

Transformation Through Looking in the Mirror: Tackling Blind Spots and the Amygdala Hijack

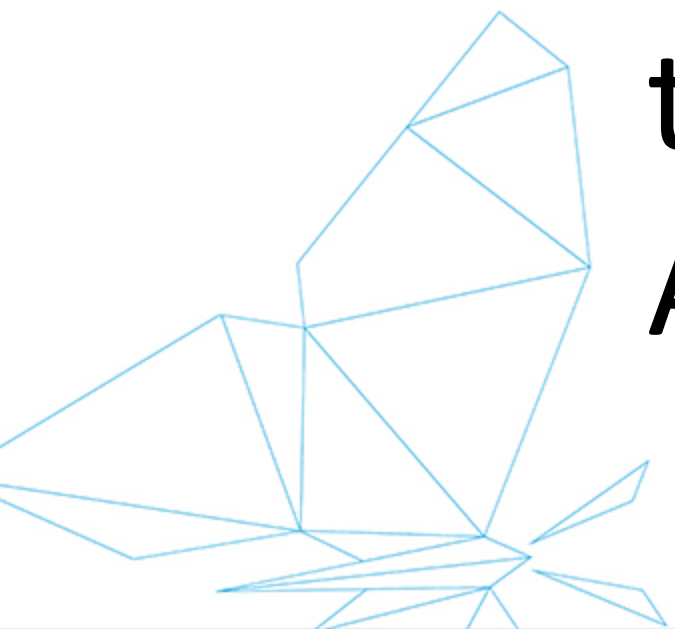


ENCORE RECORDED SESSION FROM THE 2021 INTERNATIONAL CLIENT SEMINAR

Pop Up Question

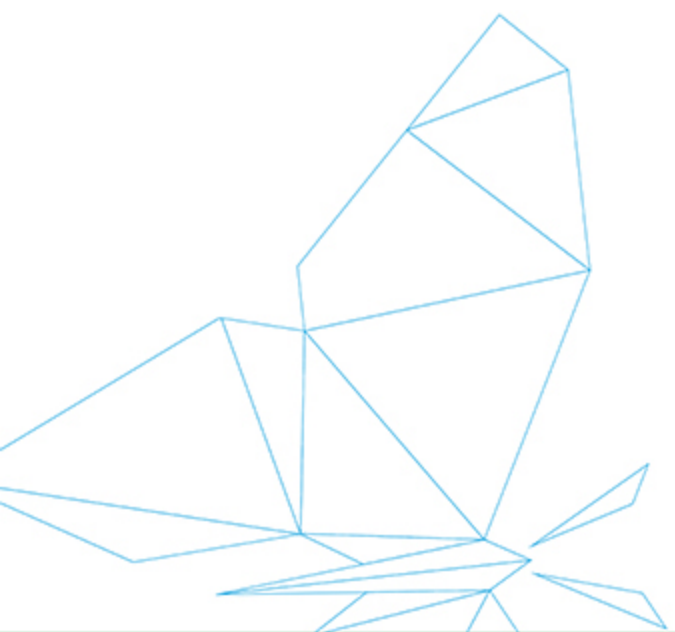
Question 1: If you have experienced an emotional explosion (Amygdala Hijack), you need to:

- Ignore the explosion and say to yourself: “That’s just the way I am.”
- Fault the other person for causing the emotional explosion.
- Call the other person and promise that it will never happen again.
- Develop a feedback group who can help you understand triggering mechanisms that will hopefully help you avoid future Amygdala Hijacks.



Live Q&A

Please use the question box on the right side of your screen to pose any questions you may have.



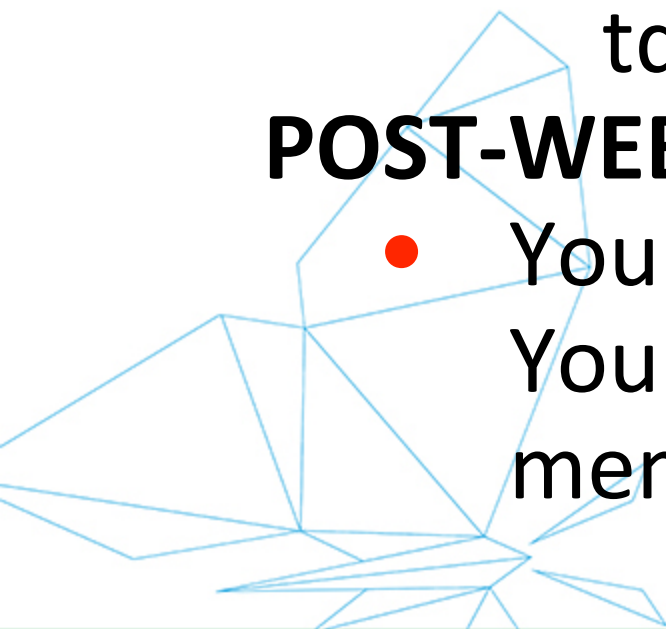
CLE & Post-Webinar Survey

CLE

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tdoherty@alfainternational.com

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Presenters



HENRY DENEEN
Murphy & Grantland, P.A.
Columbia, South Carolina
P: 803.782.4140
E: hdeneen@murphygrantland.com

NICOLE BRUNSON
ARRIVAL
Charlotte, North Carolina
E: brunson@arrival.com

TODD FULKS
Red Stag Fulfillment, LLC
Knoxville, Tennessee
P: 800.815.7824 x126
E: todd.fulks@redstagfulfillment.com E: huff@gentrylocke.com

CATHERINE HUFF
Gentry Locke
Roanoke, Virginia
P: 540.983.9460

DONNA ROBERTS
Cracker Barrel Old
Country Store, Inc.
Lebanon, Tennessee
P: 615.235.4262
E: donna.roberts@crackerbarrel.com





RIDING THE WINGS OF TRANSFORMATION

THE POWER OF RADICAL &
FUNDAMENTAL CHANGE

2021 INTERNATIONAL CLIENT SEMINAR
MARCH 2-4, 2021 | VIRTUAL



**RIDING THE WINGS OF
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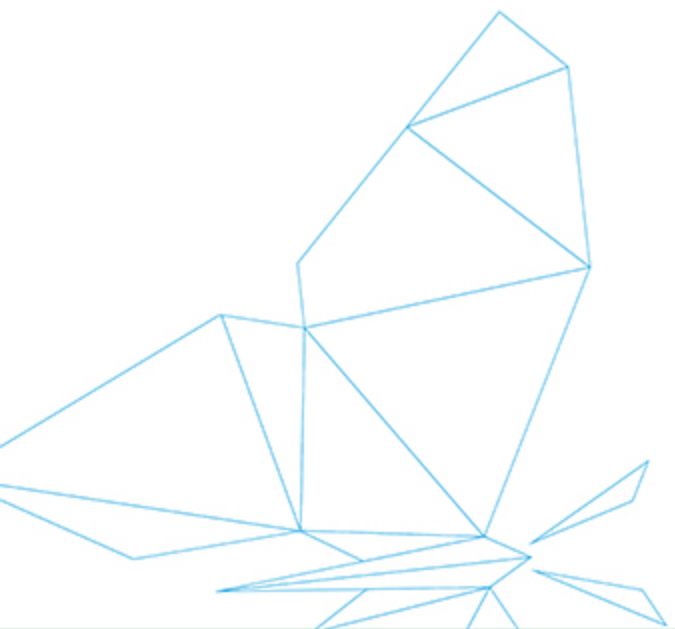
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What is Emotional Intelligence (EI)?

Personal Competence
Self-Awareness
Self-Management

Social Competence
Social Awareness
Relationship Management



Blind Spots and Their Devastating Impact



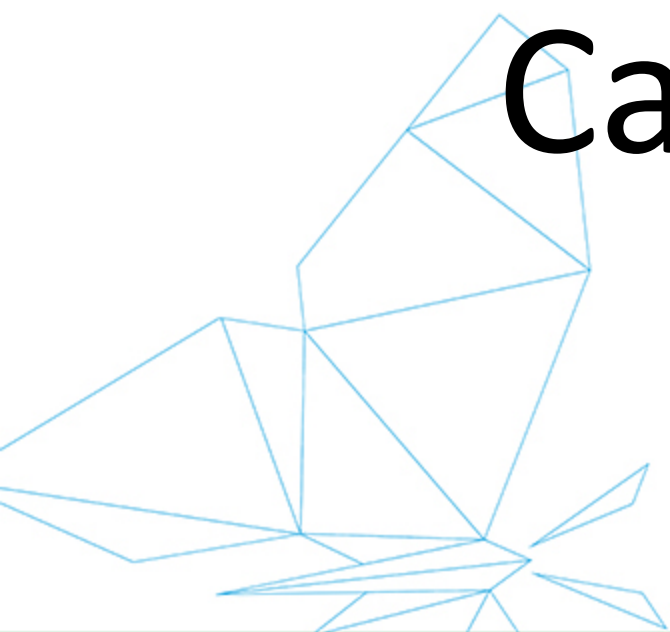
What are they?

Do they have an effect on us and others?

Production at work

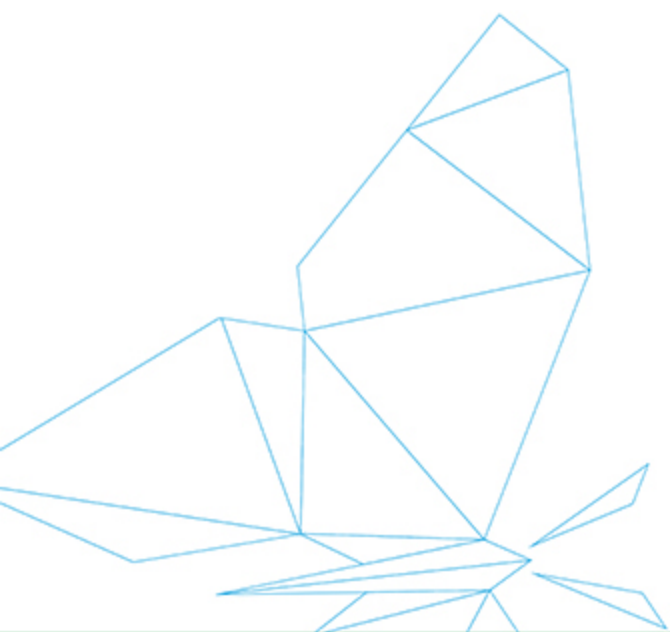
Relationships at home

Can they be addressed?



Dealing with Blind Spots

Panel Case Studies: Dealing with Blind Spots - Professional and Personal Illustrations

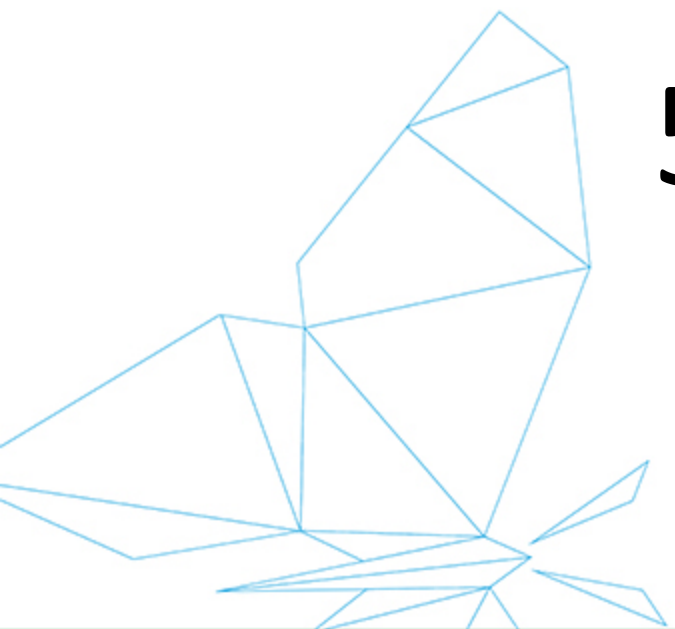


The Deadly Amygdala Hijack



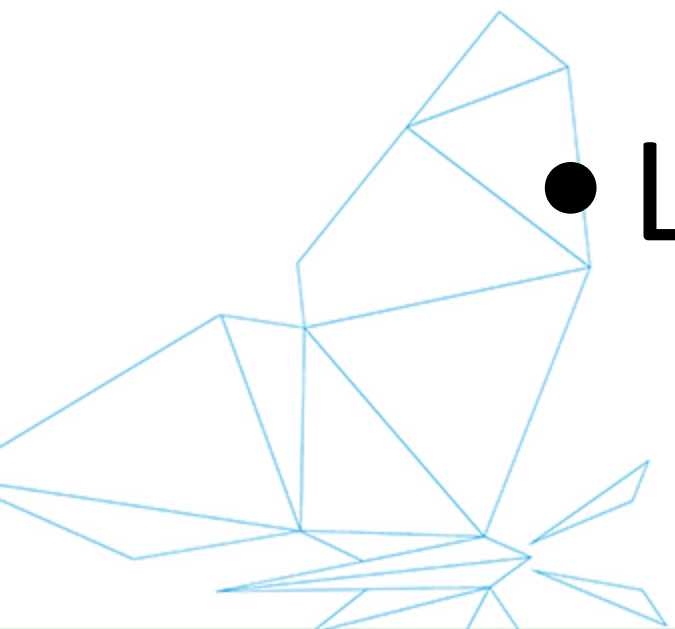
Understand five top amygdala triggers in the workplace:

1. Condescension and lack of respect
2. Being treated unfairly
3. Being unappreciated
4. Feeling that you're not being listened to or heard
5. Being held to unrealistic deadlines



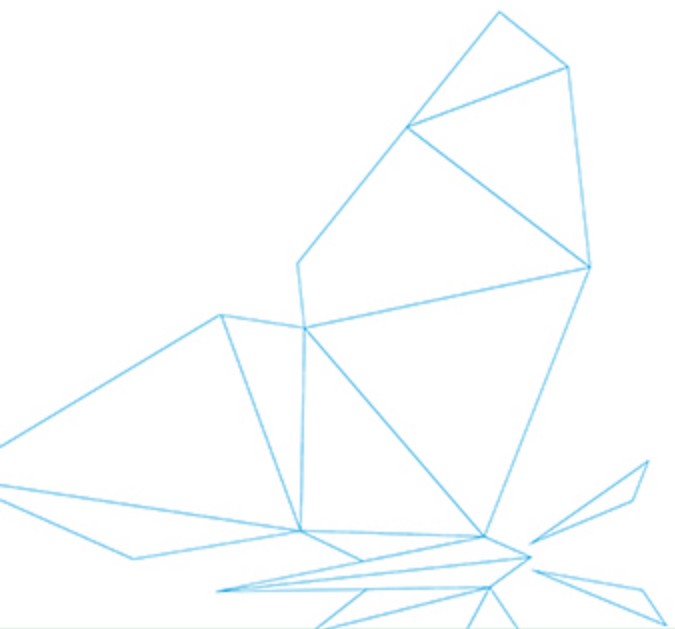
Strategies for Avoiding an Amygdala Hijack

- Develop a system of “checks” that keep you from going over that emotional edge
- Take regular time off to rest and restore
- Regularly schedule time to get away and take stock of how you are doing
- Decompress and focus on your self-awareness
- Learn from others and commit to avoid destructive behavior



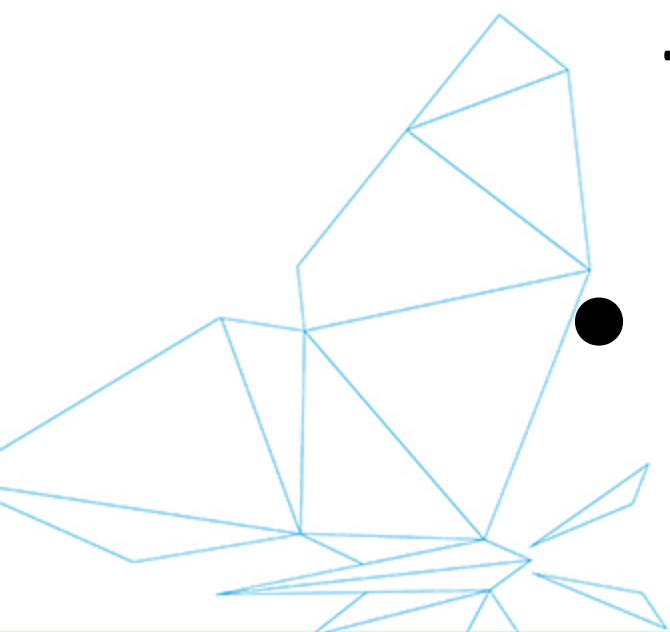
A Personal X-Ray: Is it for me?

- Commitment (Improvement Goal)
- Doing / Not Doing Instead
- Hidden Competing Commitments
- Worry Box
- Big Assumptions



Keys to Success

- Make a personal commitment to improve
- Create feedback loops at the office and at home / with friends
- Regularly look in the mirror
- Celebrate small and big successes
- Cascade your knowledge to others in your office and at home / with friends
- Review and update your Personal X-Ray every six months



Resources for Further Learning

A Corporate EI Coach

Immunity to Change: How to Overcome it and Unlock the Potential in Yourself and Your Organization

By Robert Kegan and Lisa Laskow Lahey

Leadership and Self-Deception: Getting Out of the Box

By the Arbinger Institute

Emotional Intelligence 2.0

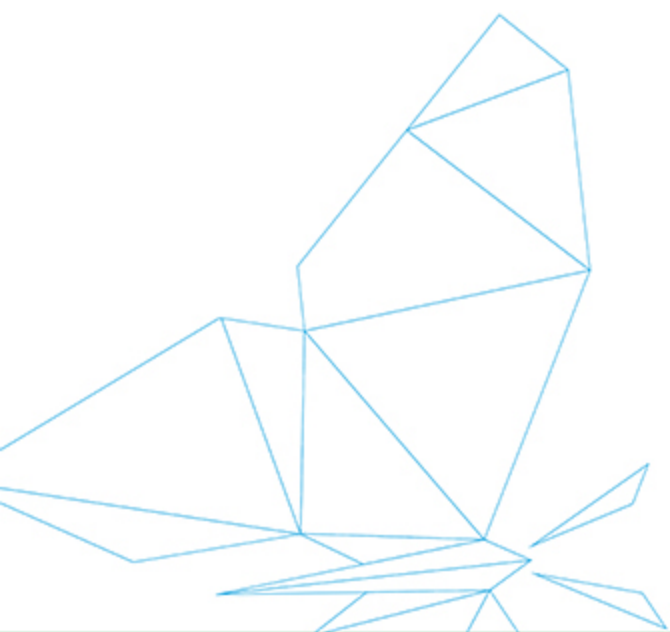
By Travis Bradberry and Jean Greaves

The Power of Habit: Why We Do What We Do in Life and Business

By Charles Duhigg

The Advantage: Why Organizational Health Trumps Everything Else in Business

By Patrick Lencioni



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