

## **Emotional Intelligence at Work**

Issue #13 - January 2005

An On-line Newsletter to Help You LEAD Your Personal & Professional Success

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**GREETINGS, READERS!**

Welcome to new eZine readers and to 2005! Thanks to those of you who completed the reader survey and gave your feedback and ideas. I am still seeking your input, and invite you to take the survey if you haven't yet done so. You can do this by clicking on <http://www.arond-thomas.com/EIAWAssessment.html>.

A number of you indicated interest in learning more about applications of the Myers-Briggs Type Inventory and interacting with different leadership styles. Below are the teleclasses I'm offering in January and February, one of which is a free class on the power of the MBTI for self-management and interacting with other communication and leadership styles.

If you'd like to read or re-read articles from previous issues, go to: [http://www.arond-thomas.com/articles\\_resources.html](http://www.arond-thomas.com/articles_resources.html). Your comments and feedback are always welcome - please send them to [manya@arond-thomas.com](mailto:manya@arond-thomas.com) - otherwise, they will get lost in cyberspace.

For your success and well-being,  
Manya

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## Moving Forward from the NOW

*Begin with the possible; begin with one step. There is always a limit, you cannot do more than you can. If you try to do too much, you will do nothing.*

P.D. Ouspensky & G.I. Gurdjieff

*Einstein was asked what he thought the most important question was that a human being needed to answer. His reply was 'Is the universe friendly or not?'*

Joan Boryscenko

*If you find yourself in a hole, the first thing to do is stop diggin'.*

Will Rogers

As we begin the new year, we are inundated with exhortations - from ourselves and others - to set goals, to go for it, and to make this our best year ever. Now I'm all for that, both personally, and as a coach.

However, I decided that this year I did not want to exhort you to set goals, although it is a key to success. Rather, I want to talk about how to tap into the energy source that naturally fuels and allows one to achieve goals. This energy source comes from deeply accepting and truly honoring where in your life you are at this moment in time.

One of the principles I learned many years ago as a practicing massage therapist and healer, was that energy moves of its own accord and *shifts occur when we honor the nature and quality of the energy that is present for us right NOW.*

Knowing where you are in the natural life cycle of anything you're involved in combined with the clarity of your big vision for your life/work helps you to generate goals that are deeply connected to what really matters. This knowledge and acceptance of the Now, releases energy and thus naturally creates movement.

This movement is organic, moving from the inside out. Goals that are generated through this deeper awareness

are highly motivating; whereas we are much more likely to drop goals that are derived from mental ideals and beliefs of where we think we should be or what we think we should be doing.

Everyone knows intimately the seasons of nature - spring, summer, autumn, winter - as one life cycle. Likewise we know the human/animal life cycle of conception, gestation, birth, youth, adulthood, old age and death.

The importance of knowing and appreciating what part of a cycle you're in has to do with the fact that different kinds of energy are being embodied and seeking to be expressed in different stages of a cycle, and therefore require different kinds of actions.

Everything has a life cycle - whether it's the span of your life, a project, a team, or an organization. And of course, we typically are in different life cycles simultaneously in different parts of our lives which can create a certain amount of tension - e.g. we can be in the maturation stage of a marriage and in the development stage of a business or a career.

Here's a way to set goals, based on honoring your natural rhythms, that is intrinsically motivating and self-appreciative.

Looking at the various domains of personal well-being, rate your current level of satisfaction with each domain on a scale of 1-10:

- Health and fitness
- Primary Relationship
- Social and Friendships
- Family
- Financial health and well-being
- Personal and professional development (includes spiritual development)
- Recreation
- Business and Career

Based on your level of satisfaction and the level of importance in your life right now, decide which area(s) you want to focus on improving or changing.

Now think about where in the natural life cycle you are with that particular area or projects you have undertaken in that area. For example, if you rate Business and Career - or a work project you have going - at a level 4 satisfaction because it's not where you want it to be, think about what part of the life cycle it's in to determine what the appropriate actions are to move you forward.

- Are you in gestation and development? Is this a time of deepening?
- Or is this a time to come out into the world and get known?
- Is this the time to build foundation or build momentum?
- Is this a time of manifestation and full bloom?
- Is this a time of maturation, refining and solidifying?
- Is this a time to bring completion?
- Or is it a time to let go so that something new can be born?

When you know where in the natural life cycle of something you are, you have clarity about the kinds of actions that will naturally lead you forward. And because you are in the natural flow, you will have little if any resistance to the actions you see in front of you. This is the path of least resistance for goal setting! (This is not to say that resistance doesn't occur; after all, we can all be self-sabotaging).

Some of us, yours truly included, tend to get ahead of ourselves and can beat ourselves up for not being where we think we should be by this time! This is a no-win, no-movement forward situation.

The bottom line: Don't try to swim upstream or against the current! You'll expend a lot of energy and it probably won't get you where you want to go. Instead, tune into and honor the rhythm and energy of the life cycle(s) you're in, take appropriate actions, and enjoy the ride!

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## January and February Teleclasses

For more information and to register go directly to:

<http://www.arond-thomas.com/teleclasses.html>

### **1/13-1/27 Women and Ambition**

3 sessions, Thursdays Noon-1:15PM ET

Fee: \$87

### **1/26 Want An Advantage? Learn How the MBTI Can Help You Have More Effective and Fulfilling Relationships**

Wednesday, 5:30-6:45PM ET

Fee: Free

### **2/9 Coaches, Consultants, HR/OD Professionals! Learn How Emotional Intelligence Can Take Your Clients and Employees from Good to Great!**

Wednesday, 5-6 pm ET

Fee: Free

### **2/17 Five Proven Tools and Strategies That Will Help You Eliminate Difficult Conversations and Improve Your Business Relationships**

Thursday, 1-2pm ET

Fee: \$29

### **2/22 Creating Top Performing Teams**

Tuesday, 11AM-Noon ET

Fee: \$29

For more information and to register go directly to:

<http://www.arond-thomas.com/teleclasses.html>

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### **Are You on the Path To Success?**

Find out now....take our new free Personal Success

Habits Profile. Click here to take the assessment:

<http://www.arond-thomas.com/PSHPAssessment.html>

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### **Last Chance to Attend Millionaire Mind Intensive for FREE!**

I've sent you information previously about the work of T.Harv Eker, the best-selling author and world's #1 guru in helping people create a "millionaire mind." The reason I promote his work is not only because it has been personally life-changing for me and my family, but because

financial health is the key to a life of choice.

I've just received notice that the free teleseminar Harv is giving next **Tuesday, January 11, 2005** is the last time he will be GIFTING all guests who participate in the teleclass a FREE tuition to the 3-day Millionaire Mind Intensive.

If financial health and well-being is one of your goals, don't even think of missing this life-changing Teleclass. This is your personal invitation to participate in T. Harv Eker's world-famous Millionaire Mind Teleclass on **January 11, 2005**:

<http://www.millionairemind.com/a/inspiringyou?page=/wow/>

When it comes to financial success, you can have the greatest tools (strategies and systems) in the world, but if there's a tiny leak in your "toolbox" (your mind), you're going to have a problem.

In this profound teleclass you will learn:

- The secret psychology of wealth!
- How rich people think differently than the poor and middle class.
- The hidden cause of almost all financial problems!
- Why knowledge and skill do NOT create wealth.
- How your childhood conditioning is affecting you financially today.
- How to train your "mind" to work for you instead of against you.
- ... and much more.

T. Harv Eker will be **gifting all guests** who participate in the upcoming Millionaire Mind Teleclass with a scholarship to the 3-day Millionaire Mind Intensive for FREE! Please go to this link immediately to register:

<http://www.millionairemind.com/a/inspiringyou?page=/wow/>

In the spirit of full disclosure: This is my affiliate link; however, I do not receive any commission for your attending this free teleclass. There is a referral commission should you be inspired to sign up for any of his other live seminars in the future, and give my name as your referral source.

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Manya Arond-Thomas & Company  
Catalyzing the Creation of "Right Results"  
Just a reminder!

If you like the things I write about, remember what I also do is speak, consult and coach with business

leaders, managers and teams on how to build capability, increase effectiveness, and achieve the right results.

If your company or association has a conference or convention coming up, please let them know about me or let me know about them. If you or your company is seeking to increase leadership and organizational effectiveness, let's talk. Feel free to check out my website [www.arond-thomas.com](http://www.arond-thomas.com) or contact me for more information.

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