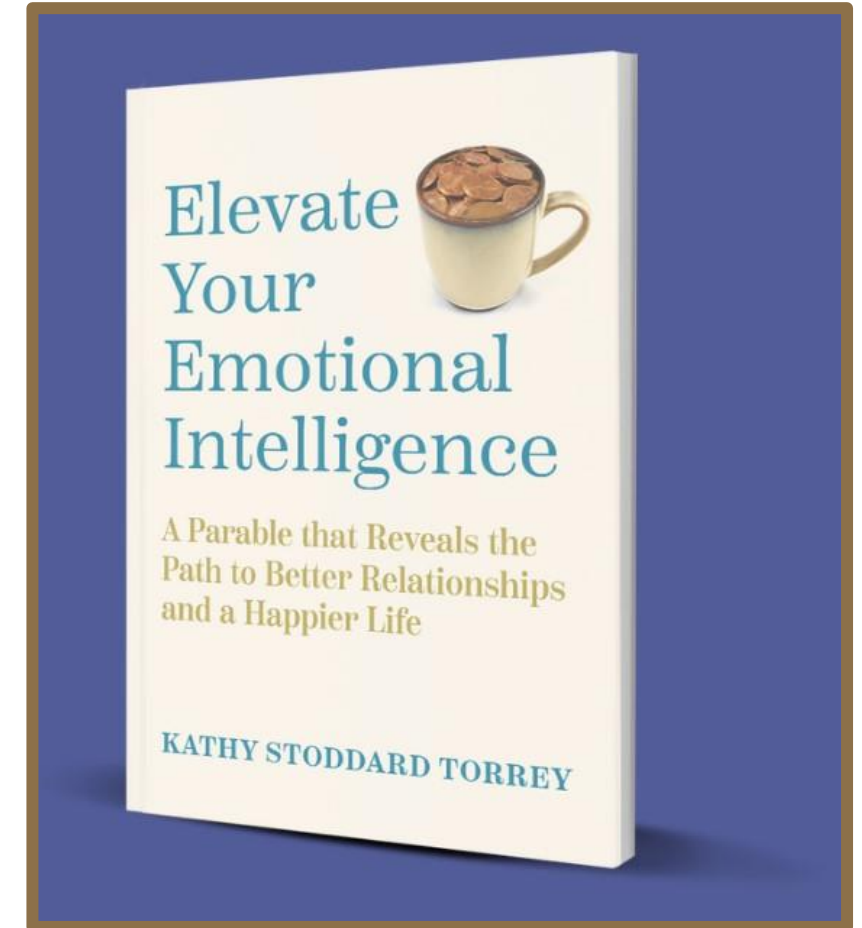

Positive Effect Leadership™

Five Steps to Elevate Your Emotional Intelligence

KathyStoddardTorrey.com



Positive Effect Leadership™

	AWARENESS	MANAGEMENT
SELF	Self-Awareness	Self-Discipline
OTHERS	Relationship Awareness	Relationship Management

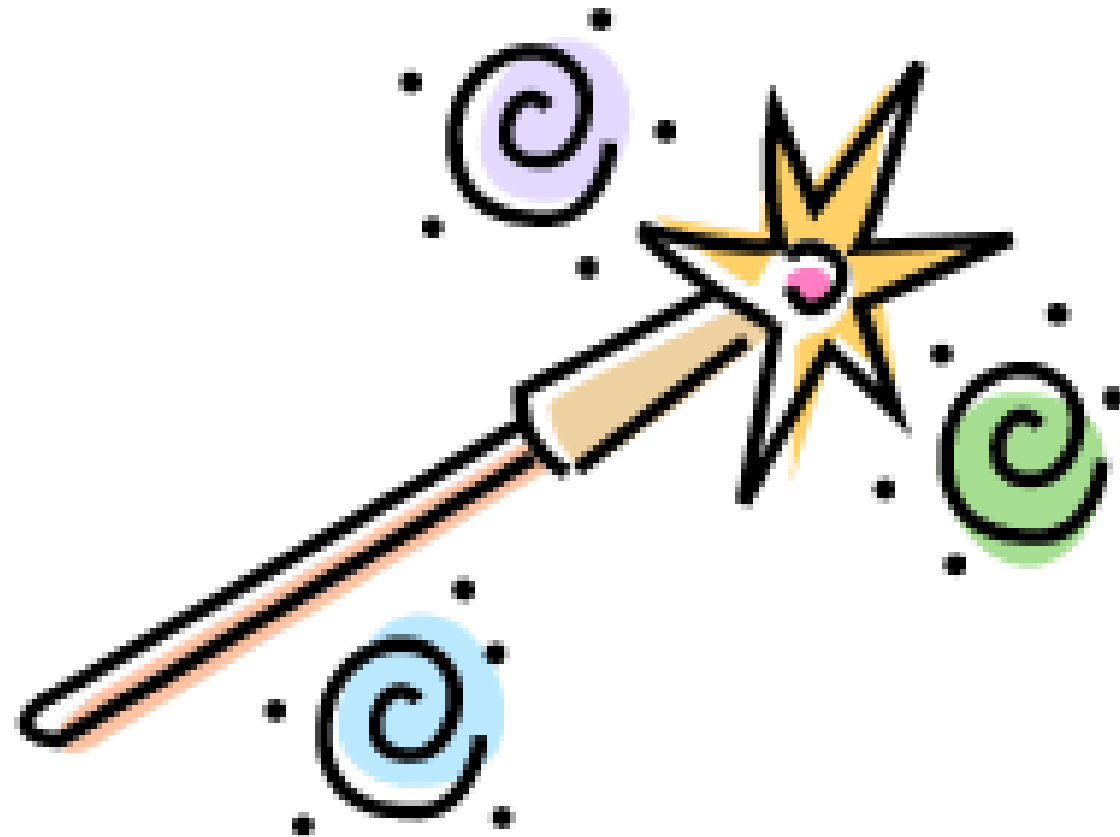
Five Steps to Elevate Your Emotional Intelligence

Get Ready

- 1. Know Yourself**
- 2. Determine the Desired Outcome**
- 3. Read the Room**
- 4. Listen More, Talk Less**
- 5. Create a Peaceful Foundation**

Five Steps to Elevate Your Emotional Intelligence

Get Ready

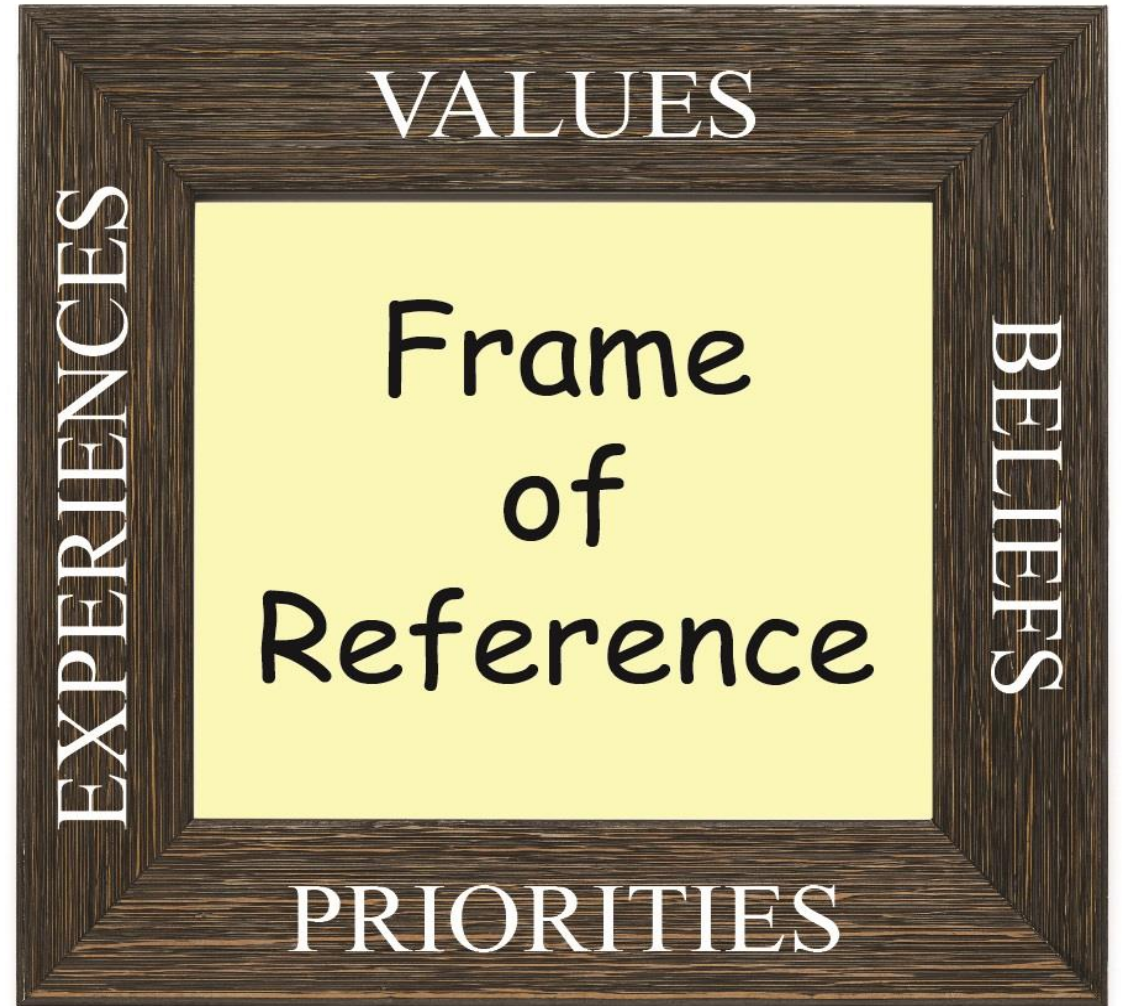


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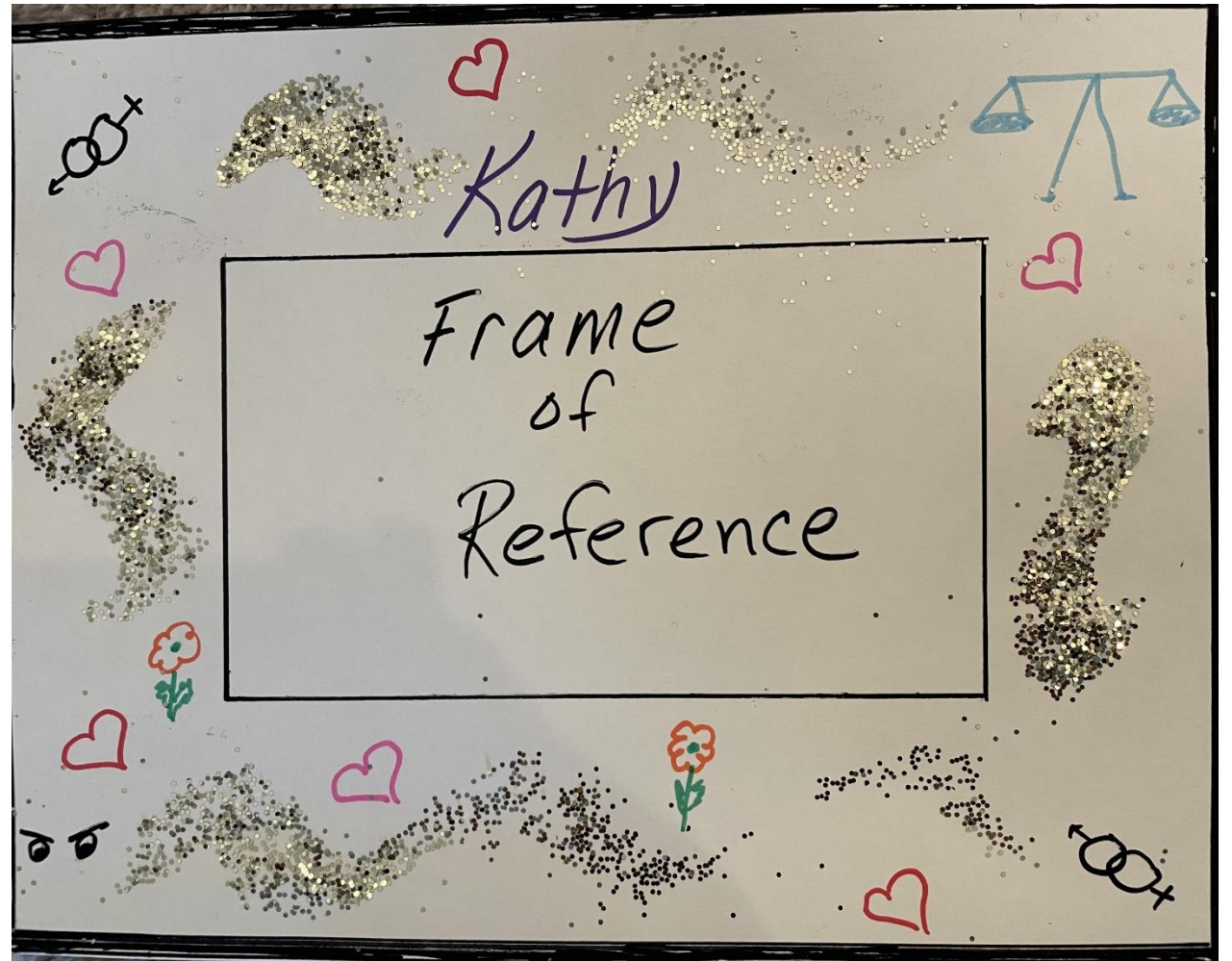
Five Steps to Elevate Your Emotional Intelligence

1. Know Yourself



Five Steps to Elevate Your Emotional Intelligence

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1. Know Yourself



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2. Determine the Desired Outcome



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3. Read the Room



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4. Listen More, Talk Less



4. Listen More, Talk Less

- **Be fully present**
- **Don't send solutions**
- **Ask curious questions**
- **Listen for facts and feelings**

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Five Steps to Elevate Your Emotional Intelligence

5. Create a Peaceful Foundation



Five Steps to Elevate Your Emotional Intelligence

**5. Create a
Peaceful
Foundation**



Three Autonomic Nervous System States

- **Ventral Vagal (Victory)**
- **Sympathetic Nervous System (Superman on high alert)**
- **Dorsal Vagal (Down in a hole)**

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