



Increasing Your Child's Success by Modelling Emotional Intelligence

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Belly Breathe!



Minnesota Communities Caring for Children

- Awareness and Education – Understanding NEAR Science
- Community Engagement – Building Self-Healing Communities
- Parent Support – Circle of Parents
- Leadership Development – Parent Leaders for Child Safety and Permanency
- Founded in 1979, also known as Prevent Child Abuse Minnesota



Objectives

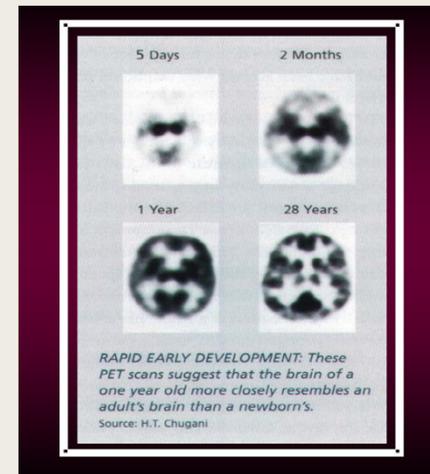
- To understand basic brain architecture and its impact on our parenting and our children
- Understand the basics of Emotional Intelligence
- Understand the impact of Emotional Self-Regulation on ourselves and our children

Reminders

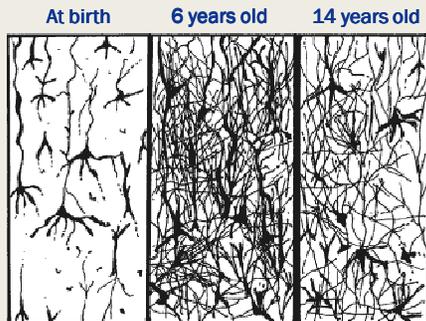


Many of the references to our physiology are simplified for the purpose of this presentation.

Multiple sources of research and theory are provided at the end for the participant to explore on their own.

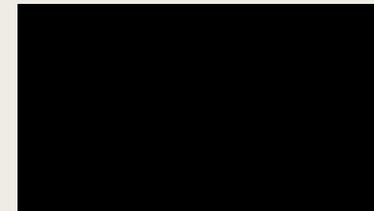


Synaptic Density



Synapses are created with astonishing speed in the first three years of life. For the rest of the first decade, children's brains have twice as many synapses as adults' brains. *Drawing by H.T. Chugani.*

Hand Model of the Brain – Dr. Dan Siegel





Our Brain

- Adapts to our Environment
- Is interactive – Serve and Return
- Uses a lot of energy to build a new pathway
- Conserves energy by wiring automatic responses
- Is Wired for Fear and Survival
 - Fight, Flight, Freeze
 - Cortisol and Adrenaline increase strength, stamina, speed, reaction time and focus; decrease thinking capacity

Early Trauma (or health!) has lifelong impact



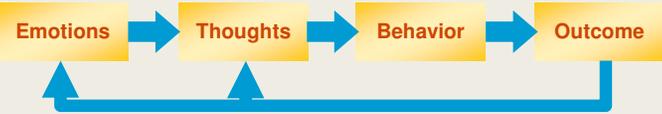
Key Points

- Emotional Habits are wired early on
- Many emotional habits happen quickly and automatically
- With Practice we can choose and rewire new habits
- Learning to pause is key to choosing responses
- Questions?



Why Emotional Intelligence Matters

- Emotions drive thoughts
- Thoughts drive behavior
- Behavior drives results / outcomes



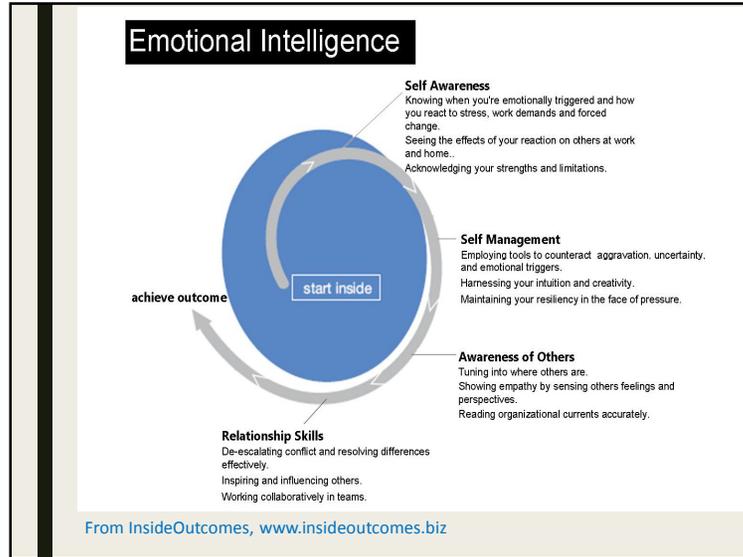
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    graph LR
      Emotions --> Thoughts
      Thoughts --> Behavior
      Behavior --> Outcome
      Outcome --> Emotions
      Outcome --> Thoughts
    
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Why Do Smart People Fail?

<p>Intellectual Capability (IQ) knowledge and technical expertise are threshold competencies</p>	<p>Emotional Intelligence (EI) is the differentiating factor in success</p>
<p>Only one cognitive ability, Pattern Recognition, differentiated outstanding leaders</p>	<ul style="list-style-type: none"> • 90% of the difference between outstanding and average leaders were linked to EI • EI is two times as important as IQ and technical expertise combined • EI is four times as important in terms of overall success



- ## Self Awareness Tool: Developing Emotional Literacy
1. Recognizing a feeling as it happens is the keystone of emotional intelligence.
 2. Notice and name emotions – use emotional literacy list. <http://www.cnvc.org/Training/feelings-inventory> (practice now)
 3. Create a time for daily check in on emotions and impact on self.
 4. Ask a partner or good friend to tell you what they see.

Feelings Inventory - When your needs ARE being met

AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated HOPEFUL expectant encouraged optimistic CONFIDENT empowered open proud safe secure EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant GRATEFUL appreciative moved thankful touched INSPIRED amazed awed wonder JOYFUL amused delighted glad happy jubilant pleased tickled EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting REFRESHED enlivened rejuvenated renewed rested restored revived

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Feelings Inventory - When your needs are NOT being met

AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked ANGRY enraged furious incensed indignant irate livid outraged resentful AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky YEARNING envious jealous longing nostalgic pining wishful

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Creating a Pause



“Freedom is the ability to pause between stimulus and response **and in the pause** to choose.”

Rollo May

From Self Awareness to Self Management



Self awareness is the first step in creating the PAUSE

Knowing and owning triggers

Self management creates space for the pause, resulting in having CHOICES on how to react

Cross Your Arms



Practice Makes the Awkward Possible

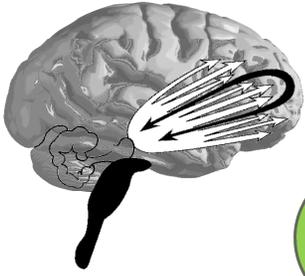
WIIFM*



- What new habits do you want to practice?
- What do you want to be able to do easily in tough situations?

** what's in it for me?*

Neural Highways under Construction



Our brain continues to adapt to our environment throughout life! With practice we can rewire.

Serve and Return Interaction Needed

Picture From Jacobs-Stewart, Paths Are Made by Walking



Self Management Tools

- Breath
- Mindfulness
- Self-kindness
- Going to the Balcony/Bird's Eye View
- Keeping the End in mind
- Integrating: How we tell our story
- Giving the Amygdala a hug when “flipping your lid”
- What do you already know works for you?

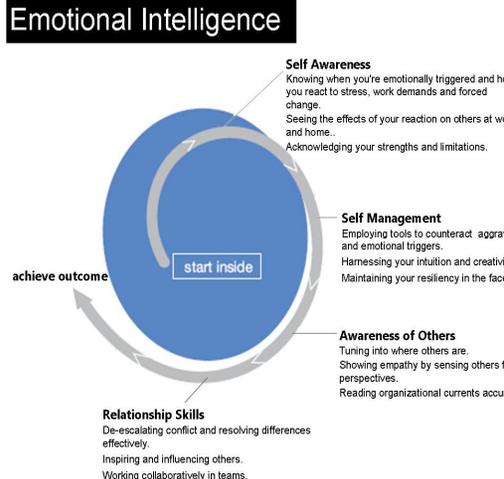


Quieting the Mind Practices

- *Meditation*
- *Exercise*
- *yoga*
- *music*
- *prayer*
- *nature*
- *pets*
- *spiritual practices*
- *Ti Chi/Qigong*



Emotional Intelligence



Self Awareness
Knowing when you're emotionally triggered and how you react to stress, work demands and forced change.
Seeing the effects of your reaction on others at work and home.
Acknowledging your strengths and limitations.

Self Management
Employing tools to counteract aggravation, uncertainty, and emotional triggers.
Harnessing your intuition and creativity.
Maintaining your resiliency in the face of pressure.

Awareness of Others
Tuning into where others are.
Showing empathy by sensing others feelings and perspectives.
Reading organizational currents accurately.

Relationship Skills
De-escalating conflict and resolving differences effectively.
Inspiring and influencing others.
Working collaboratively in teams.

From InsideOutcomes, www.insideoutcomes.biz

Awareness of Others



- Notice when others are triggered. Are you triggered in response to their trigger?

Reflect



- How do you hope this information will impact your interactions with children and youth in your life?
- Lock it in: Adults learn best by sharing what we learn – what do you want to keep from this workshop? Who will you tell about it?

Protective Factors



- Parental Resilience
- Social Connections
- Concrete Supports in Times of Need
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children

Strengthening Families Protective Factors – Center for the Study of Social Policy www.cssp.org

To explore further:

Resources, Authors and Major Contributors

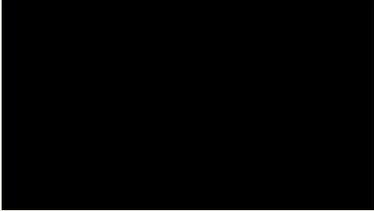


- Daniel J Siegel, M.D. and Tina Payne Bryson, Ph.D., *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*
www.drdansiegel.com
- Chade-Meng Tan, *Search Inside Yourself: The Unexpected Path to Achievement, Success, Happiness (And World Peace)*
- *Emotional Intelligence*, Daniel Goleman
- InsideOutcomes.biz
- National Scientific Council on the Developing Child



www.pcamn.org

Just Breathe.....



THANK YOU!!

www.pcamn.org

www.lifebalance-solutions.org

