

Spiritual Implications of Virtual Workshops, Emotional Intelligence for Resilient Leaders and Professionals

Overview:

The following is a supplement to the Participant Workbook for this Virtual Workshop.

Additional optional sessions of my (Bill Murray's) Web-conferencing Virtual Workshop Series are available for those who desire to:

- Expand their understanding of the spiritual implications and theological dimensions of emotional intelligence topics in this Virtual Workshop
- Use that understanding to improve both their emotional intelligence and spirituality.

Whatever your faith background, you are welcome so long as you respect others and their spiritual views and vocabulary. We shall be inclusive. That means you should feel free to use your normal spiritual vocabulary such as God, Jesus, Buddha, etc.

I welcome your feedback and participation in developing new approaches and ideas.



For Entire Virtual Workshop Series:

Open ended questions.

“What are the spiritual implications of this topic?”

“From your spiritual perspective, how do you view each topic of emotional intelligence?”

How do you use your spiritual resources to improve your emotional intelligence?

How do you use emotional intelligence to improve your spirituality?

Participants offer their cases from situations in their lives.

Biblical and spiritual goals supported by emotional intelligence skills:

This program builds skills that help you live out these Biblical goals. This is a “How to do it” program for the Judeo-Christian directives below.

Love your neighbor as yourself.

This program is about how to be more loving. It gives us the how to's.

Love God with all your heart, mind, soul, and strength.

Secondly, Emotional intelligence skills can help us to improve our relationship with God. The same attitudes and skills of emotional intelligence are important in our ability to seek God. For example, being present is crucial for both relating to people and to God. Likewise, listening is crucial for both. Relating to God is not just about asking for things. It is also about being present and listening or seeking guidance. The same emotional intelligence skills apply in connecting with people and God.

Do unto others as you would have them do unto you.

Be transformed by the **renewal of your mind** (Romans 12:1, 2).

Goal of becoming more conscious. At higher levels of consciousness we can function at a higher spiritual level.



Emotional Intelligence for Powerful Leadership

Examples: Gandhi and Martin Luther King trained themselves in peace consciousness.
Stayed caring for adversaries during non-violent actions.

Build community:

Practiced by Jesus with his disciples and practiced by Paul with churches and
advocated by Paul in letters.

Servant Leadership:

Jesus washed disciples' feet, John 13, and commanded them to do likewise.
Purpose of leadership is to serve.

Blessed are the peacemakers.

Judge not and you will not be judged.

Seek justice

= love applied to social problems:

Prophets and Jesus' taught this.

Advocate for the marginalized.

Provide for the needy.

Spirit can direct us to things we should be doing.



Emotional Intelligence for Powerful Leadership

Resilience:

Bill's book chapter, "Emotional Intelligence for Resilience"

You may get your free copy of Bill's book chapter by going to Bill's web site, <http://www.EagleAlliance.com> and scrolling down to the picture of the book, Upping the Down Side, and clicking on "Get Free Copy."

How important is it for you to be resilient?

How do your relationship with God and your spiritual life help you to be resilient?

Persistence: St. Paul continued to run the race and press on in spite of many setbacks and hardships.

Persistence: How steadfast are you in Servant Leadership and seeking justice by opposing domination systems?

See Module 1



For Modules - Spiritual Implications of Each Module:

Module 1: Strategic Thinking: Goals, Values, and Strategies

Resilience: See above on article “Emotional Intelligence for Resilience.”

Servant leadership: What really matters to you as a leader?
To serve. To promote justice.

Blessed are the pure of heart = know what matters.

What really matters to you?
How is this question important for your spiritual life?

How do you discern what is really matters to God?

How do you stay focused on what really matters?
St. Paul advocated single-mindedness = keeping focused.

Vocation: Understanding your vocation.
Where are you called to serve?
What is your mission?
A sense of vocation gives commitment, resilience.

What are your spiritual practices?
Meditation improves our ability to keep centered and regain focus.
Other practices?

People are important, even those on the margin.

Knowing where you are coming from can give you strength and confidence.

Meaning:

What really matters is a spiritual question about meaning. We all have unique answers.

Big picture. Strategic thinking.



Module 2: Communication

Seeking win/win, we both get what we really need.

Judge not. = Avoid making up stories.

Factual, actual. See it or hear it. Like a camera on the wall.

How to handle difficult conversations?

Ask for feedback and paraphrasing. Seek clarity.

How to challenge assumptions?

How to keep conversations open vs shutting off?



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Module 3: Dialogue

Blessed are the peace makers.

Collaboration based on dialogue is a skill for peace making.

Key skill for seeking justice.



Module 4: Assertiveness

Seeking win/win, we both get what we really need.

Avoid dominating or withdrawing.

“Love your neighbor as yourself.” “As yourself” = asserting sometimes.

Blessed are the peace makers. When you know how to assert yourself better, you can step up resolve conflicts. Know how gives courage.



Module 5: Self-Management

Tune in to your needs/values = Module 1

Self-awareness is crucial for conscious spirituality.

Self-awareness is crucial for relating well (loving your neighbor).

Helpful to focus on values. Values are not much talked about in culture.

Integrate different parts of your life. Consider what you value in all parts of your life:
work, personal and church.



Module 6: Relationship Management

Empathy is crucial for developing compassion.

Handling crucial conversations effectively for connecting, community building, etc.

Empathy does not need an outcome. Want to understand the other person more than convince them.

Community building:

UCC Motto, "That they all be one." = World community. More than in being in the same place. More than having common beliefs.



Module 7: Conflict Transformation and Connecting

Blessed are the peace makers.

How do we beat our swords into plowshares?

Need all above skills in prior Modules 1-6.

Peacemaking skills.

Value other's differences and keep in mind what is important for them.



Module 8: Listening

Most needed skill for servant leaders per Robert Greenleaf, who invented the term.

Makes other person feel cared for, affirmed.

Way to express love.

Staying open and curious is crucial for listening and for spirituality.

Listening to God. Contemplative prayer and meditation.



Module 9: Facilitation and Empowerment

Loving others and community building.

Coaching is way to encourage others.

Building others up to be more resourceful.

Paying attention to inner growth, improving emotional intelligence.

Gold Buddha statue that was covered with mud plaster to hide it from invaders. Gold within is our divine image, spark, nature, essence.

Quaker conviction: "There is that of God in everyone."

How to see the gold, divine in ourselves and others?

How to take off the mud plaster covering? Grow the divine element, true nature?

Genesis creation story: God blesses everything as "good."

How to interact with others so that we honor their divine essence?

Must remember this as our goal. Not forget.

Growing a soul, facilitating the growth of souls.



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Module 10: Performance Mgt.

Practical skills for servant leaders.

How to coach, facilitate and empower in order to solve problems.

How to plan effectively.

Change management:

Take steps into the unknown.

Adventure, trying out new processes recommended in this Program.

(Workshops\EI\Spir E \Spiritual Implications of EI)
see also (workshops\EIL\Spir E\Church EI)

