

# DR. MITCHEL ADLER

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LEADING WITH EMOTIONAL INTELLIGENCE:

IF YOU THINK THESE ARE  
SOFT SKILLS, THINK AGAIN!



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# JENNIFER RICHARDSON

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FORMER **Ican** BOARD MEMBER

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**BlueCross  
BlueShield**  
Nebraska



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# Leading with Emotional Intelligence: If you think these are soft skills, think again!

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**Mitchel Adler, PsyD, CGP, FAGPA**



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# What to Expect Today



- Openness to social and emotional change
- Emotional Intelligence (EI) and leadership
- Three tools for managing your emotions
- Role of emotions in decision-making
- Self-awareness as the key to EI and superior leadership

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# Mindful Intentions and Agreements

- Show up
- Pay attention
- Tell the truth
- Be curious about judgments...not attached to them



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# Opening the Mind

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**“The greatest obstacle to discovery is not ignorance  
– it is the illusion of knowledge.”**

**- DANIEL J. BOORSTIN**

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# The Bitter Bill



- “Soft Skills” matter
- “Personal qualities that enable someone to interact effectively and harmoniously with other people”
- 80% of achievements in career depend on soft skills
- “Soft Skills” can be learning



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# What are Emotions?



Spontaneous mental states that arise without conscious effort and are associated with physiological arousal



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# Skills for Managing Your Four Basic Emotions

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**Mad**



**Sad**



**Glad**



**Scared**



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# What is Emotional Intelligence?



The ability to make  
**healthy choices**  
based on accurately  
identifying, understanding, and  
managing  
your own feelings and  
those of others

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# Four Dimensions of EI

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- Self-Awareness
- Self-Management
- Social Awareness
- Social Management



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# Key to Self-Awareness



Know the difference between  
feelings and actions

All feelings are acceptable...  
but not all actions

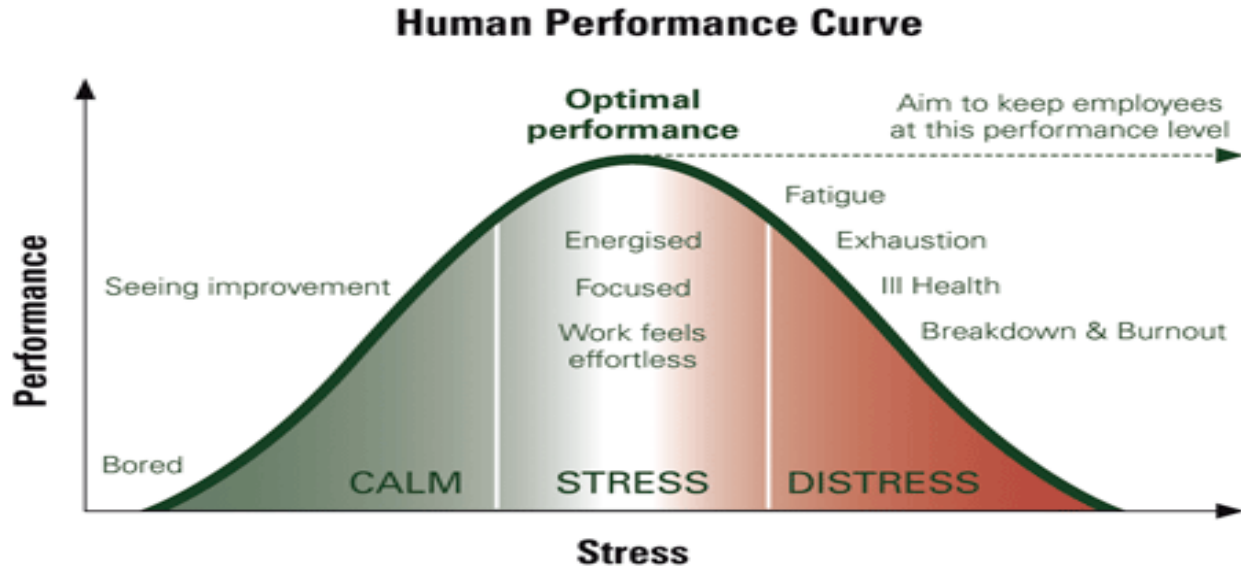


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# The Culture of Stress and Your Window of Tolerance

Figure 1: The Yerkes-Dodson Human Performance and Stress Curve



# The Power of Perception

How we perceive and interpret  
the world determines  
how we adapt and cope...  
more so than the world itself



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# Personal Mission Statement



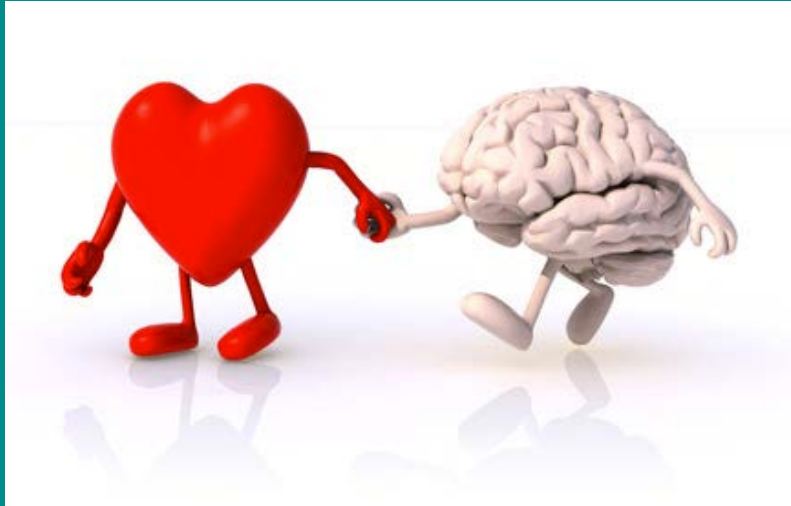
- What are your essential values and beliefs?
- What traits do you most admire in others?
- How do you want to treat yourself and others?
- How do you want to be remembered?
- What are you passionate about as a leader?



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# Emotional Intelligence Takeaways



- Mindful intentions
- Open mind
- Emotions inform choices
- Mad, Sad, Glad, Scared
- Self-awareness
- Watch your perceptions
- Manage stress
- Window of tolerance
- Personal mission statement
- Know when and where your next vacation will be

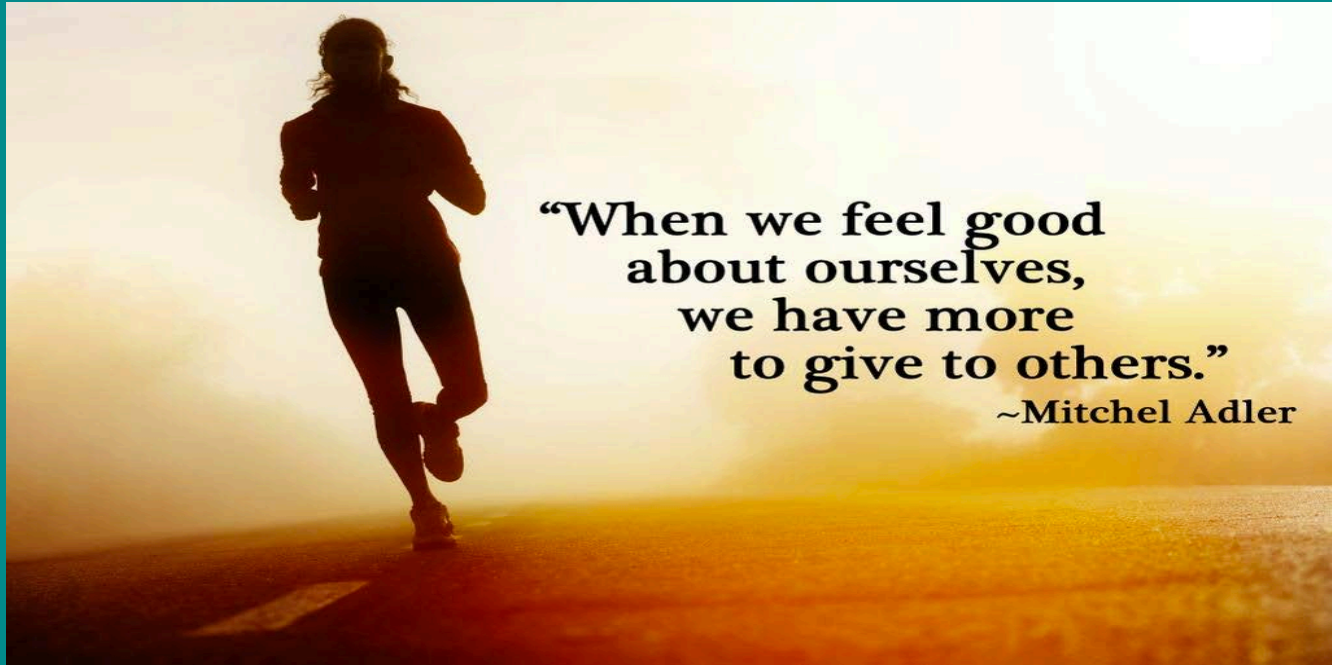


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# The Wisdom of Self-Care



**“When we feel good  
about ourselves,  
we have more  
to give to others.”**

*~Mitchel Adler*



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[www.mitcheladler.com](http://www.mitcheladler.com)

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