

Lightbulb Moments

Developing resilience with emotional intelligence (No.5 in a series of 22)



Ways to develop your resilience

- 1) Create a personal vision
- 2) Feel in control
- 3) Be flexible
- 4) Get organised
- 5) Be able to solve problems
- 6) Get connected
- 7) Be socially competent
- 8) Be proactive



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Developing resilience with emotional intelligence (No.6 in a series of 22)



Create a personal vision

Facilitating emotions - Esteem, Engagement, Passion

- ☛ Know what you believe in
- ☛ Have a clear vision of what you want to accomplish / achieve
- ☛ Approach adversity and stress with a sense of hope
- ☛ Let your belief and purpose carry you forward in life

Draining emotions - Frustration, Inadequacy, Anxiety



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Developing resilience with emotional intelligence (No.7 in a series of 22)



Tips to help you to create a personal vision

- ☛ Set yourself clear goals and objectives focussing on what you want to achieve
- ☛ Establish a plan that will accomplish your goals
- ☛ Ensure that the plan is made up of small, achievable steps
- ☛ Remain committed, even if events take you away from your plan for a short while
- ☛ Remind yourself of what you want to achieve and why



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Developing resilience with emotional intelligence (No.8 in a series of 22)



Feel in control

Facilitating emotions - Esteem, Contentment, Optimism

- ☛ View the world as complex and challenging . . . but filled with opportunity
- ☛ Hold a positive perception about yourself
- ☛ Defend yourself well
- ☛ Be confident in your ability to meet any challenge with hope and realistic optimism

Draining emotions - Hopelessness, Discomfort, Disappointment



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Developing resilience with emotional intelligence (No.9 in a series of 22)



Tips to help you to feel in control

- 💡 Be realistic about what you can and can't do
- 💡 Learn how to say "No" so that you don't commit to too much
- 💡 Challenge your own self-limiting beliefs
- 💡 Set small, short term goals that you know you can achieve
- 💡 Tell yourself you can do it and prove yourself to be right
- 💡 Communicate your intentions clearly to others, delegate and encourage their support



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Developing resilience with emotional intelligence (No.10 in a series of 22)



Be flexible / adaptable

Facilitating emotions - Esteem, Contentment, Optimism

- ☞ Be sensitive to changes in your environment
- ☞ Adapt quickly to what is happening
- ☞ Learn from life constantly
- ☞ Remain true to your purpose / vision whilst making room for other's ideas and opportunities . . .

Draining emotions – Fear, Disappointment, Anxiety



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Developing resilience with emotional intelligence (No.11 in a series of 22)



Tips to help you to be flexible / adaptable

- ☛ Anticipate change so that you can be prepared for it with a series of contingencies
- ☛ Accept that situations are going to change
- ☛ Positively move forward rather than dwelling on how unreasonable or unfair the changes may seem
- ☛ Remain focussed on your personal goals adapting how you work to accommodate the change



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Developing resilience with emotional intelligence (No.12 in a series of 22)



Be organised

Facilitating emotions - Esteem, Pride, Enthusiasm

- 🔑 Create structures and methods to bring order and stability on your terms
- 🔑 Set realistic goals for yourself
- 🔑 Expect things to work out
- 🔑 Manage the moment with calmness and clarity of purpose . . .

Draining emotions – Hopelessness, Fear, Discomfort



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Developing resilience with emotional intelligence (No.13 in a series of 22)



Tips to help you to be more organised

- 💡 Create a plan or draw up a list of tasks
- 💡 Create systems and processes that make you efficient
- 💡 Be realistic about how you can manage your time
- 💡 Avoid putting off anything that eventually needs to be done
- 💡 Tackle big projects by breaking them down into smaller chunks and start to work on them one chunk at a time
- 💡 Be aware of, and avoid, anything that you find distracting



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Developing resilience with emotional intelligence (No.14 in a series of 22)



Be able to solve problems

Facilitating emotions – Engagement, Contentment, Happiness

- 💡 Think critically, creatively and reflectively
- 💡 View seemingly impossible problems as challenges and opportunities for learning and growth
- 💡 View failures as opportunities for inspiration
- 💡 Collaborate with others
- 💡 Anticipate setbacks and mishaps
- 💡 Solve problems for the long-term

Draining emotions – Anger, Hurt, Guilt



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Developing resilience with emotional intelligence (No.15 in a series of 22)



Tips to help you to be able to solve problems

- 🔍 Gather as much information about the issue as possible
- 🔍 Define the problem precisely and accurately, evaluating it objectively
- 🔍 Look at the problem from different perspectives
- 🔍 Generate a number of options drawing from your experience and the experience of others
- 🔍 Critically review the options and decide what will work
- 🔍 Be decisive and start to put agreed plans into action



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Developing resilience with emotional intelligence (No.16 in a series of 22)



Get connected

Facilitating emotions – Engagement, Love, Contentment

- ☛ Reach out to others
- ☛ Contribute to other's welfare by giving of yourself
- ☛ Build bridges - discover common ground
- ☛ Be playful and creative when exploring opportunities together
- ☛ Touch others' hearts . . .

Draining emotions – Loneliness, Anger



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Developing resilience with emotional intelligence (No.17 in a series of 22)



Tips to help you to get connected

- 💡 Look for new opportunities to build your network
- 💡 Proactively seek out the chance to engage with different people
- 💡 Communicate with empathy
- 💡 Listen
- 💡 Look at ways you can get involved and help others with their problems



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Developing resilience with emotional intelligence (No.18 in a series of 22)



Be socially competent

Facilitating emotions – Love, Happiness, Passion

- 💡 Have good friendships and social interactions
- 💡 Seek out others' perspectives
- 💡 Demonstrate empathy and an understanding for others
- 💡 Share your feelings honestly
- 💡 Laugh at yourself

Draining emotions – Guilt, Loneliness, Hurt



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Developing resilience with emotional intelligence (No.19 in a series of 21)



Tips to help you to be socially competent

- ☛ Evaluate your existing network to ensure you can draw upon a variety of backgrounds, skills and experience
- ☛ Keep an open mind to broaden your horizons
- ☛ Be selective about the support you need
- ☛ Ask people for help on both a practical and an emotional level
- ☛ Enjoy humour as a part of your social interactions



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Developing resilience with emotional intelligence (No.20 in a series of 22)



Be proactive

Facilitating emotions – Enthusiasm, Esteem, Pride

- 🔗 Engage change directly
- 🔗 Focus on — and expand — your sphere of influence
- 🔗 Focus on what actions you can take vs. waiting for others to act
- 🔗 Experience and celebrate small victories
- 🔗 Lead others through change by setting the example . . .

Draining emotions – Frustration, Hopelessness, Inadequacy



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Developing resilience with emotional intelligence (No.21 in a series of 22)



Tips to help you to be proactive

- ☛ Use your foresight to plan ahead and prioritise
- ☛ Critically evaluate how tasks can be completed more efficiently
- ☛ Act decisively
- ☛ Keep on top of less-urgent tasks
- ☛ Identify and develop the skills you will need in the future
- ☛ Don't waste time on truly unnecessary tasks
- ☛ Take the lead and become a role model for others



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