

Emotional Intelligence at Work

Issue #14 - September 2005

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

Please forward this ezine today to friends and colleagues whom you think would benefit from Emotional Intelligence at Work. That's how we grow.

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Contents:

1. Welcome
2. Article: Connecting Your Inner and Outer Realities
3. Upcoming Programs & Events
4. New FREE Bi-Weekly Teleforum
5. New MBTI Self-Discovery Package

GREETINGS, READERS!

Welcome to new and old readers! I know you haven't seen an issue of EI at Work for a while. I've been busy with lots of new things cookin'! However, people are asking for it, so here it is!

I'm pleased to announce a new free bi-weekly teleforum specifically for those who want to "Play A Bigger Game." This teleforum is open to all but you do need to sign up to get the reminder announcements. It will occur on Mondays from 12-1pm Eastern, and will commence on September 19. See below for more details.

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

Since I was one of those kids who really liked school, I always looked forward to fall as a time laden with new possibilities. In that spirit, I wish you all a fulfilling, productive, and prosperous fall that is full of new possibilities!

For your success and well-being,

Manya

Article: Connecting Your Inner and Outer Realities

"A Native American grandfather was talking with his grandson about how he felt. He said, 'I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one.' The grandson asked, 'Which wolf will win the fight in your heart?' The grandfather answered, 'The one I feed.'"

Unknown

"If you do not live the life you believe, you will believe the life you live."

Zig Ziglar

Do you ever wonder how it is you can want something very much yet it doesn't manifest, and it doesn't manifest, and you wonder if it ever will? While patience may be the issue (as it often is for yours truly), understanding and practicing the dynamics of alignment are the key to manifesting the results you desire.

What's this got to do with emotional intelligence? At the very heart of emotional intelligence are self-awareness and the ability to manage oneself effectively. Typically we recognize self-management in competencies like emotional self-control, integrity, adaptability, achievement, initiative and optimism.

The secret to mastering all these self-management competencies is the understanding and knowledge that your thoughts and emotions are truly what create your reality. So often we focus on taking action and determining what the right actions are. And of course, action is critical to getting into the game in order to learn and continually course-correct in moving toward our goals.

However, by far the more critical - and challenging - discipline for manifestation is in consciously working with our thoughts and emotions, for this is where the power of the Law of Attraction resides. This law states that things of like vibration are drawn to each other.

Your ability and power to redirect unsupportive, unproductive thought and emotion to proactive, productive, good-feeling thought is what aligns you with your greatest sense of well-being and possibility. Only when this occurs can you consciously and deliberately use the Law of Attraction to your advantage rather than to your disadvantage.

We live in a vibrational Universe in which EVERYTHING is energy. Thoughts are energy, emotions are energy, and physical matter is simply a denser form of energy.

Why is this important? Because thoughts and emotions are real energy forces acting on inner and outer reality, constantly and continuously. Every thought and its associated emotions carry a vibration. Your most commonly held thoughts and emotions create your personal vibration at any point in time. Your personal vibration in effect, serves as your radio signal to the world. It draws to you those people, circumstances, and events that resonate at the same frequency as your personal vibration.

Manifestation of what you want can only occur when you align your thoughts and emotions with the vibration of what it is you desire. Too often, we can get focused on the lack of what we want rather than what we desire. For example, we want greater prosperity but we're focused on our lack of prosperity. If you're focused on what you don't have, you are in the vibration of lack and that's what you will continue to draw to yourself.

However, we can at any moment to realign our thoughts and emotions so that we embody a vibration closer to that of what we desire. If you want more of something, focus on that and work to align your thoughts and emotions with the positive expectation of receiving it.

My thirty plus years on the the path of self-actualization have taught me that intention may be the most powerful tool we own. Use your intention to become a deliberate creator; then develop a practice of exercising awareness and choice in your thoughts and emotions. Take 20-30 minutes a day to practice deliberate creation and alignment, and your life will begin changing before your eyes. When you do this, you will manifest what you truly desire, for this is the Law!

Want some structure and support in becoming a deliberate creator? Become a member of the Play A Bigger Game Forum, where you'll be inspired, challenged, and supported to Play A Bigger Game!. We'll be meeting twice monthly on Mondays from 12-1pm EST. Want more information? Read on....

Join the "Play A BIGGER Game" Member Forum!

Tired of playing it safe? Wishing you could make a bigger contribution?
Dreaming of living and expressing your full potential?

Then become a member of "Play A Bigger Game," and join me on a FREE bi-weekly teleconference call. The purpose of these calls is to inspire, affect, cause, embolden, galvanize, provoke, reassure, spark, trigger, and urge you to play a bigger game.

Expect to cover topics that are KEY to creating the necessary alignment between your dreams and desires, your values, and your actions so that you can play a bigger game. Expect an open forum for YOUR questions and ideas with opportunities for brainstorming, masterminding, and coaching.

The Details:

Calls are open to registered participants so you must register as a member in order to receive the reminder emails with the telephone bridge line number. We meet on the first and third Mondays of each month, 12-1PM Eastern. The only charge is for your long-distance call.

Join me in playing a BIGGER game! Our FIRST meeting is September 19, 2005!
I look forward to meeting you on the call!

To join now, click here: <http://www.arond-thomas.com/biggergame.html>.

"All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose."

Brian Tracy

Good Reads to learn more about the dynamics of alignment and manifestation!

Ask and It Is Given, by Esther & Jerry Hicks

Peak Evolution, by Lauren Holmes

Mind Powers Into the 21st Century, by John Kehoe

Upcoming Programs & Events

Teleseminars & Classes:

Oct. 6, 13, 20; 3:45 - 5:00pm EST Leadership University Mindful Leadership II Series:

"Working With Emotional Intelligence: A Keystone A Keystone for Personal Well-Being, Resilient and Effective Leadership, and High-Performance Teams"

Click here for more information or to register: <http://www.teledevelop.com>

Live Public Events:

8/27, 9/10, 9/23 The Successful Woman's Toolkit for Self-Realization, Ann Arbor MI

8/27 Harnessing the Power of Your Personality

9/10 The Power of Focus

9/23 The World's Easiest Time & Money Management Systems

To register, contact manya@arond-thomas.com

9/14, NACW Annual Meeting, East Lansing, 6:00pm EST

"Women, Want To Play A Bigger Game? Learn the Hidden Barriers

To Your Ambitions and the 7 Critical Success Factors To Achieve Your Dreams"

9/21, Center for The Education of Women, U-M, Ann Arbor, 12:00 - 1:30pm

"Women, Want To Play A Bigger Game?"

10/22, "Women, Claim Your Voice! Claim Your Power", one-day workshop
University of Michigan, Ann Arbor

Click here for more information or to register: <http://www.arond-thomas.com/womensleadership.html>

11/8, GAASHRM monthly meeting, Ann Arbor, 11:30-1:30pm EST
"Building High-Performance Teams with Emotional Intelligence"

12/7, "Women, Claim Your Voice! Claim Your Power", one-day workshop Saginaw
Valley State University, Saginaw, MI

12/14, eWomen Network, 11:00-1:00PM EST "Women, Want to Play A Bigger Game?"

NEW! MBTI Self-Discovery Package

Wanting more insight into how to leverage your strengths and better manage your non-strengths but not sure if you're ready to hire a coach? Then this MBTI Self-Discovery Package is for you!

Self-awareness is the key to personal power. The greater your self-awareness, the more power you have to create the life and results you want. The Myers-Briggs Type Indicator is a powerful personality profile that gives you insight into your own and others' preferences for how you learn, for how you make decisions, for how you communicate, and for managing time and energy. With this information, you have the ability to optimize your strengths, better manage your non-preferences and overall operate at a much higher level.

Click here to get the details: <http://www.arond-thomas.com/mbti.html>

Manya Arond-Thomas & Company, LLC
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 independent professionals, 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 or contact me for more information.

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