

EQ Coachee #1

1/30/08-----

EQ Coach

Hi-

I hope you are having a spectacular day!

As discussed, I am attaching the EQi assessment instructions for you. It only takes 20 minutes to take and I'll have a report back to you within 48 hrs. This assessment is a self-report and your answers will be influenced by what is going on in your life now. Even though these skills are learned and developed over time, they are influenced by current conditions. In light of this, you will want to make time to take it in a quiet place, uninterrupted.

When I get your report back, we will set up time for a telephonic feedback session. These take between 30 – 45 minutes. We'll review the report, you can ask questions, and together we will come up with a plan for enrichment.

So, log on and answer the questions as candidly as possible. It's best not to give the questions too much thought. Responding with your first instinct is best.

Enjoy-

Susan

The EQ Guru

1/31/08-----

Coachee

I did it. Looking forward to seeing the results. Any and all help is always appreciated! Thanks.

2/4/08-----

EQ Coach

Good Morning-

Here are your EQi results. I'd like you to look them over and let's schedule a time to discuss them. We'll need about 30 minutes.

Looking forward to our conversation,

Susan

The EQ Guru

2/12/08-----

EQ Coach

Hi there-

I hope your trip has brought you what you intended;-)

Effecting true positive change in your life requires you to disregard how things are - as well as how others are seeing you - and giving more of your attention to the way you prefer things to be. Be relentless in directing your attention to what you want. Visualize it, see it in as much detail as you can, and receive it...allow it into your life. With practice you will effortlessly focus on what you want and pay minimal attention to what you don't want. Remember, when you are feeling negative emotion (**emotional self-awareness**), it is telling you what you don't want. So, use this emotion as a cue to switch your thinking to what you do want. Be grateful for this internal radar system. Using it to refocus your thinking will help you make profound changes in your life. And....practice, practice, practice is the key!

Make this a SUPER Tuesday,
The EQ Guru

2/25/08-----

EQ Coach

Good Afternoon-

I hope you are having a FABULOUS Monday! Remember to create those intentions!!!

I wanted to follow up with our discussion regarding your interest in raising your **self-regard/self-esteem**. Although I think much of your discomfort right now is related to your depression (and medical intervention is the most appropriate venue for that), I do think there are some things we can do to begin strengthening your self regard. Please know it will be impossible to raise your self esteem without the accompanying medical intervention for the depression. One of the primary symptoms of depression is poor self image/concept, so we have to treat that simultaneously. Again, a full physical would be a great start. Many companies provide Executive/Corporate Physicals for their upper management. You may want to ask if this is something offered by your group. If not, get a referral for a top notch physician. You're going to need one to follow up with your depression, so you might as well get a full work up. You need to accomplish this week....and I'll be checking;-)

OK, so what about self-regard/esteem? Well, this is what it is...again, a good place to start.

Healthy self-esteem is based on our ability to assess ourselves accurately (know ourselves) and still be able to accept and to value ourselves unconditionally. This means being able to realistically acknowledge our strengths and limitations (which is part of being human) and at the same time accepting ourselves as worthy and worthwhile without conditions or reservations.

It is apparent from your EQi, that you are able to assess yourself accurately (**emotional self-awareness**). You have a very good idea of who you are, what excites you, what your triggers are, what your strengths are, and what your limitations may be. For whatever reason, you tend to give more attention and emphasis to your limitations/defects than to your strengths. This unbalanced perspective results in a downward spiral and you end up devaluing, negating and/or minimizing your strengths.

Self-esteem/self-regard requires that we hold ALL of who we are simultaneously, and in balance, and that we accept ourselves as valuable, worthy and worthwhile just as we are.

Because you are prone to overemphasizing your flaws/defects, you must work to counter this unbalanced perception of yourself. So, I would like you to journal/write-down the characteristics/traits you like about yourself. When you look back over your life, what are some of things that you really appreciate about yourself? Think of times you really like how you handled something (what were your traits), how you interacted with someone (what did you like about yourself), how you took care of yourself, etc. If you are struggling with this list or want to expand it, ask others what they like about you and write those things down. Ask your kids. They often provide a fun and enlightening mirror too! This can even be a dinner-time activity. "Let's go around the table and say what we really appreciate about each other." It can be an esteem booster for all!

I'll check in with you in the next couple of days to see how your list is coming. Please write it out in a format you can share with me so that I can help you readjust your perception of yourself, your self regard.

I'll also be asking you if you made a doctor's appt and if you're going to have a full work-up. Please don't slow up your progress by not acting on this important piece.

In the meantime, have fun exploring the positive side of yourself. Remember, you're already valuable, worthy and worthwhile just the way you are!

Susan

The EQ Guru

3/1/08-----

Coachee

Hi-

Here's that list I've been working on. This is more difficult than I expected. I'll keep working on it.

3/1/08-----

EQ Coach

Good Afternoon,

Developing these lists can be difficult, especially when you're tendency is to criticize yourself and be focused on your flaws. Please remember, the list does not have to be complete. It's a work in progress that you'll be adding to over time. You can enlist the help of those around you who you respect and trust, you don't have to do this all alone (**independence**). We are most effective when we obtain input from others, evaluate it with our thoughts and **feelings**, and then make a decision.

You're doing a great job!...it doesn't have to perfect!!!

Best to you,
Susan
EQ Guru

3/3/08-----

Good Morning-

Monday's are always great days to start off with renewed INTENTIONS. So, I want to give you some things to work on this week.

1. **Find inspiration** - look for what ignites your spirit! Notice what you are passionate about today.
2. **Specify your intentions** - be *specific and measurable*. The more detailed and measurable you can be, the more likely you will attain your goals.
"People see me as a strong, confident and kind leader who has their best interests at heart. I am finding unique and powerful solutions for my people and clients today. I will interact only with those who share these goals."
3. **Maintain attention** - Choose your thoughts. Remember, *energy flows where attention goes*. So, you want to make sure your attention is going to the thoughts that are creating the -you- you want.
le: Strong, confident, kind, empathetic, problem solver

4. **Be grateful** - Look for and thank the universe for all that you have already.

5. **Be enthusiastic** - Act toward and live from your intentions. I think of this as very much like the AA saying "Fake it til you Make it!" Think, Feel and Act as if you are already the strong, confident, kind leader who finds unique and powerful solutions. Go 3 for 3!!!

Have a FABULOUS day,

Susan
The EQ Guru

3/4/08-----

This is so helpful! Thank you so much. These steps make a lot of sense. I particularly like the "being grateful" step. I try to start and end everyday with appreciation and gratitude for my life and all of my experiences. Thanks.

3/10/08-----

Good Morning-

It's Monday morning again and I wanted to send you a reminder to start your week with what you're intending to bring to your life. It's obvious you're looking for improved mood (**happiness**) as you completed your medical evaluation and are following your doctor's recommendations. I'm confident it won't be long at all before you're feeling happier, more **optimistic** and better about yourself.

As you begin the week, remember to look for situations and results that confirm your uniqueness and value. Focusing attention on what you bring to the table, how you helped find a solution, strength you exerted in a situation, and kindness you exerted (**empathy**), will help reinforce **positive self-regard** and your view of yourself as an effective leader. You must pay attention to your intentions in order to work your way out of that black hole you feel you have been living in.

Our thoughts, feelings and actions create the experiences in our lives. They are under our direction, and...the good news is...we can change them! Once you do, you will see yourself as the "strong, confident and kind leader who has his employees best interests at heart." You will find unique and powerful solutions for your people and clients. You will draw people to you who share these goals. Remember, emotions are contagious...make a conscious decision about what kind of infection you want to transmit;-)

Make it a great week,
Susan
The EQ Guru

3/10/08-----

Susan, these Monday morning coaching sessions are so helpful. They really help me get my head on straight for the week. Keep 'em coming!!!

I have worked with this coachee for a total of six months. He is doing extremely well, feels on top of his game again, and is living the life he intended. He still requests Monday morning "inspirational", which I happily send.

Susan
The EQ Guru