

Self-Mastery Tools for Hard Times

These are storming times indeed: a global pandemic, political unrest, imminent climate change, a struggling economy and more. Our individual and collective stress levels have not been this high for such a prolonged period for decades. As a result, many people are finding it hard to maintain a sense of mental and/or emotional stability or even-keeled composure, aka equanimity. Maintaining our equilibrium and remaining calm during an extended period of strain can be a real struggle during times such as ours. This acknowledged, all is not lost. There are ways of working with our difficult experiences that can help us build our holding capacity and bring fourth the “better angels of our nature” even under very challenging circumstances.

Emotional and social intelligence (ESI) is discipline that can give us proven tools to do this very thing, growing a sense of equanimity and calm even during extended periods of strain. This in turn enables us to be a resource for ourselves as well as the people in our lives. At Promega, our ESI program address five main components of emotional and social intelligence: mindfulness, self-awareness, self-mastery, other-awareness, and relationship management. While all parts are important, we focus on Self-Mastery in this 2-hour program so that we can provide you with some quick perspective and methods for self-regulating the strong and often difficult emotional states that many experience almost on a daily basis these days (Note: mindfulness is a component that is fundamental to the other four and so it will be integrated into the program as well). During Self-Mastery Tools for Hard Times, you will achieve the following learning objectives:

- Understanding that the most important decision you make is how you *choose* to think about what happens.
- Developing a greater appreciation for the power of a discerning optimism.
- Learning a model for engaging difficult experiences that increases our self-awareness.
- Leveraging difficult experience for growth towards our best selves by identifying the underlying drivers of difficult experiences in increasing both our holding capacity and our ability to make more enlivening choices.
- (others?)

Presenters: Drs Malynn Utzinger and Tim Weitzel from Promega’s ESI Team

Length: 2 hours