

Life and Business Leadership Insight – January 03

“Emotional Intelligence and You in 2003”

Happy New Year!

It is going to be a great year for you all. No doubt about it.

You may recall last year at about this time I encouraged you all to set yourself some goals in the following realms: Physical, Intellectual, Behavioural, Spiritual and Social. (Incidentally, congratulations to Tyson for achieving the highest goal conversion in our family team)

The point of my reference to the goal setting guidelines was to encourage you all to go through the process again as well as publicly admitting that I fell just short of my book reading target for the year.

As a result I have already read a total of 6 books since 2003 began. (Good effort even if I say so myself!)

One of the books was a review of the concept of "Emotional Intelligence". Simply explained emotional intelligence is a collection of social and psychological experiences that direct your choices in life.

Further elaboration of the concept involves understanding the following five steps:

- Consider your "ideal" self.
- Come to terms with your real self by asking: "Who do I want to be?" and "Who am I now?"
- Plan to close the gap between your ideal and real self by asking: "How do I get from here to there?"
- Consider "How do I make the change stick?"
- And finally create a support network to allow you to consider: "Who can help me?"

As you can see these are simple but incredibly powerful questions that direct you to live to your true uniqueness and purpose.

With the advent of the New Year, what better time to stimulate your life and career by answering those questions.

I am reminded of a quote from a good friend and founder of the "Crocodiles not Waterlilies" program, Roger Anthony who said:

"Success is simple but it is not easy because it is so simple"
So it is with emotional intelligence.

We are so much more intelligent than we give ourselves credit for.

Get Smart!

Performance Enhancing Substance:

"Use humility to make your enemy haughty"

Sun Tzu

Performance Enhancing Reading Material:

*"The Way of the Peaceful Warrior" Dan Millman. H J Kramer. 1984.
ISBN 0-915811-89-8*

(A book asking you to reflect on your path and journey in this life)

Performance Enhancing Products:

Qty

Life & Business Leadership Tape #1	“Mastering Stress”	___ @ \$30.00
Life & Business Leadership CD #2	“How To Get What You Want”	___ @\$30.00
Life & Business Leadership CD #3	“Turning Distress Into Excitement”	___ @ \$30.00
Life & Business Leadership CD #4	“The Corporate Athlete”	___ @\$30.00
Life & Business Leadership Pack (Discount Pack of 4)		___ @\$100.00

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Performance Enhancing Public Seminars:

Crocodiles not Waterlilies Self-Leadership & Team Dynamics Program:

Program 1: (3.5 days)

- 19.3.03 (9.00am-5.00pm), 26.3.03 (9.00am-1.00pm), 2.4.03 (9.00am-5.00pm), & 9.4.03 (9.00am-5.00pm)
- Investment for program: \$1100.00 (Inc Gst)

Program 2: (3.5 days)

- 21.8.03 (9.00am-5.00pm), 28.8.03 (9.00am-5.00pm), 4.9.03 (9.00am-5.00pm) & 11.9.03 (9.00am-1.00pm)
- Investment for program: \$1100.00 (Inc Gst)

How to Get What You Want (Assertiveness Program):

Program 1: (2 days)

- 21.5.03 (9.00am-5.00pm), 22.5.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Program 2: (2 days)

- 8.5.03 (9.00am-5.00pm), 9.5.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Program 3: (2 days)

- 29.10.03 (9.00-5.00pm), 30.10.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Toughness Training (Performance & Stress Management):

Program 1: (1 day)

- 15.5.03 (9.00am-5.00pm)
- Investment for program: \$450.00 (Inc Gst)

Program 2: (1 day)

- 8.10.03 (9.00am-5.00pm)
- investment for program: \$450.00 (Inc Gst)

The investment for the seminar includes all course notes and materials as well as morning and afternoon tea as well as a light healthy lunch.

These seminars as well as many others are available as in-house programs and in other locations by arrangement.

Please contact me direct on 0418177868 to book your place or via email on dayr@ocean.com.au

**Richard Day B.Ed; M.A.A.E.S.S.; APS
Professional Speaker, Life and Business Coach**

For more information and to preview Richard as a motivational speaker for you and your team please visit www.richardday.com.au

Please feel free to distribute to your friends. Republication is welcome provided author is notified at dayr@ocean.com.au

Some of the information found in this newsletter has been adapted from the Crocodiles not Waterlilies Self-leadership Program with kind permission from Roger Anthony.