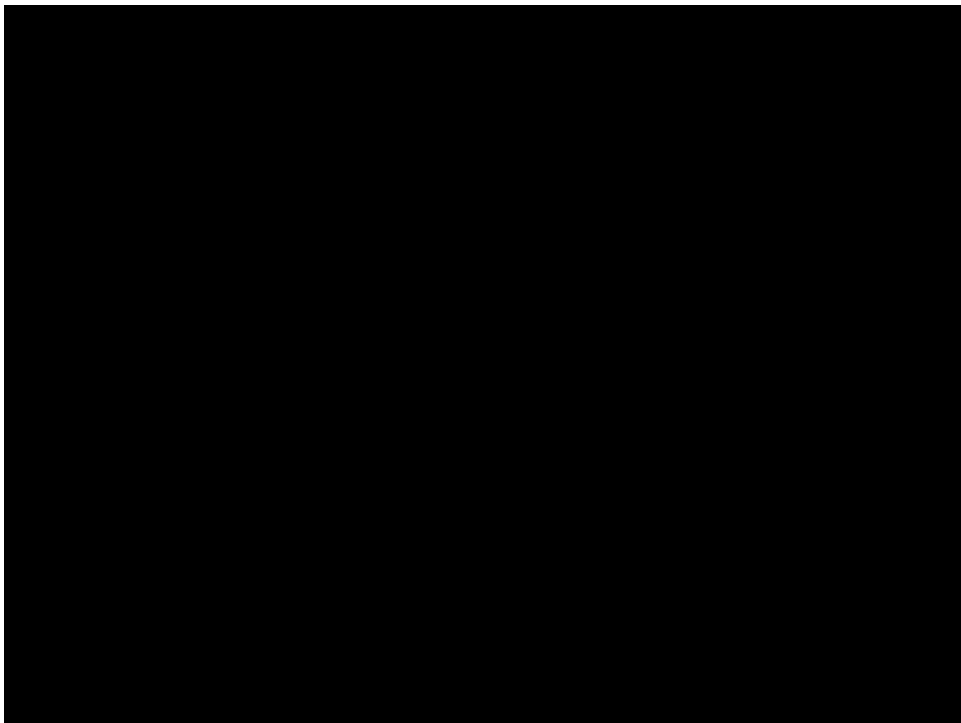
- 2003 Green Grocer of the Year
- International media personality
- Author

Two promotional images for Pete Lockett. The left image shows him in a floral shirt holding produce, with the text "fresh ideas for growth" and "unique". The right image shows him in a blue shirt and apron holding a tomato, with the text "fresh ideas for growth" and "humourous". In the bottom right corner, there is a logo for the Canadian Farm Business Management Council.



What Makes Us Happy?

- Wealth
- Education
- Youth
- Marriage
- Faith
- Friends



Laughter



Laughter is the
shortest distance
between two
people.
~ Victor Borge ~

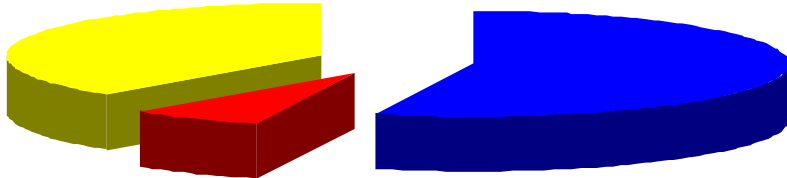


Dementorology



Communication

- Visual**
- Verbal**
- Vocal**



Empathy



Lieutenant Governor Myra Freeman



- First female Lieutenant Governor in Nova Scotia
- First Jewish person in Canada to hold the office
- First teacher to hold the office




Five Steps to Empathy




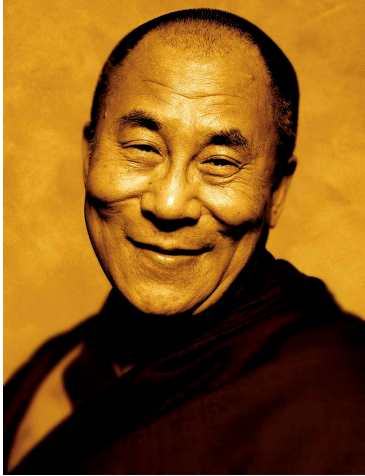
1. Recognize body language
2. Listen
3. Notice the Pain
4. Respond verbally
5. Respond with action





If you want others to be happy, practice compassion. If you want to be happy, practice compassion.


~ Dalai Lama ~



Fred MacGillivray


- President & CEO of the Trade Centre Limited
- Driving force behind World Junior Hockey Championships & bid for Commonwealth games in 2014 in Halifax





Testing for Trust

- Body Scan
- Quick Think
- Heart Check



Earning Trust

- Commitment
- Caring
- Consistency
- Competence



Optimists



Optimism

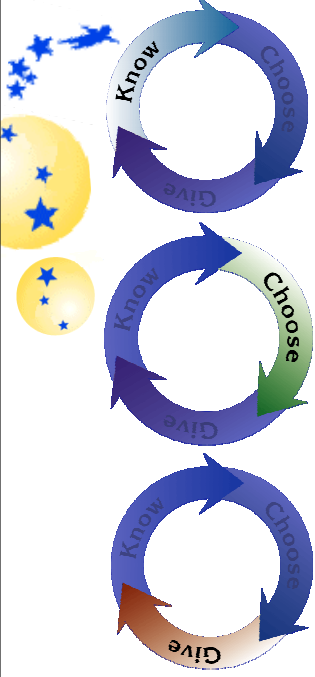
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Reality

=

Resiliency






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Canadian Farm Business Management Council



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