

By Eric Ravenscraft March 19, 2019

Compiled here in summary precis short form by

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Self-Awareness

- Keep a journal
- Ask for input from others
- Gauge your perception of yourself from another's point of view
- Slow down or meditate
- Look inward

Self-management

- Control outbursts
- Distinguish between external trigger and internal over-reactions
- Search for and use a triggering jolt to yourself to snap out of a lethargic slump-rut.
- Funnel energy into something productive.
- Control how you react to things you can't control that happen to you.
- Seek help as needed but, when you are calm

Motivation

- The type of motivation that is an inner drive to accomplish something.
- Light up your prefrontal cortex (brain) by thinking up and doing meaningful goals.
- Identify your own values.
- Create a list of things you value.
- Accept the uncertainty in life.
- Choose lesser successes you know you can accomplish.

Empathy

- Emotions are only one half of your relationships.
- Empathy is a life-long skill.
- Listen to other people
- Don't counter what they say.
- Let them talk.
- Wait ten seconds before you retake the conversation.
- Take up a contrary position to your own, but in your head.
- Understanding is key to empathy. Understanding is the difference between knowing something and truly empathizing with it.

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- Never say “I know but”. If you do, then teach yourself to pause more before you speak.
- By definition , empathy means getting in the emotional dirt with someone else. Allowing their experiences to resonate with your own and responding appropriately. It’s okay to offer advice or optimism, but empathy also requires that you wait for the right space to do that. If someone’s on the verge of tears, or sharing some deep pain, don’t make light of it and don’t try to minimize the hurt. Be mindful of how they must feel and allow them space to feel it.

Social Skills

- Resolving social problems, ah not so easy as it sounds and requires the other skill sets listed above.
- Start with learning how to resolve a disagreement better, more effectively.
- Identify and deal with your emotions.
- Address legitimate problems when you are both calm.
- Identify what the conflict is really about.
- Agree with the other person what the problems really are.
- Propose mutually beneficial solutions.
- End on a cooperative note.
- Disputes are best resolved when you know what you want, can communicate it clearly, understand what someone else wants, and come to favorable terms for everyone. If you’ve been paying attention, you’ll notice that this involves every other area of the emotional intelligence model.

Note from Dr. Ouellette

We see from the above that emotional intelligence is very important to us all and ties into the fifth pillar of Optimal Health Secrets, Attitude & Perspective in life. When ending any conversation, disagreement one or not, try to make some form of compliment to the other no matter how small. Teach yourself to get into a routine habit of applying this skill set.