



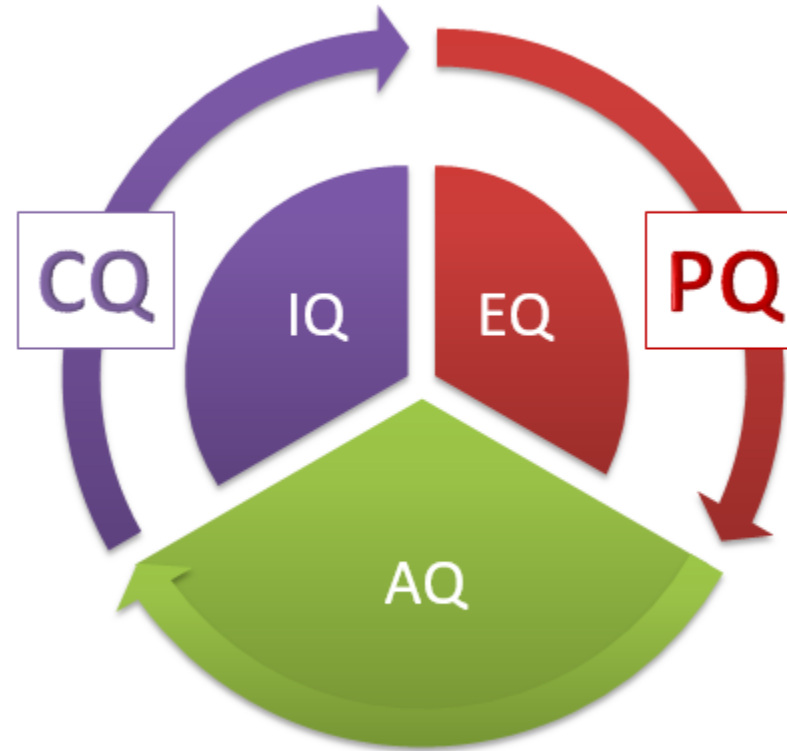
# EI for Navigating Tough and Versatile Environments

Cecellia Shammim Saidi

Psychotherapist and Certified Life Coach



# $f_x$ WINNING FORMULA



PQ – **P**assion  
EQ – **E**motional  
AQ – **A**dversity  
CQ – **C**uriosity  
IQ – **I**ntelligence

DETERMINATION



FOCUS

me



mom



PERSISTENCE





90%

*of top performers  
have high EQ*



*EQ is responsible for*

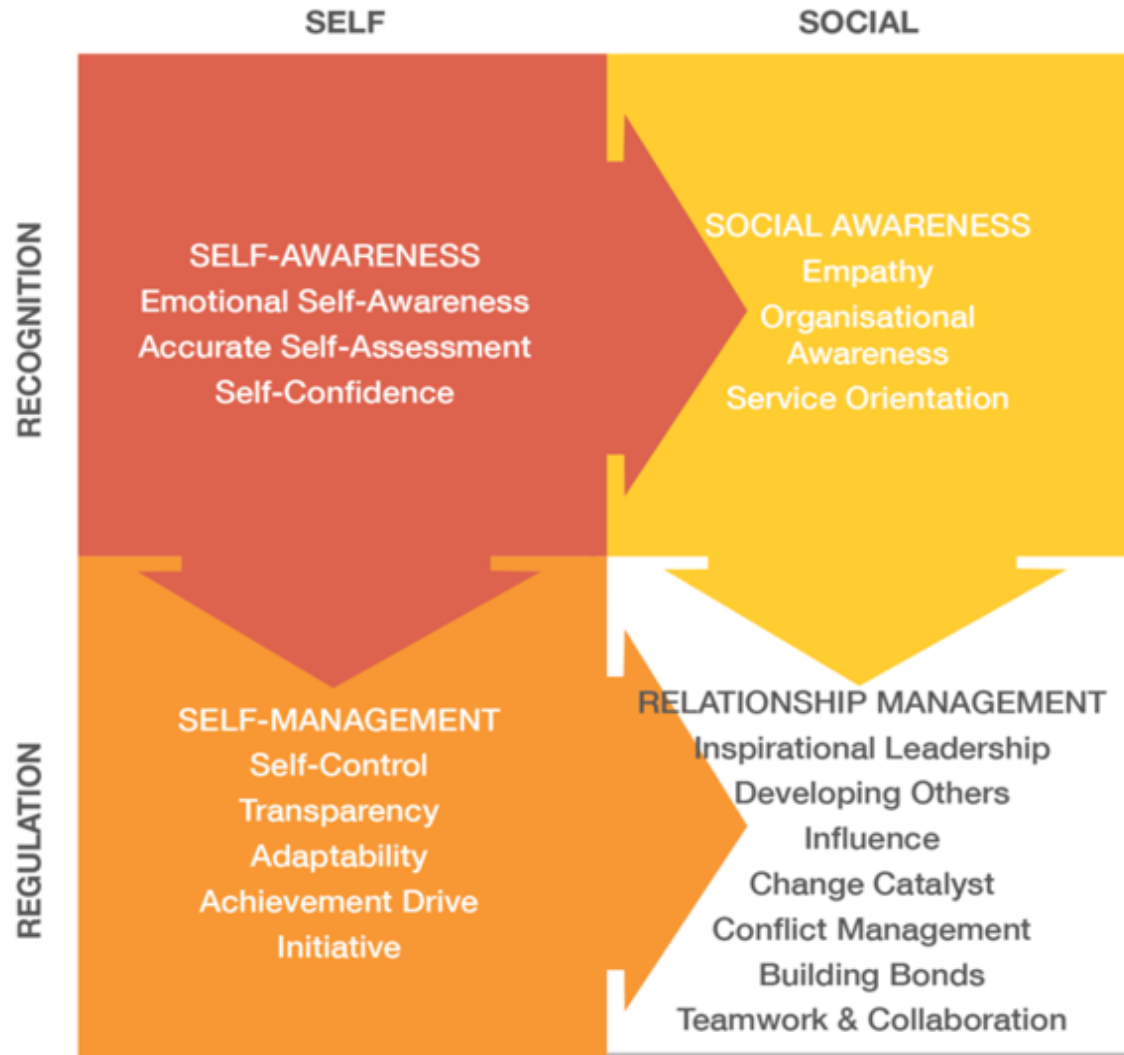
58%

*of your job  
performance*



\$29,000

*People with high EQ  
make \$29,000 more  
annually than their  
low EQ counterparts*



ME

YOU

AWARENESS

SELF-AWARENESS

Who am I?

SOCIAL AWARENESS

Who are you?

EI

DEVELOPMENT

SELF-DEVELOPMENT

How can I improve?

RELATIONSHIPS  
DEVELOPMENT

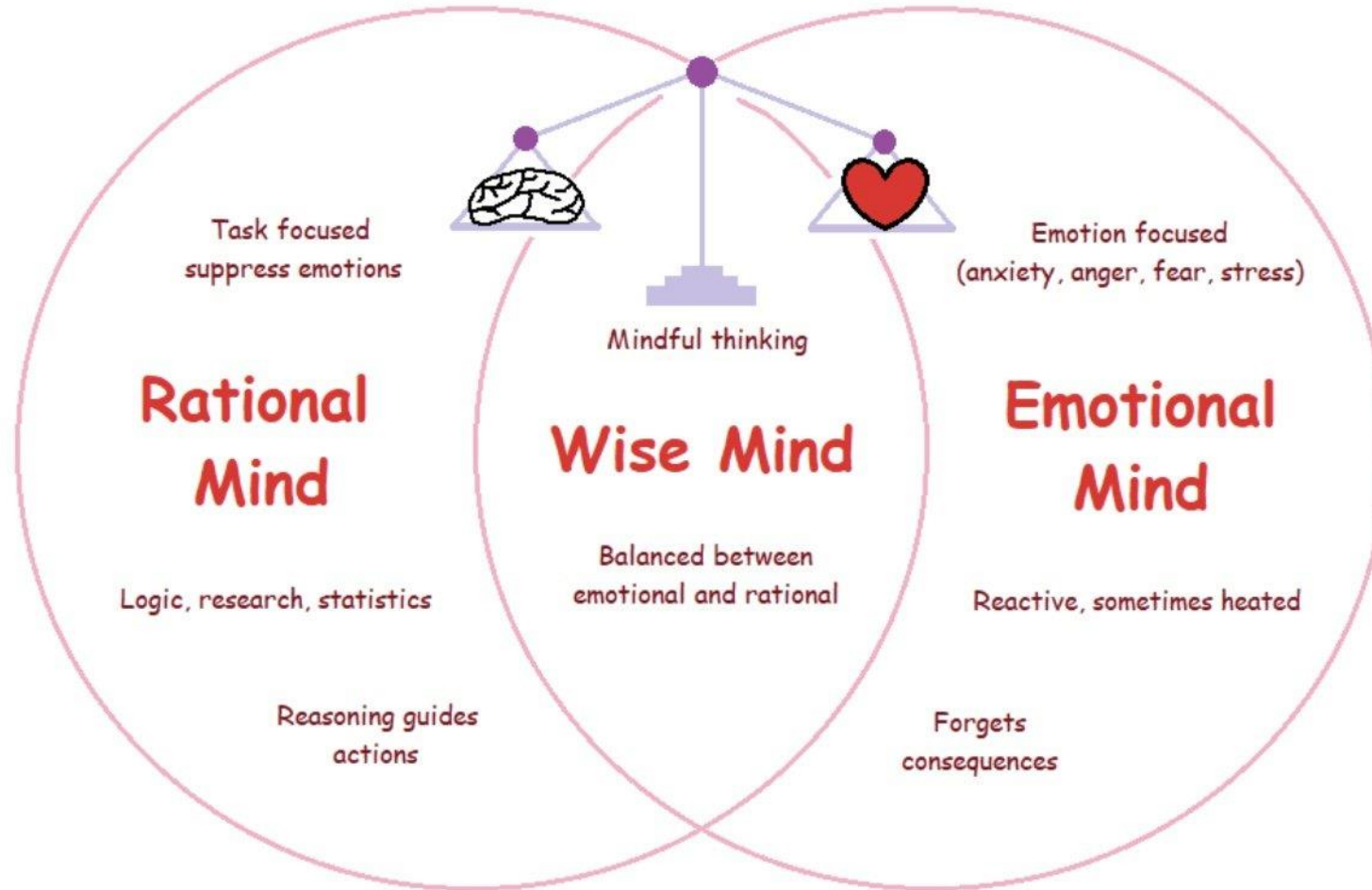
How can we thrive together?

US

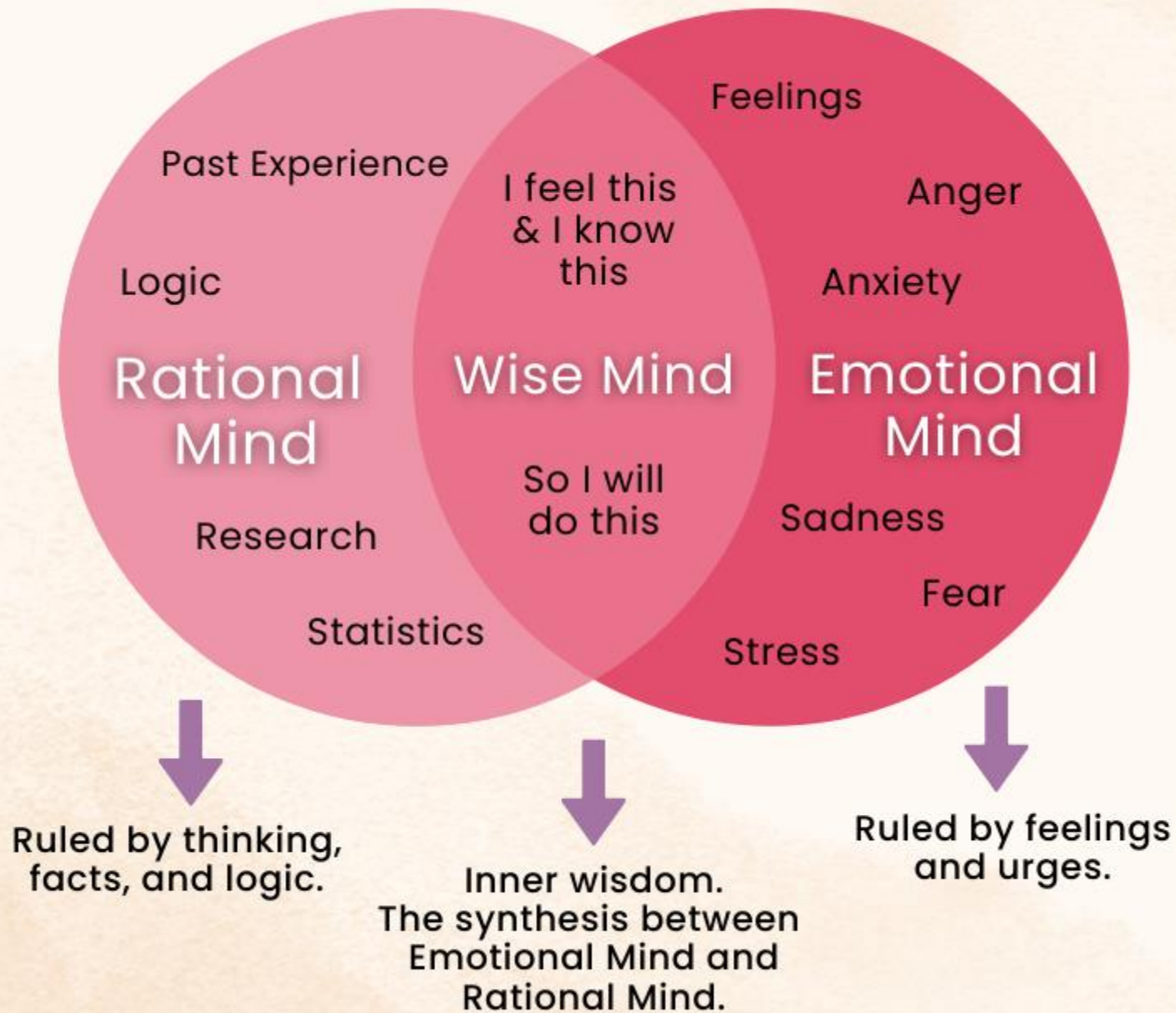
ICAM



# The Brewing Place







# EI Blind Spots

**Blind ambition:** Need to win or be right at any cost.

**Unrealistic goals:** Overly ambitious, unattainable goals for a group.

**Relentless striving:** Compulsively hard work at expense of all else; vulnerable to burnout.

**Driving others:** Pushes others too hard; takes over instead of delegating.

**Power hunger:** Seeking power for self rather than the company.

**Insatiable need for recognition:** Addicted to glory; takes credit for other's work and blames other for mistakes.

**Preoccupation with appearance:** Needs to look good at all costs; craves material trappings.

**Need to seem perfect:** Enraged by or rejects criticism; cannot admit mistakes.



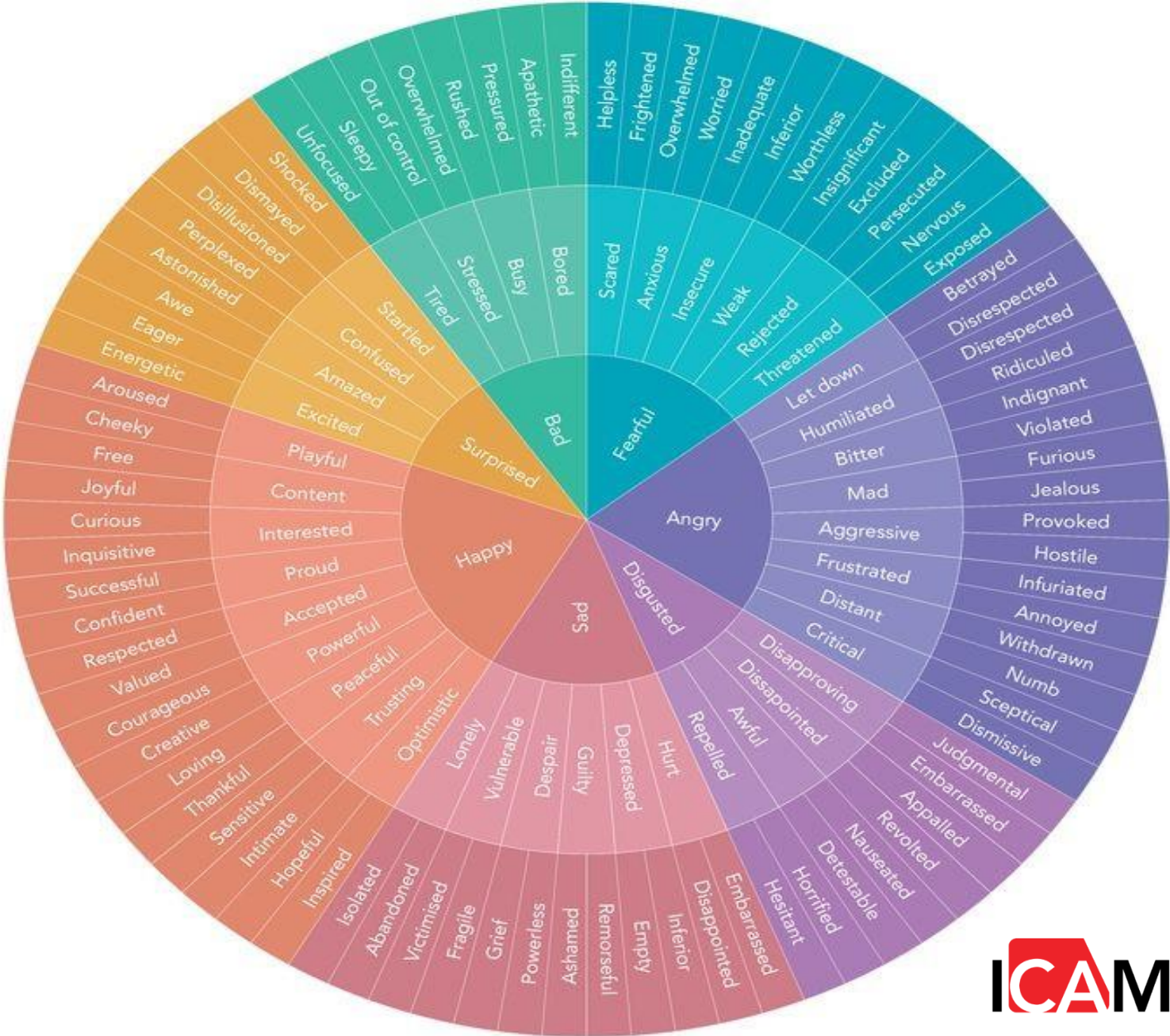
“Mental shortcuts” used in making decisions. Are part of how the brain works and cannot be completely avoided. Be aware of their influence on our decision-making processes.

# Emotional Hijacking

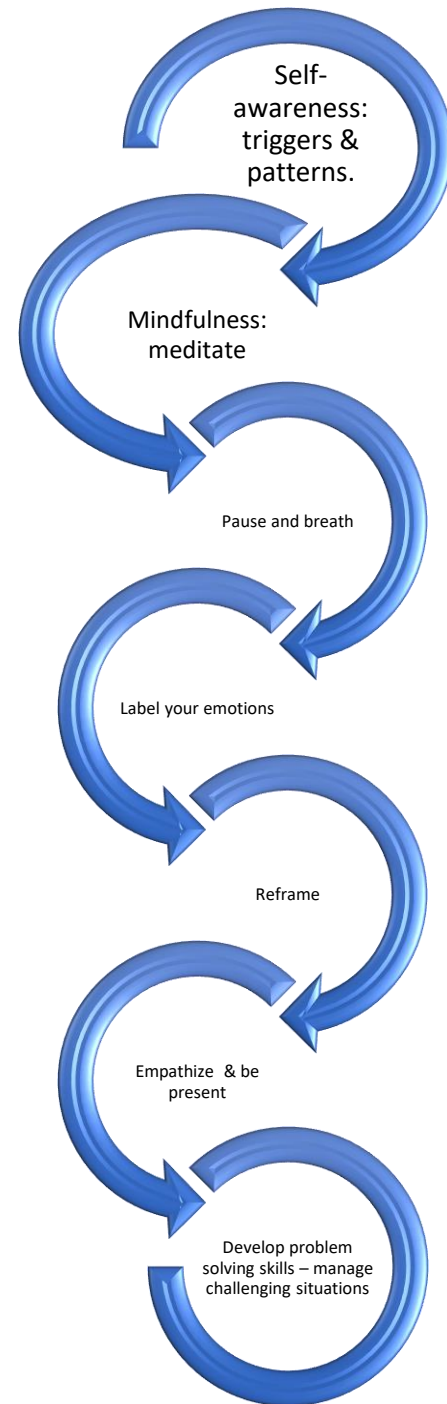
- Feel overtakes think
- Less O<sub>2</sub> leading to impulsive and often regrettable reactions.



# The Feeling Wheel



# Work through it.....



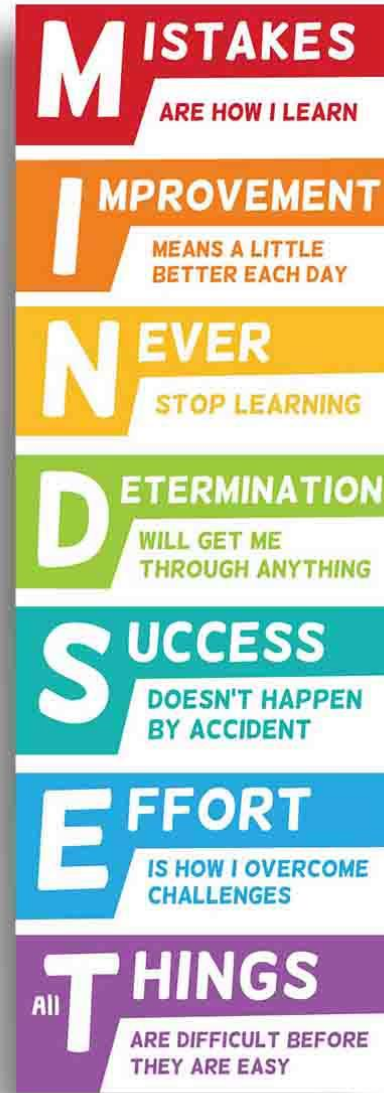


- **N**ame your emotion/s
- **A**nalyze your situation
- **M**ake a mind map
- **E**valuate your surrounding

El Building  
Blocks



Growth  
Mindset





# Boundary Setting

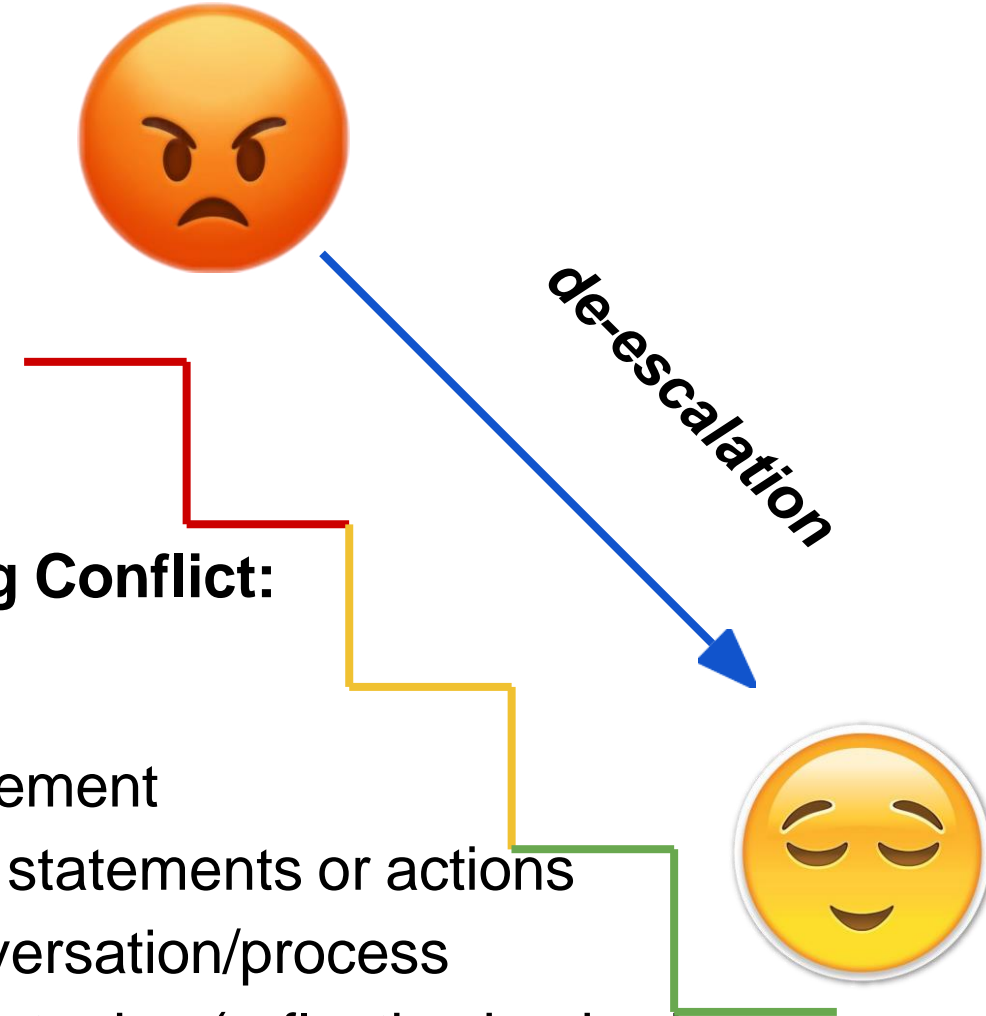




Communicating with an agitated individual to bring down the level of tension and provide space for effective communication.

### 6 Essential Steps for De-escalating Conflict:

1. Respond, don't react
2. Remain calm and suspend judgement
3. Validate feelings, as opposed to statements or actions
4. Give space - don't rush the conversation/process
5. Practice active and "reflective" listening (reflecting back what you hear)
6. Don't take it personally!



# Self- regulation

- Managing disruptive emotions and impulses effectively
- Flexibility in handling change and challenges
- Being open to new information or perspectives




# Self- Care

**PHYSICAL**



nutrition  
exercise  
sleep

**MENTAL**



mindfulness  
self-talk  
therapy

**EMOTIONAL**




gratitude  
triggers  
journal

**SPIRITUAL**



meditate  
nature  
yoga

**INTELLECTUAL**




read  
learn

**ENVIRONMENT**



clean

**SOCIAL**



boundaries

**FINANCIAL**



budget

Be  
Adaptable



Build  
Resilience

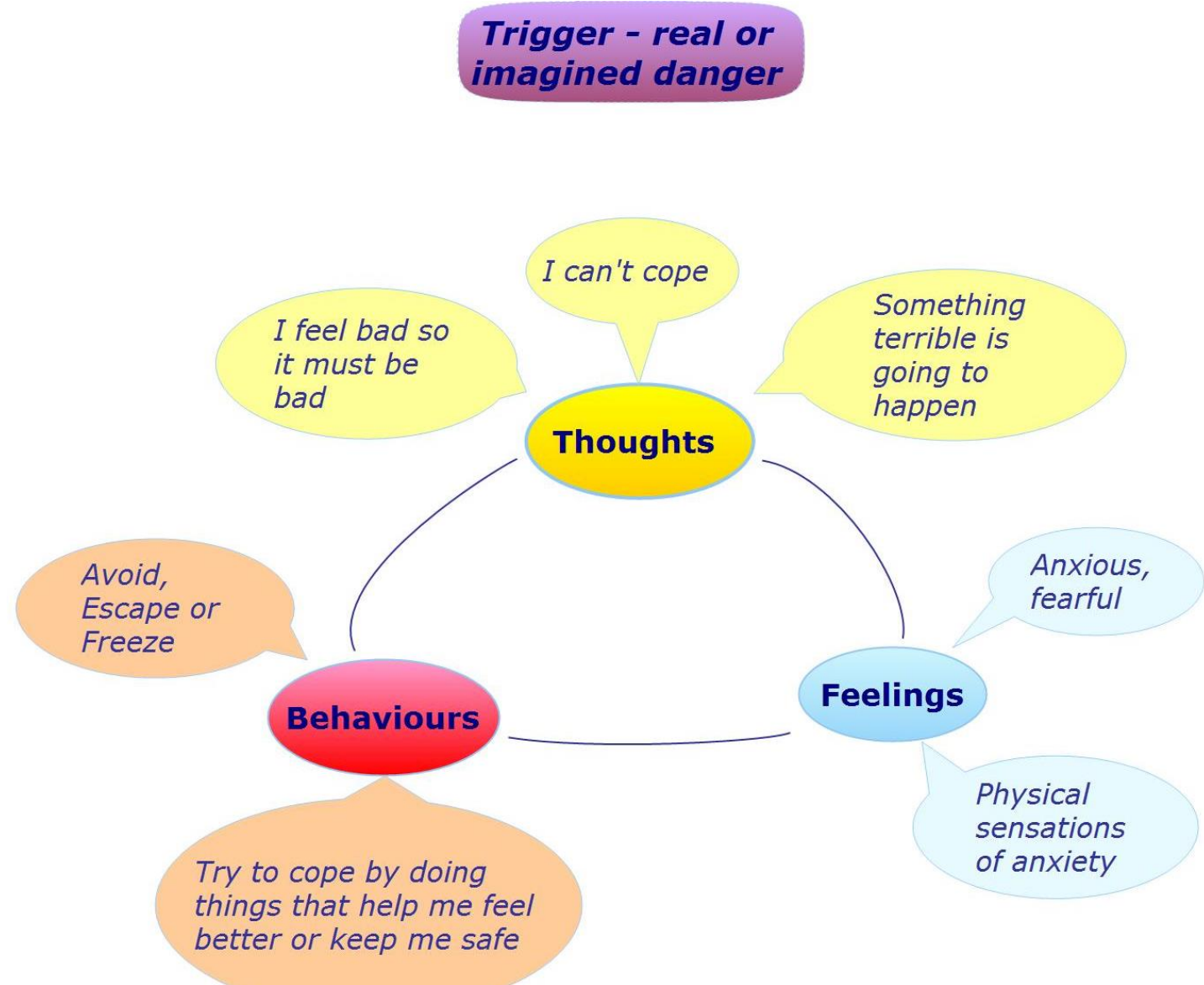


# Cognitively Reframe

*from* —————> *to*

- |   |   |   |
|---|---|---|
| “What if this decision leads to failure?” | → | “What if this decision opens up unexpected opportunities for success and growth?”               |
| “What if my idea is rejected?”            | → | “What if my idea is embraced, sparking innovation and positive change?”                         |
| “What if I’m not good enough?”            | → | “What if I am more than capable and my efforts lead to remarkable achievements?”                |
| “What if I face setbacks?”                | → | “What if setbacks are temporary, and every challenge brings me closer to a triumphant outcome?” |

# The relationship with your thoughts





# Thinking Errors

- Are these thoughts helpful or useful?
- Are they true?
- Are they helping me stay resilient?
- Are they making me more anxious?

## Unhelpful Thinking Styles

**All or nothing thinking**



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

**Over-generalizing**




*"everything is always rubbish"*

*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

**Mental filter**



Only paying attention to certain types of evidence

*Noticing our failures but not seeing our successes*

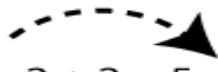
**Disqualifying the positive**



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

**Jumping to conclusions**




There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)


$2 + 2 = 5$

**Magnification (catastrophising) & minimization**



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

**Emotional reasoning**



Assuming that because we feel a certain way what we think must be true


*I feel embarrassed so I must be an idiot*

**should must**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

**Labelling**



Assigning labels to ourselves or other people

*I'm a loser*

*I'm completely useless*

*They're such an idiot*

**Personalization**

**"this is my fault"**

Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault



# Your take home....

IQ alone doesn't suffice

Operate within your wise  
mind

Work on your EI building  
blocks

Develop a relationship with  
your thoughts

Be intentional on being  
Emotionally Intelligent