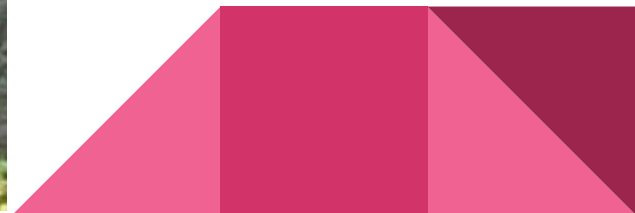
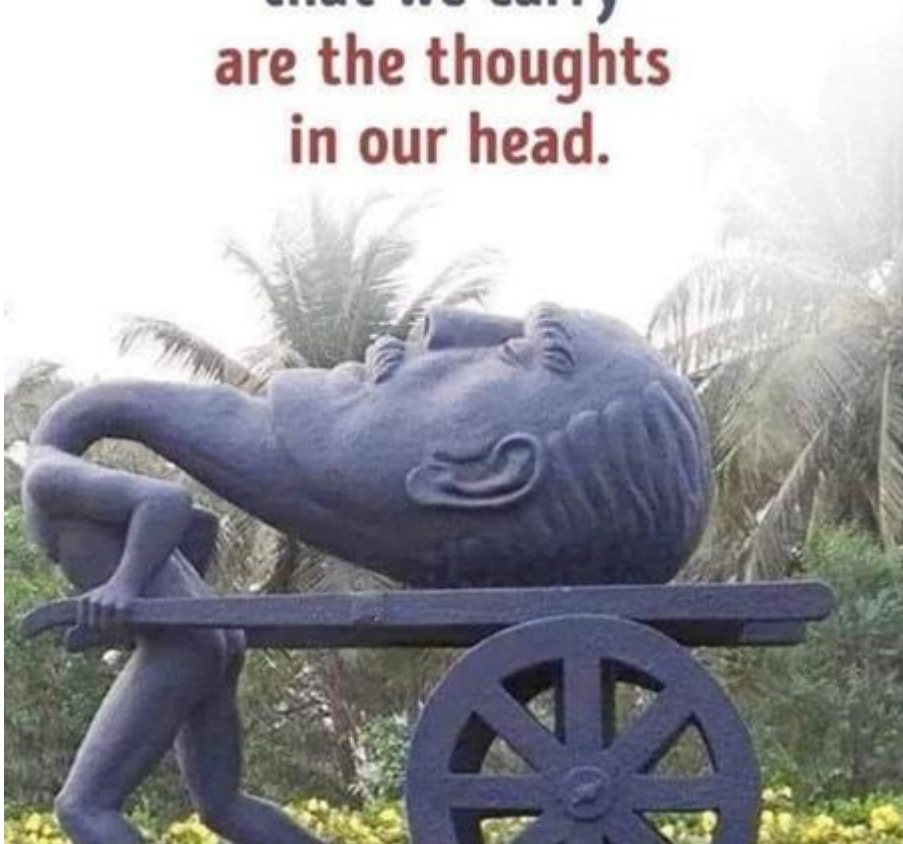


How to use Emotional Intelligence to Transform Trauma

By: Brandie de la Rosa



The heaviest burdens
that we carry
**are the thoughts
in our head.**



Increase Resiliency with Emotional Intelligence

This session provides participants with a comprehensive and practical action plan to help them increase emotional resiliency in their personal and professional life.

OBJECTIVES

- Participants will apply Emotional Intelligence Skills to increase emotional resiliency to overcome trauma in their personal and professional life
- Participants will review their life situation in context of Emotional Intelligence Skills.
- Participants will identify Emotional Intelligence Skills relevant to their life situation.



Poll Question

Do you know what Emotional Intelligence is?

- 1) Yes
- 2) No



Emotional Intelligence

What is it?

The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.



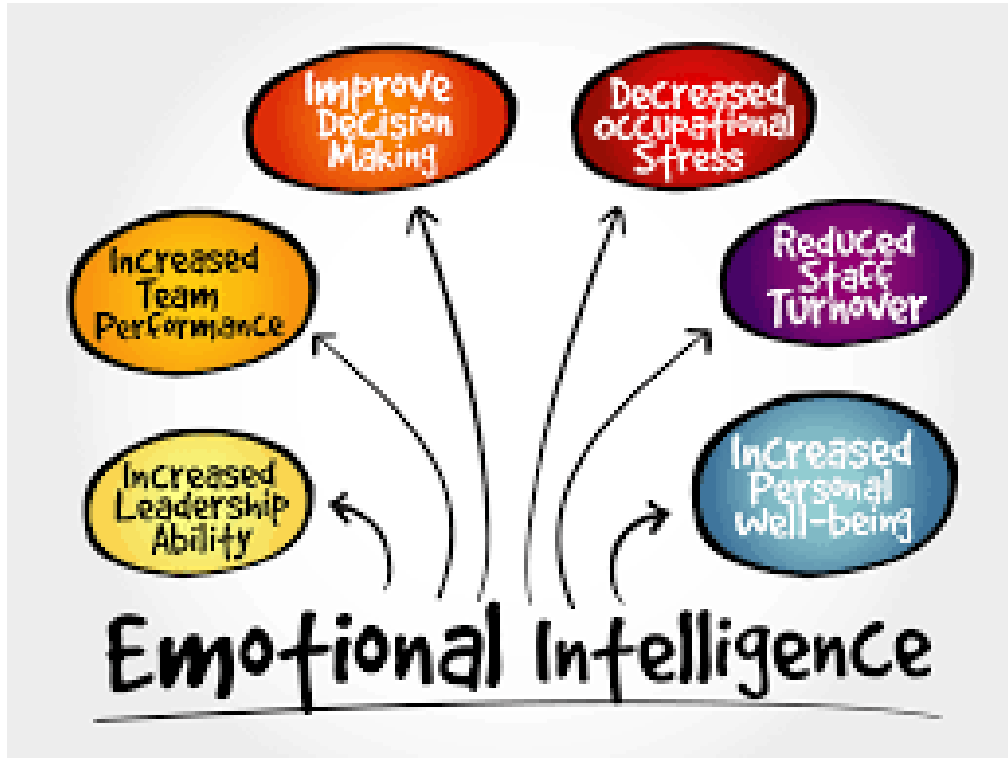
Trauma

Definition:

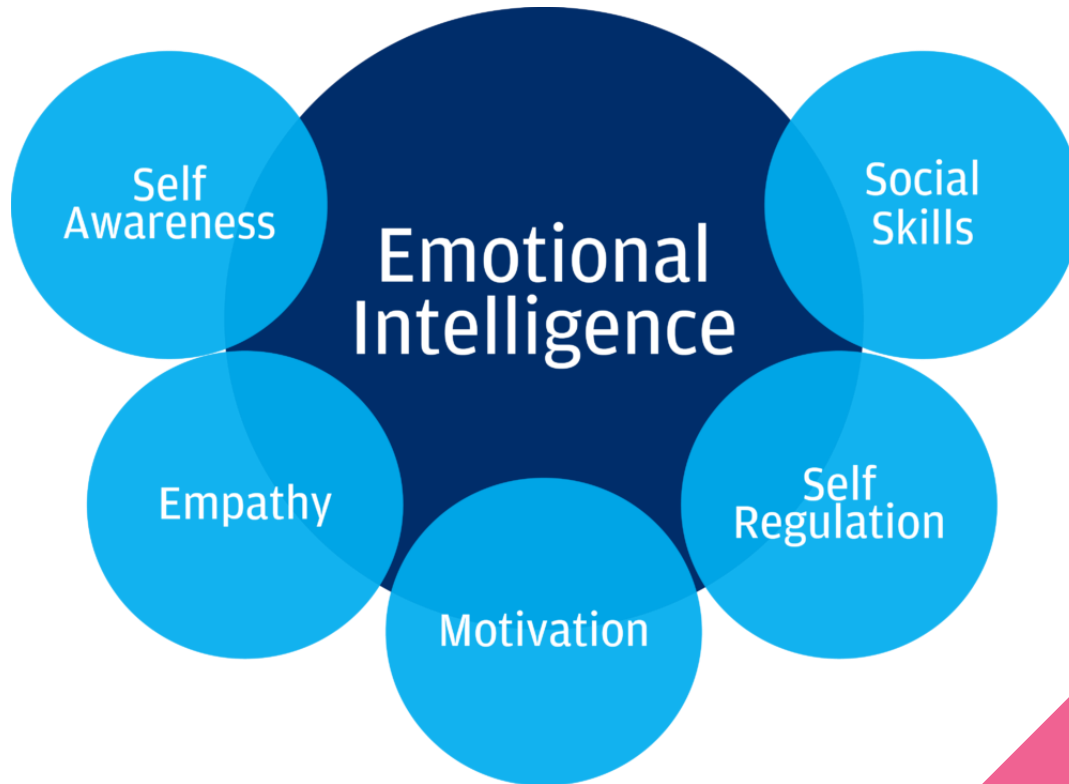
Deeply distressing or disturbing experience



Importance of EQi



5 Parts of EQi



Phases of Trauma



Why is it important to understand?



3 Impact Points of the Brain

- The amygdala, which is your emotional and instinctual center
- The hippocampus, which controls memory
- The prefrontal cortex, which is responsible for regulating your emotions and impulses.

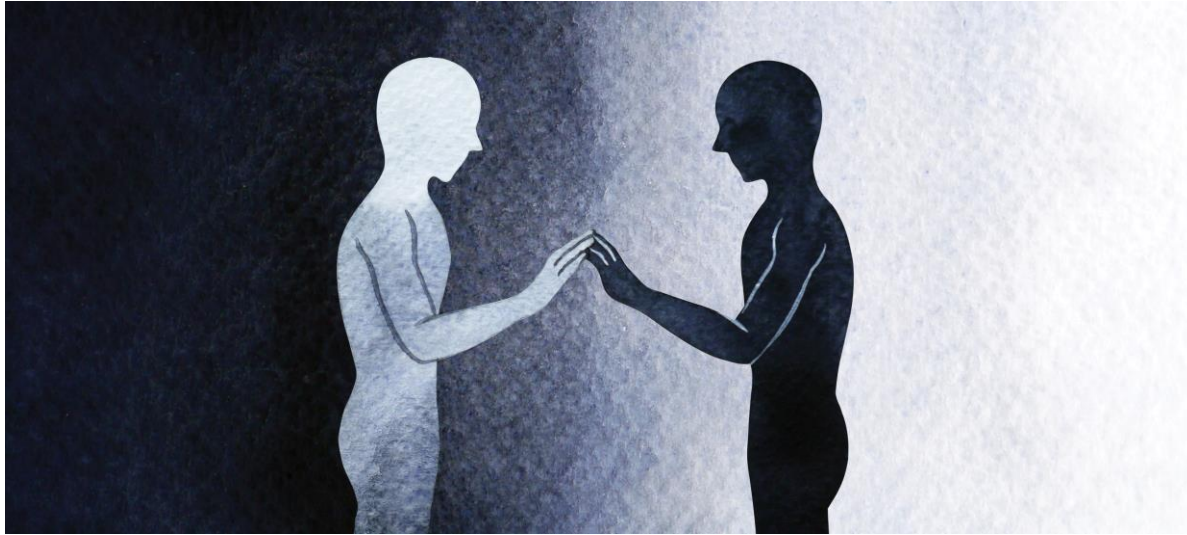


Your Brain On Trauma

- Suspicious & untrusting
- Negative & pessimistic
- Addictive
- Self sabotaging
- Scattered & distracted
- Demotivated & drained of energy
- Self critical
- Judgmental of yourself & others
- Emotionally cut off



Humans are wired for connection, but PTSD from trauma wires you for protection



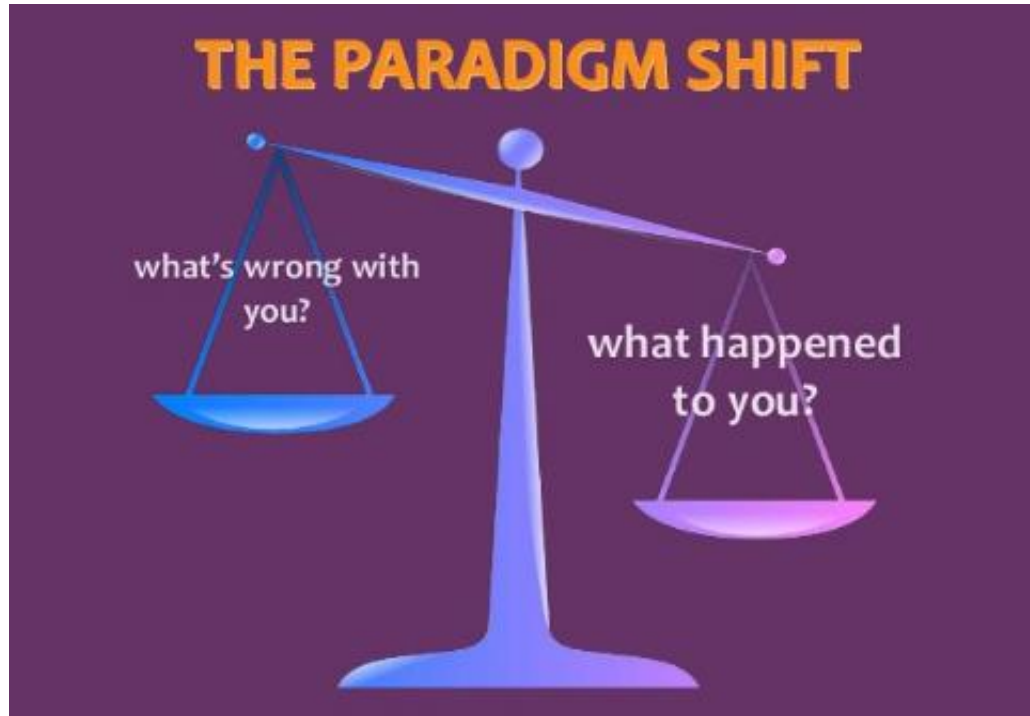
EQ 2.0 Changing the Game

It's time to get free from trauma
and get the deserved life back.

Who's ready for brain hacks?



Changing the Conversation



Steps to Improving EQ

- 1. IDENTIFY WHAT YOU'RE REALLY FEELING**
- 2. ACKNOWLEDGE AND APPRECIATE YOUR EMOTIONS**
- 3. GET CURIOUS ABOUT THE MESSAGE THIS EMOTION OFFERS**
- 4. GET CONFIDENT**
- 5. GET EXCITED AND TAKE ACTION**
- 6. EMBRACE SELF-AWARENESS**
- 7. LEARN EMOTIONAL MANAGEMENT TECHNIQUES**
- 8. BECOME YOUR OWN MANAGER**
- 9. ATTUNE TO OTHERS' FEELINGS**
- 10. ASSERT YOURSELF**



Poll Question

Do you know what Neuroplasticity is?

- 1) Yes
- 2) No



Neuroplasticity

Neuroplasticity, also known as brain plasticity, is the ability of neural networks in the brain to change through growth and reorganization. These changes range from individual neuron pathways making new connections, to systematic adjustments like cortical remapping.



Brain = Oldest Computer



Specific Techniques to Rewire

- *Intermittent fasting*
- Yoga
- Meditation
- *Traveling*
- *Using mnemonic devices*
- *Learning a musical instrument*
- *Non-dominant hand exercises*
- *Reading fiction*
- *Expanding your vocabulary*
- *Creating artwork*
- *Dancing*
- *Sleeping*



Relating NP to EQ

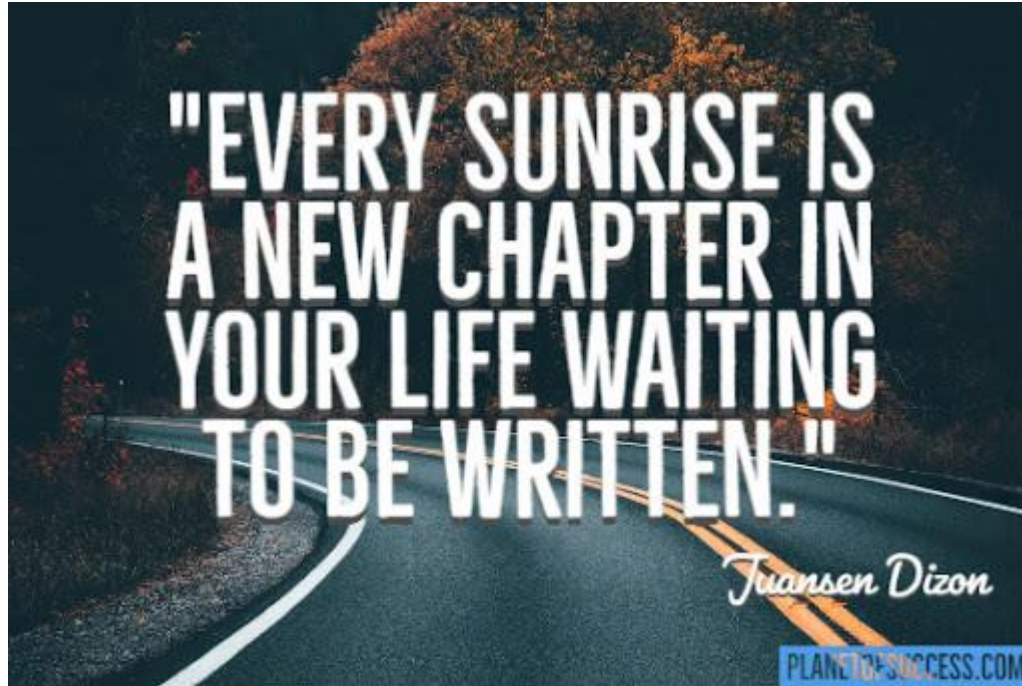
Neuroplasticity is the ability of the brain to change its structure.... The changes that occur in the brain as a result of certain techniques such as meditating reduces blood pressure, stress, anxiety, and depression while increasing our **Emotional Intelligence** that results in increased productivity, creativity and concentration, etc.



1. Forgive & Accept Yourself
2. Acknowledge Emotions
3. Emotion Regulation
4. Patience is a Virtue
5. Implement One Technique at a time



Turn Trauma into Triumph



For More Information

- Visit www.e3inspire.com
- Upcoming Event June 23rd at Lodgic
- Email: info@e3inspire.com
- Phone: 608-448-1160

THANK YOU !

