

Brains, Bias, Blindspots & Emotional Intelligence: You AND Your Impact

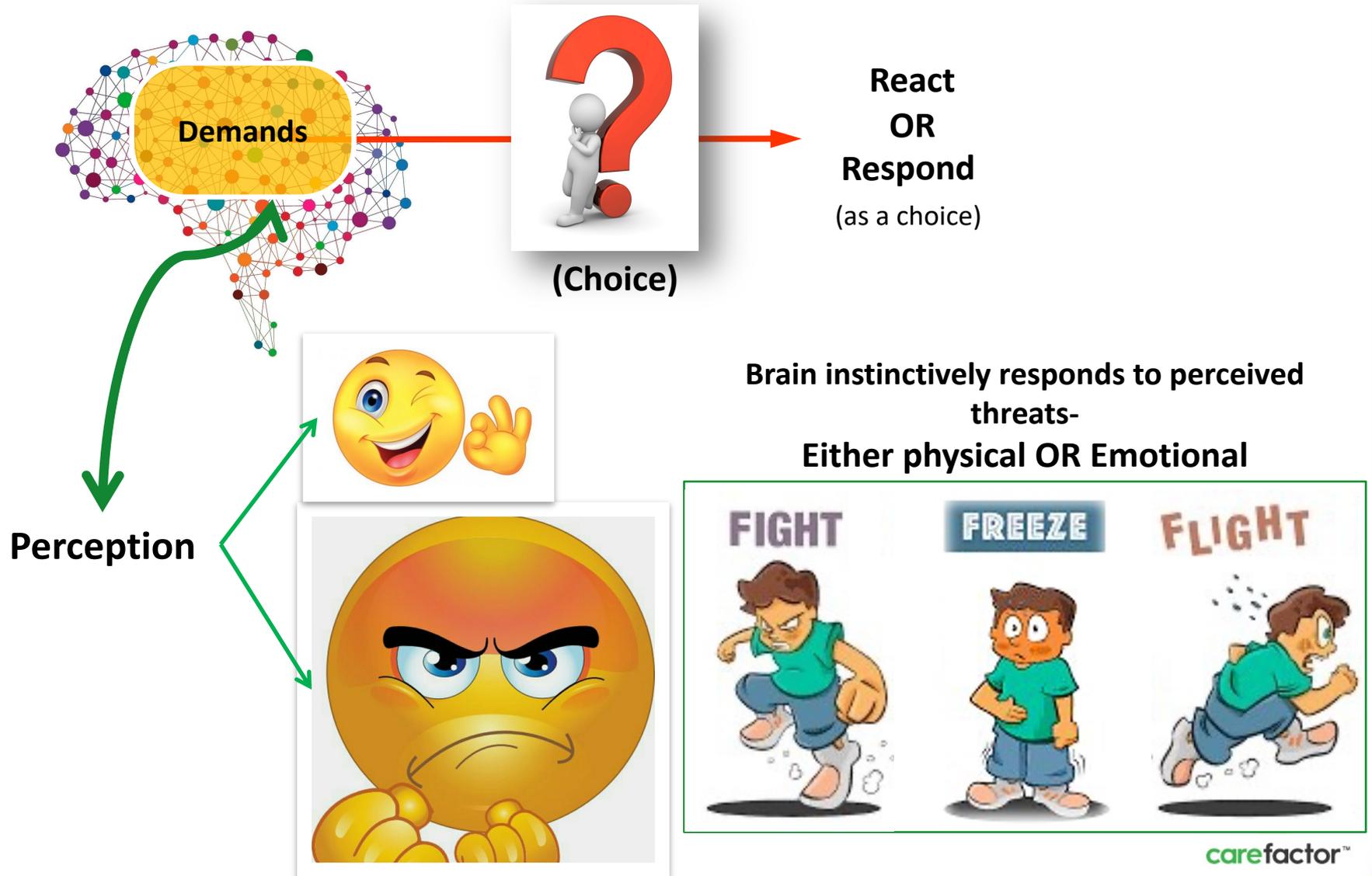
Mark Vollmer- GYST Consulting

SAKU WEBINAR

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Processing Demands for Attention & Energy



**React
OR
Respond**
(as a choice)

Brain instinctively responds to perceived threats-
Either physical OR Emotional

FIGHT



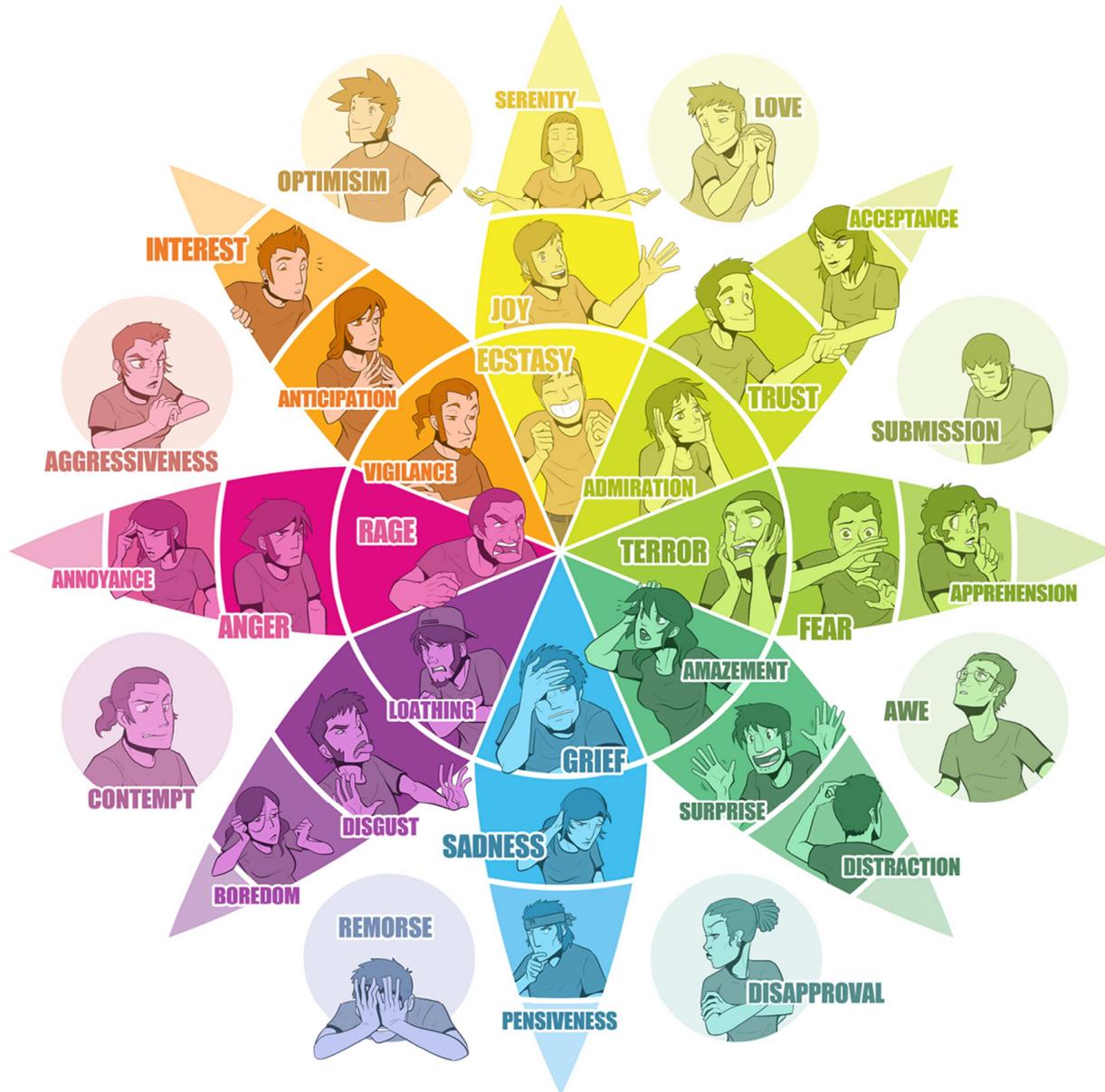
FREEZE



FLIGHT

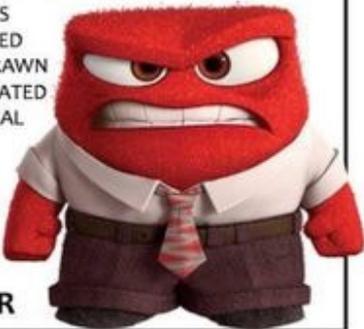


SELF Awareness & Recognition- Robert Pluchik



Look at the chart and identify what emotion is present. Be prepared to explain some of the complex ideas and make it all OK.

SELF/SOCIAL Awareness (Inside Out- Pixar)

 <p>JOY</p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	<p>SADNESS</p> <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p> 
<p>SURPRISED</p>  <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p>	<p>ANGER</p> <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p> 
 <p>DISGUST</p> <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p>	<p>FEAR</p> <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p> 

How are you feeling?

Look at the chart and identify what emotion is present. Be prepared to explain some of the complex ideas and make it all OK.

How are you feeling after we have talked?

Remember there may not be a change in the first instance.

EI Understanding & Analysing: Self & Other

Question 1: “What happened?”

Question 2: “How are you feeling now?”

Question 3: “What have you learned?”

Question 4: “What can you change for next time (options)?”

Question 5: “So, how are you feeling NOW?”



EI + Resilience= Springing “Forward”

Use the ideas below to come up with action plans for dealing with distress

Balance it Pros & Cons	Breathe it off Relax/Meditate	Delay It Pause	Distance it Back away
Escape it No Deal	Exaggerate it Worse case	Hold it Monitor	Laugh it off Find the humour
Reverse it Empathy	Rise above it Mindfulness	Shrug it off Circle of Control	Sort it out Analyse/Resolve
Talk it out Phone a Friend	WIN-WIN it Collaborate	Work it off Get Physical	Write it out Diary or journal

Practical Application

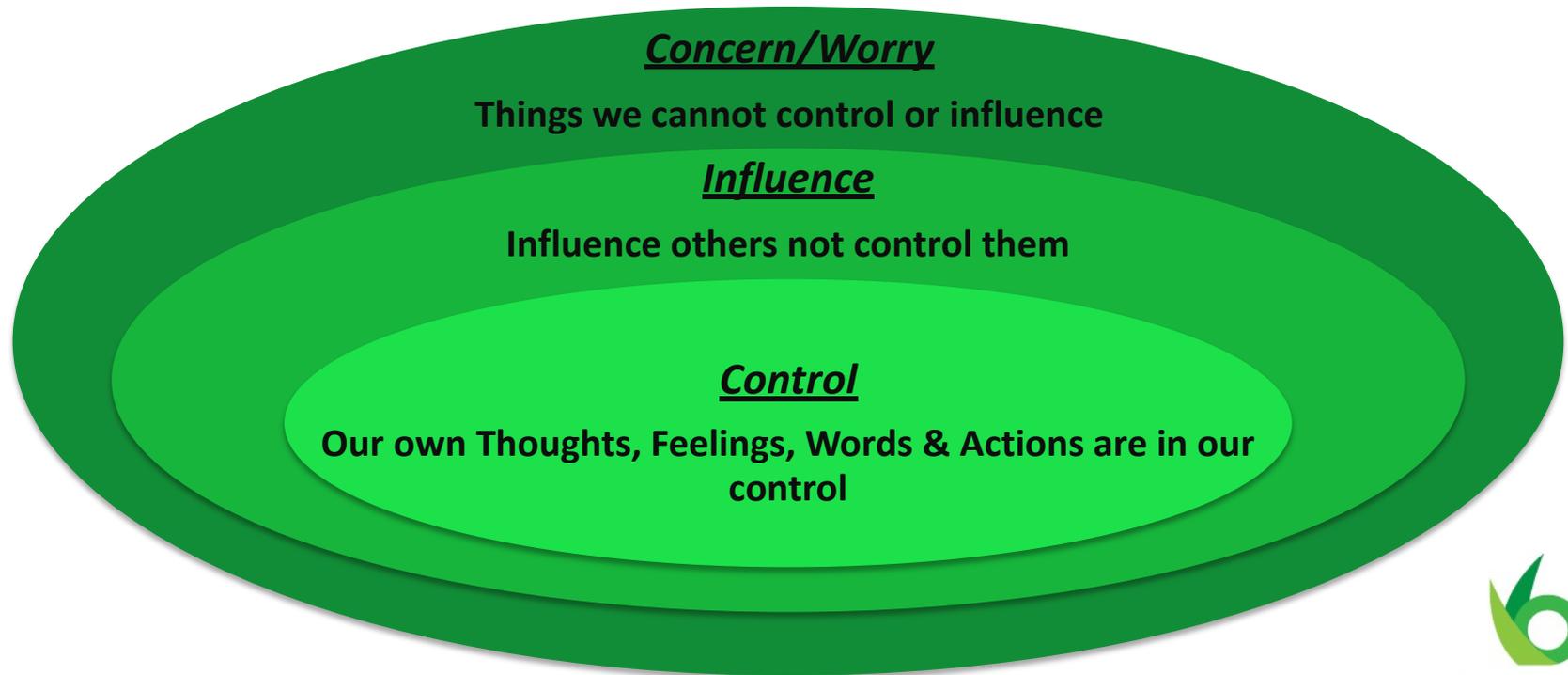
- ◆ Make a list of all the things that “hurt” or generated the hurt feelings during the day. No judging, just a list.
- ◆ Make a list of things that went well today. Again, no judging, just a quick list.
- ◆ Ask “Why did that/does that make you so _____?” (fill in the feeling for both happy and sad/angry) and focus on learning not fixing.

- ◆ Keep both lists for each day- including weekends- for a week
- ◆ Look back at the “week in review” to look for patterns, changes and balance.
- ◆ Identify options if a particular situation has the likelihood of coming up again:
 - ◆ If “CRUNCH” happens, what are my options?
 - ◆ I can plan to have lunch breaks with a few people who I do like.
 - ◆ I can go talk to a teacher, or adult
 - ◆ I can find a friend to eat lunch with or talk to if things get crazy
 - ◆ I can start a “buddy bench” and help other kids know that if they sit there, someone will come over to be with them. Find purpose in the situation and be a leader!
- ◆ Find a friend who you like or trust. You ask them to be a buddy/friend and make a plan to back each other

The Key to Resilience: Focus on what you CAN control & influence

Think about the lists from the daily review. Put a 'C' next to the elements you can control. Put an 'I' next to the things you can influence- like other people. Put 'W' next to things that are out of your control.

FOCUS ON C's and I's!!



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and give feedback

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