



**TRANSFORMATIVE
WORKPLACE
SOLUTIONS**

UNLOCKING HUMAN POTENTIAL

Emotionally Intelligent Counseling: Transforming Emotional Energy into Meaningful Action

WARREN H. PHILLIPS, PH.D.

Owner - Central Iowa Psychological Services

Principal Partner - Transformative Workplace Solutions

President – Iowa Psychological Association

Find a poster that resonates with you and please go stand next to it.

Learning Philosophy for today



Wisdom Lives
Within



No Way is The Way



The Process is the
Content



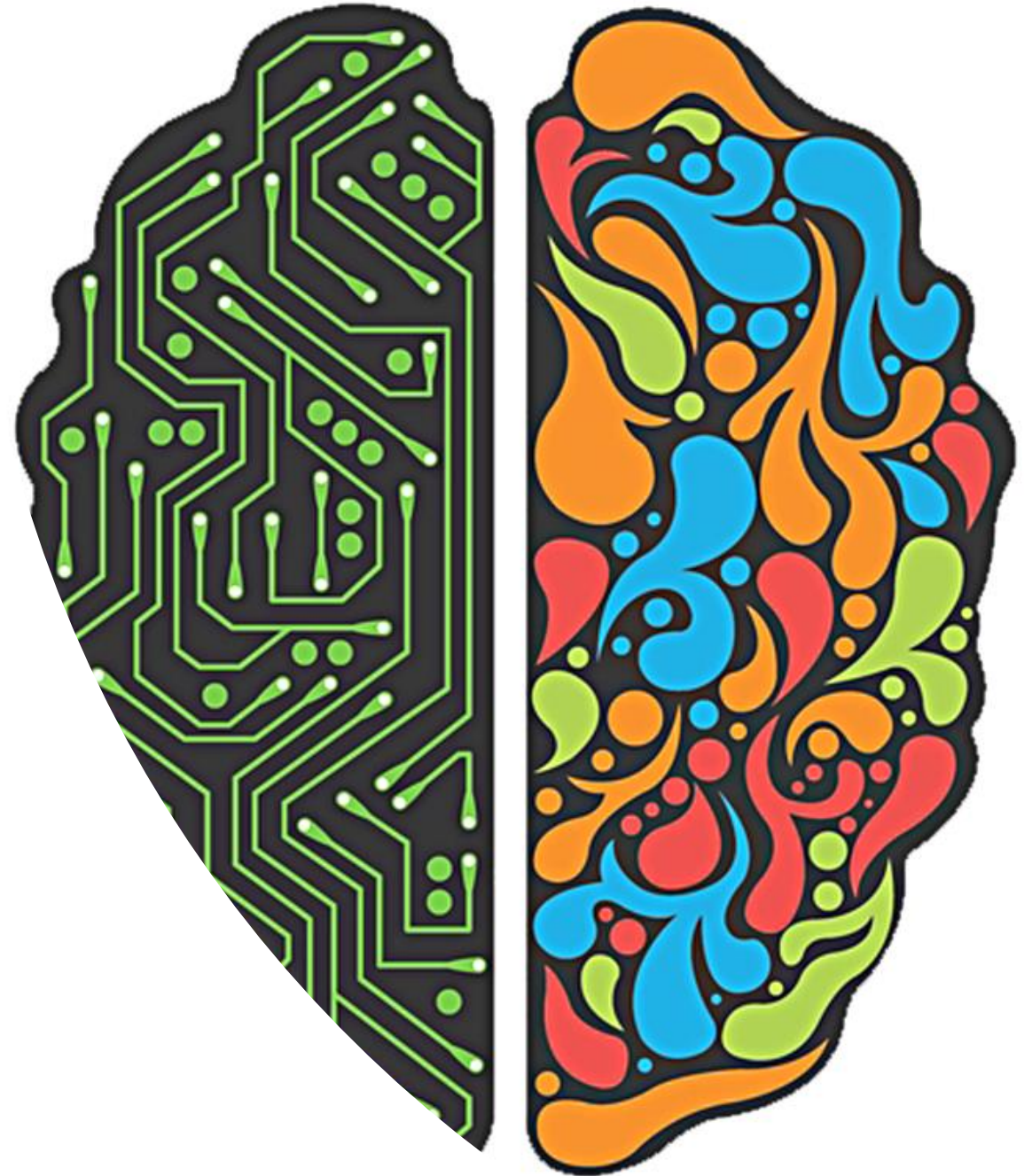
Emotions Drive
People



What does
Emotional
Intelligence
mean to you?



Emotional intelligence
is effectively blending
thinking & feeling to
make optimal
decisions.

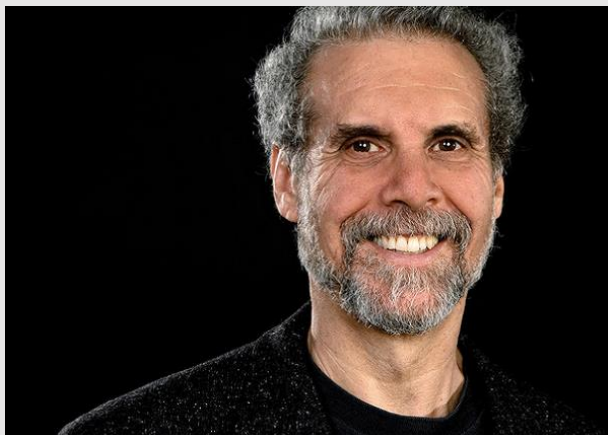




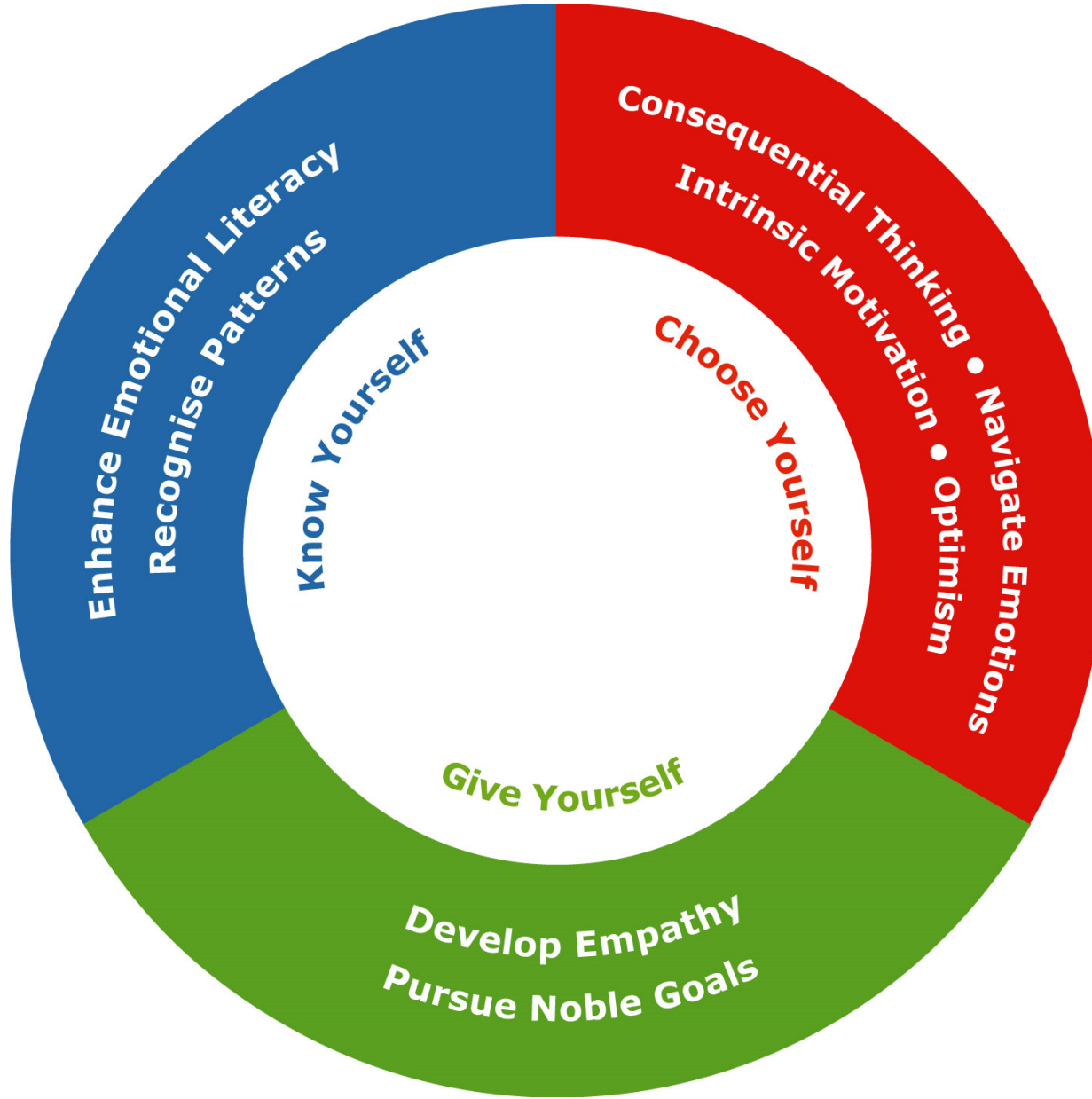
Founder of EI
Peter Salovey, Ph.D.

Important EI Figures

Founder of EI
John Mayer, Ph.D.



Popularized EI
Daniel Goleman, Ph.D.
Author:
Emotional Intelligence



Know Yourself (Self-Awareness)





Enhance
Emotional
Literacy

The background of the image is a dense, repeating pattern of black and white fingerprint ridges. The ridges form various shapes, including loops, whorls, and spirals, creating a complex and textured visual field. The lines are thin and closely spaced, typical of a fingerprint scan.

Recognize Patterns

Choose Yourself (Self-Management)



A composite image featuring a white bowl filled with fresh blueberries on a wooden surface to the left, and several stacks of colorful macarons (pink, green, yellow, and light brown) on a blue background to the right. A diagonal line separates the two scenes. A semi-transparent white box with black text is centered over the image.

Apply Consequential Thinking

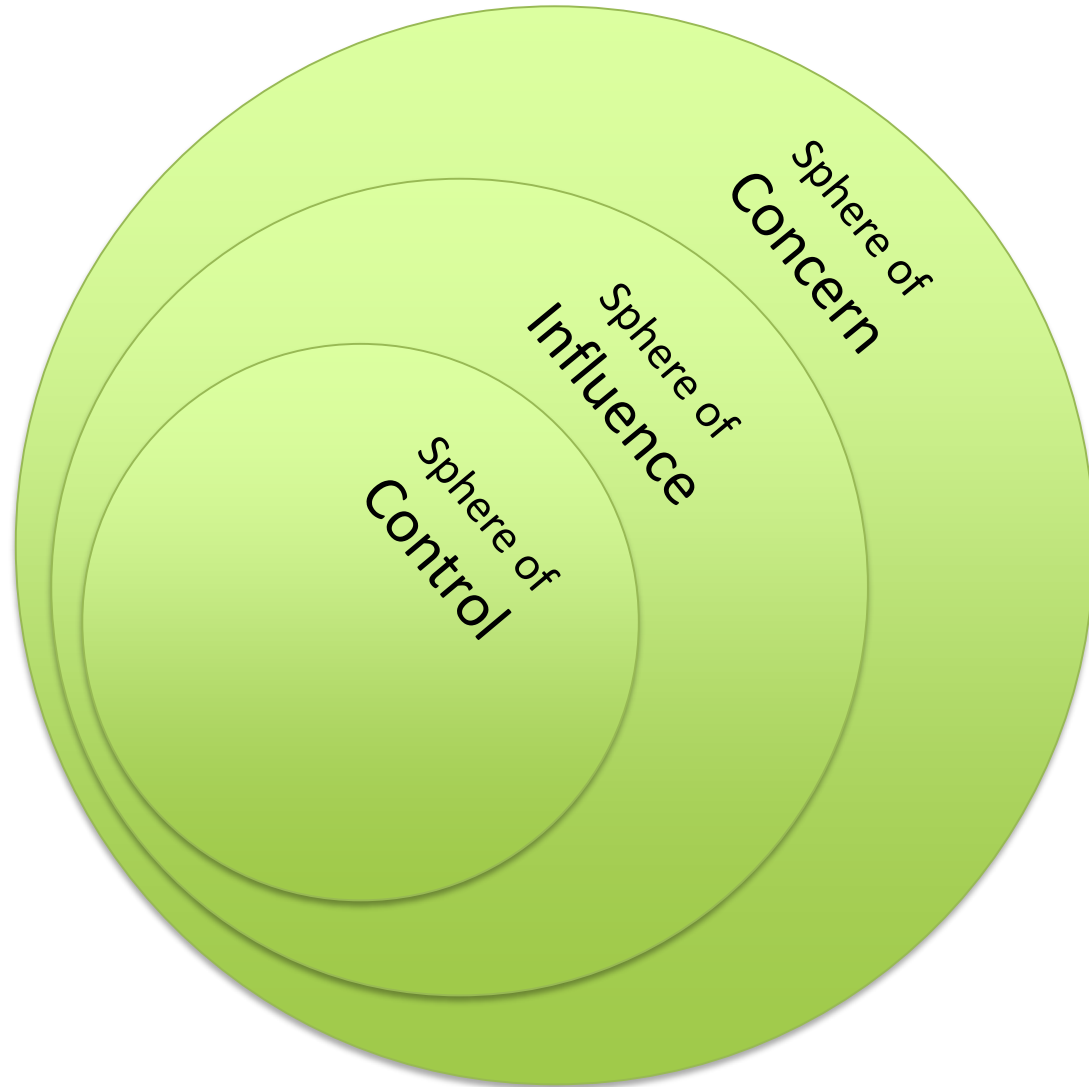
Spheres of Power Discussion

Choose a challenge or issue.

- What parts are under your control?
- What parts are under your influence?
- What parts are only within your concern?

When you're in distress re issue....

- Where do you typically focus your energy and attention? What's helpful & not helpful about that?
- What things are you trying to control -- that are not under your control?
- What happens when you shift your energy & focus to the things in Sphere of Control?



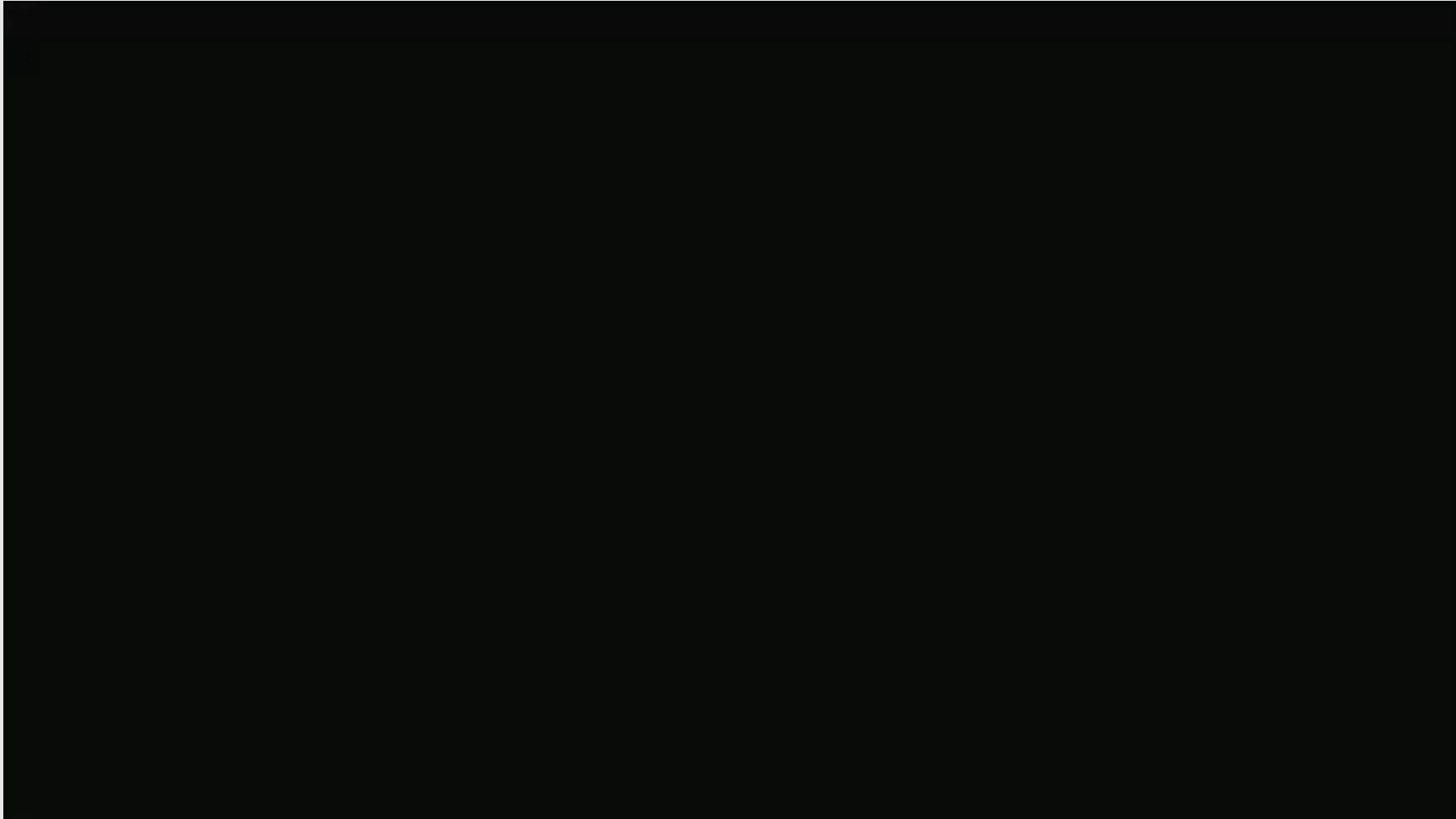


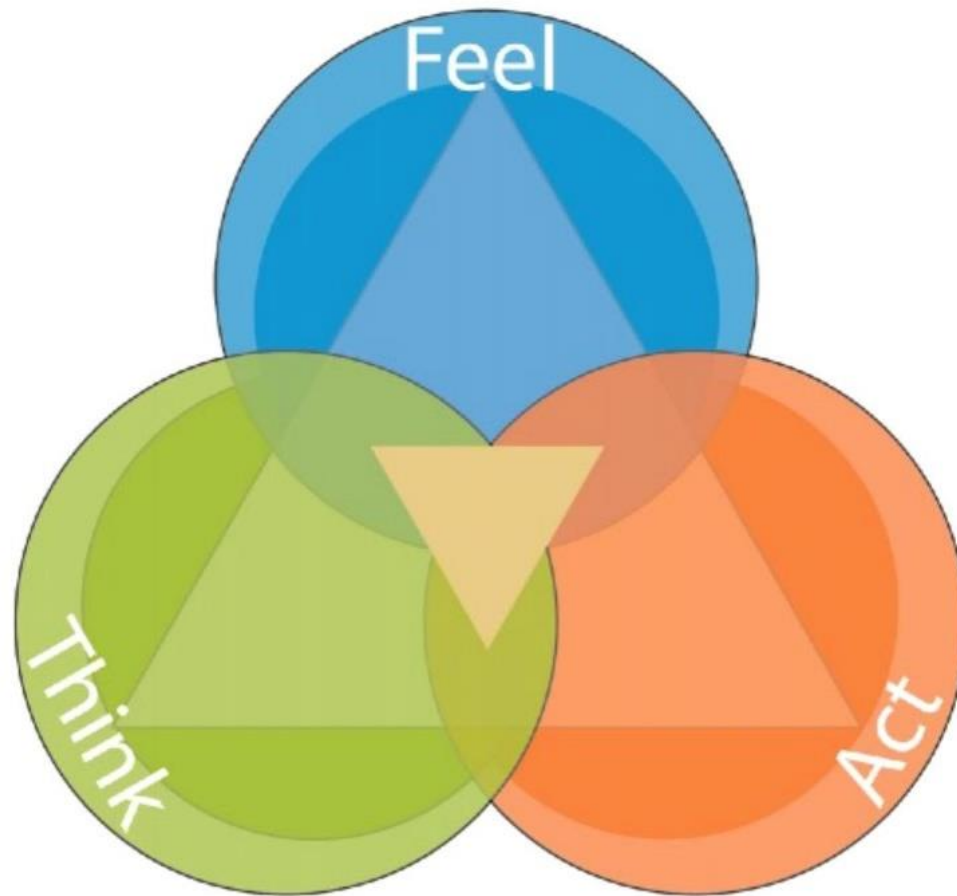
Navigate
Emotions

Engage Intrinsic Motivation

"Dare"
SAGA

Exercise Optimism





Think of a recent situation that DID NOT GO WELL. Think back to yourself ½ way through the situation.

Using the T-F-A Cards...

Give Yourself (Self-Direction)





Pursue Noble Goals

- It's your compass point

- Brief Compelling Statement of Purpose
- Gift you feel you have & is Pointed Outward
- Encompasses all dimensions & roles in your life
- Doesn't make others less for you to be more
- Does not end in your lifetime
- Gets you out of bed





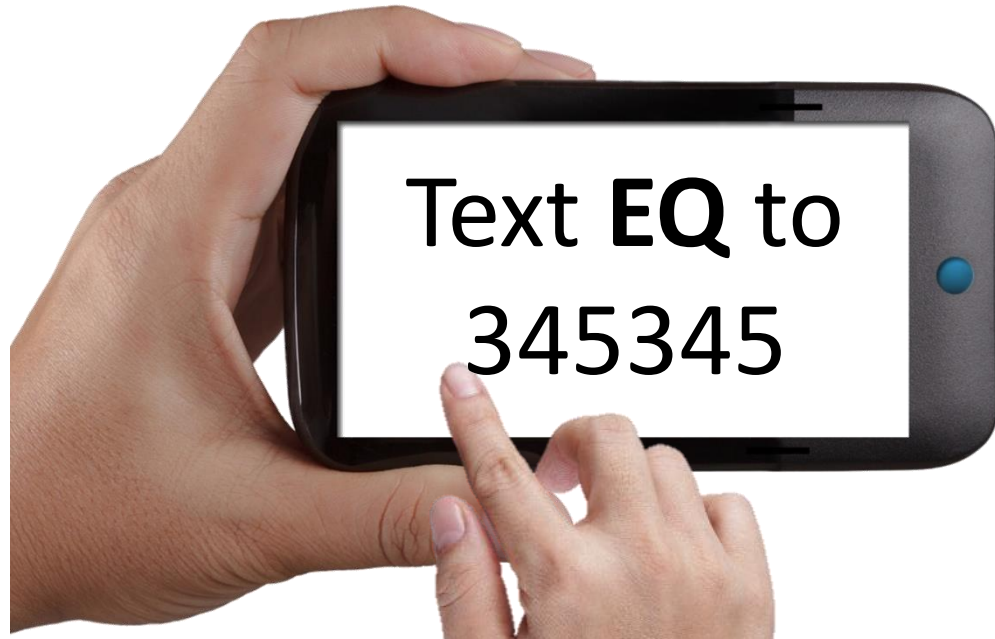
Think of a situation that you are struggling with right now or recently in your life.

Next Steps

What are 3 ways you will use what you experienced today with your clients, co-workers or in your personal life?



Would You Like More Emotional Intelligence Tools?



Warren H. Phillips, Ph.D.
515-290-5395

wphillips@twsconsulting.net

www.twsconsulting.net

