



EMOTIONAL INTELLIGENCE & EMPOWERMENT

**“Whether you think you can, or whether you think you can’t
– you’re right.”**

It is the life aim of every human being to live a meaningful and rich life and to have the ability and freedom to make choices and decisions influencing that life. Isn't it so sad then to witness so much unhappiness and so many unfulfilled lives and careers?

Much has been said about training, skill and competency over the last number of years, however, it seems like we hear all these buzz words and phrases without recognizing, or exploring the value they add to any individual life and to the wholeness of a team.

Emotional Intelligence refers to four very specific quadrants: Spiritual, Personal, Mental and Emotional with the latter sadly often being perceived as that what EI is all about! Important to remember is that the ‘spiritual’ is the only source capable of generating power (energy) however, this energy is controlled by our emotions: you recharge your batteries through the spiritual and you release energy through emotions (laugh, cry, etc.) The ‘physical’ and ‘mental’ components do not generate power / energy, they are the users thereof: thinking and doing.

Is it any wonder effective leaders talk about ‘the spirit of a company?’ It is the unwritten something which creates a team of high flyers. Those of you who were fortunate enough to have been in a school where tradition and honor were part of everyday life, you will know what this is like – it is the intangible something that you can not touch, can not put into words – you can only live it!! This emotion is then also what motivates co-workers to greatness. It is also significant to realize that it is mostly the love-based feelings and sensations that have such a huge impact on the softer issues in any organization, i.e.:

- Courage:** The more you draw upon, the stronger this powerful energy flows; self-esteem is built, which is responsible for lasting happiness in life and in your chosen career.
- Enthusiasm:** Draw on past successes to provide you with surges of energy for current challenges.
- Excitement:** Know and explore your own potential and channel the excitement to create greatness.
- Passion:** Being passionate about what you do and achieve, generates the positive power which will draw others to you and your leadership style.

Developing a high EI is a constant life journey where the skills learnt should be applied in your personal life and in your career. Being aware of your own behavior and understanding the choices you make and why you made them (opposed to another choice you might have had) adds richness to the person that can easily be observed by others. This 'richness' is one of the most important competencies of an effective and efficient leader. And you can not buy this or learn it in a book – you can only experience it and then apply the outcome thereof.

This then brings us to leadership – the one element of business that much has been said about in so many different formats and forums, it can be extremely confusing! A few of the most important factors in leading people are to be credible, to be impeccable with your word, to respect each person you come in contact with, to show enjoyment for what you do and the career you have chosen and to have fun in doing so!. A leader can not be empowered unless she / he assume the responsibility of the factors mentioned above. Living leadership means empowering yourself by being yourself.

Empowerment and leadership can transform your organization from being good to being great – contact us and we will gladly assist you in this process. More information and course details are available from Charmaine Reid at 011-9751586 / info@tmsgauteng.co.za