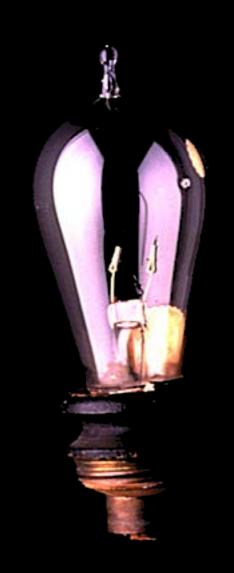
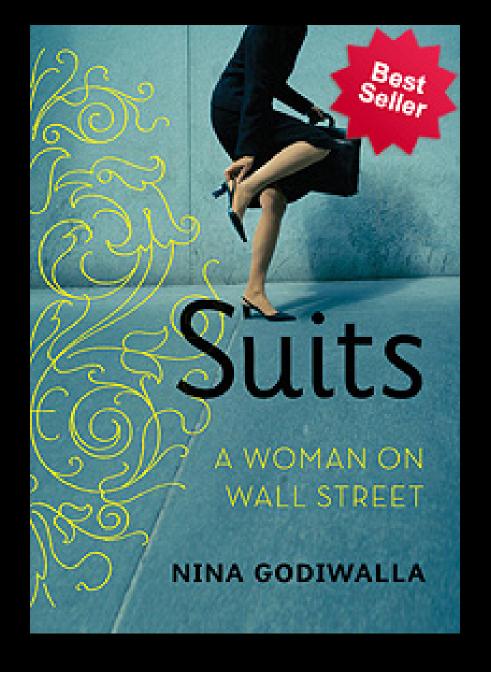
Emotionally Intelligent Leadership

McCombs School of Business





MINDWORKS

MindWorks Courses





- Stress Management
- Emotionally Intelligent Leadership
- Diversity & Inclusion
- Effective Communication
- Mindful Communication & Meditation







CEO, Nina Godiwalla

- Decade of corporate experience and stress management training
- Honored into Texas Women's Hall of Fame and serves on Governor's Leadership Council
- Featured in media including USA Today, Forbes Magazine, NPR, and ABC News

WHERE ARE LEADERS CHALLENGED?

SUCCESS ORG. **INTERPERSONAL PERSONAL**







TODAY

Quick glimpse

Tools to help you understand yourself better

Questions

IKNOWYOUR STORIES

SAME SITUATION, DIFFERENT REACTION

HOPE NOPE







HOPE

I already found out about my first assignment. I'm going to be working on a start-up opportunity. Sounds like an interesting role especially since I'm working at this massive, old-school company.

They said they haven't really done projects like this before. And they didn't give us much direction because they want us to really come up with a strategy on our own. They're expecting us to create a plan from scratch. It sounds like it's all unchartered territory for them.



HOPE (cont'd)

They even brought in a new manager. They brought him in from the top online retailing company, and he's considered to be an expert in the space we're launching.

I'm pretty excited about it. I met my new manager over lunch, and we agreed that since we have completely different backgrounds that we can really complement each other. This could be interesting so I'm really looking forward to it!



NOPE

I just found out what my first assignment is. They are making me work on some start-up. It is so weird to do that to a new person. I don't even understand what exactly we are supposed to launch. They couldn't completely explain it and said that we're supposed to come up with a strategy. Maybe they're doing this to me because Rob didn't give me a great recommendation when they called him. I'm not even sure he really liked working with me. I'm so glad I left that job. I could see him thinking that this would be a great way to get back at me.



NOPE (cont'd)

I've never even worked on a start-up. What are they thinking?

There is a new manager coming in from an outside company. They said he is the best in online retailing, but who knows. He's going to be new here too. Why would they assign me to a new person when I'm new? It just doesn't make sense.



NOPE (cont'd)

I'm not even looking forward to it. You know, start-up stuff stops and starts all the time so I just don't know where this will be going. I met the new manager, and he had a hard time finding the cafeteria so that's not a promising start. Watch, it'll be one of those projects that gets cut, and I'll get laid off.

SAME SITUATION, DIFFERENT REACTION

HOPE NOPE





REALITY vs. STORY





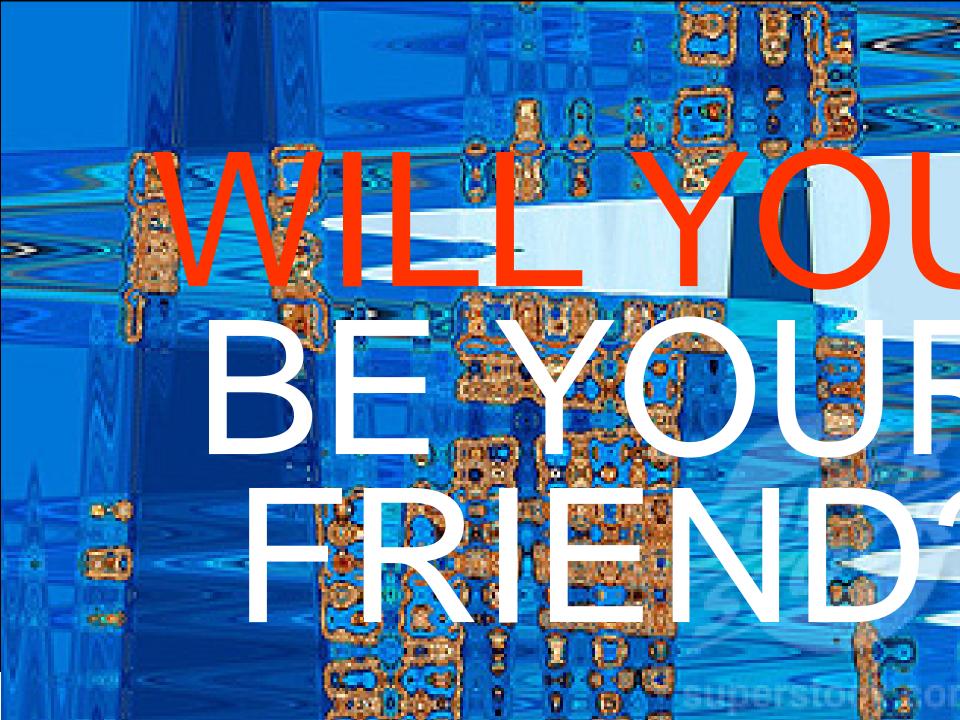
	REALITY	HOPE	NOPE
ASSIGNMENT	 New Start-up Strategy not fully developed New venture for company 		
BOSS	New to companyConsidered an expert in his area		

HABITS THAT LIMIT HIGH PERFORMERS

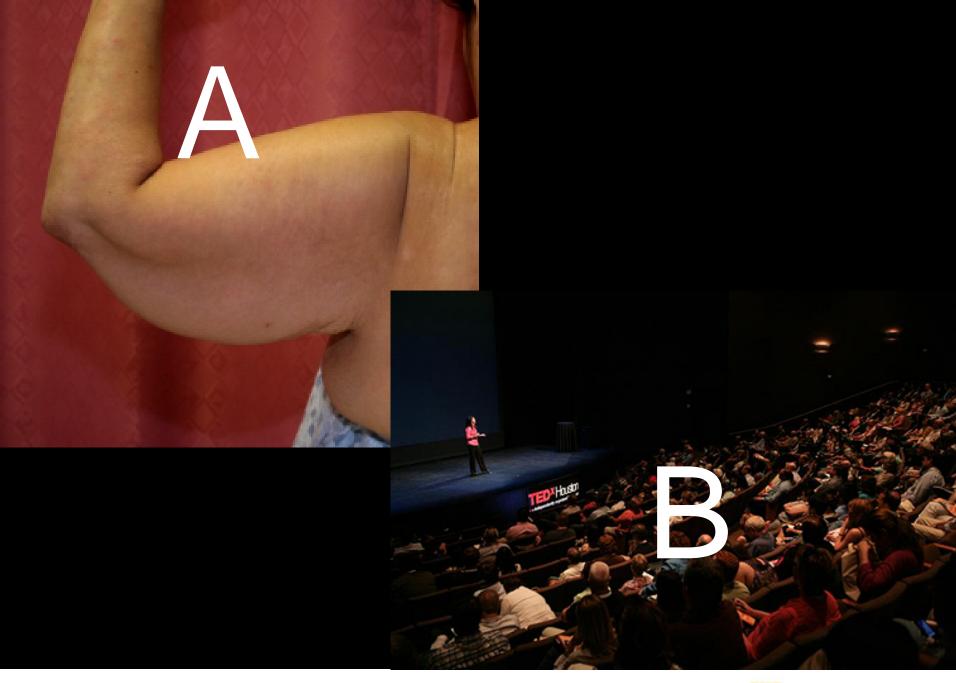
- Never Feeling Good Enough
- Doing too Much, Pushing too Hard
- Running over the Opposition
- When Fear is in the Driver's Seat
- Emotionally Tone Deaf

Source: Waldroop & Butler

Reflect: Think of a time when you limited your potential by falling into one of these bad habits





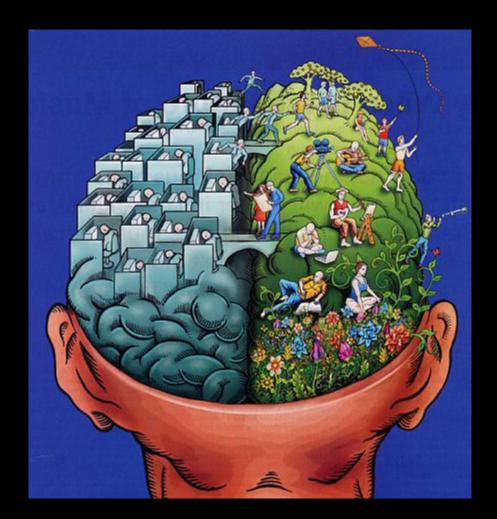


FOCUS EXERCISE: Count to 20

LEFT BRAIN, RIGHT BRAIN

Logical
Linear
Methodical
Categorize
Organize

Fear
Chaotic
Brain chatter
Stress
Past
Future



Present moment
Feel
Taste
Touch
Sounds
Hear
Images
Inspired
Creative
Flow

I never discovered anything with my rational mind

Albert Einstein

SUMMARY

- 1) Know your Story
- 2) Limiting Habits
- 3) Focus Muscle

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- Diversity & Inclusion
- Effective Communication
- Mindful Communication & Meditation

Stay in Touch!

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