Opening Theme

- “The Fight Inside” by Red

- [http://www.youtube.com/watch?v=hYqi2UJcB2s](http://www.youtube.com/watch?v=hYqi2UJcB2s)
Mastering Your Emotions
Student Leadership Development Series Workshop 2
Fear Leads to Anger...

http://www.youtube.com/watch?v=kFnFr-DOPf8
Agenda

- Introductions
- Series Overview
- Emotional Intelligence
- Your Emotions
- The Chakra System as a Model of Applying Emotional Intelligence
- Mastering Your Emotions Exercise
Training Objectives

- Explain why leaders must control their emotions
- Explain how emotional intelligence works
- Use the chakra system as a model of applying emotional intelligence
- Master your emotions
Learning Contract

- Give your full attention to the class
- Listen to everyone speaking
- No side conversations
- Raise hand to be recognized
- Everyone must participate and contribute
Series Overview

1. Knowing Thyself: Finding Your Inner Leader
2. Mastering Your Emotions
3. Stakeholders: Leading from the Middle
4. Communicating Is Key to Leading
5. Identifying Your Leadership Style
6. Understanding Forms of Powers
Series Overview (cont)

8. Recruiting, Selecting, Developing and Empowering Your Team to Be Leaders

9. Managing Change

10. Managing Projects: Time, Money, Workload and Stakeholders — OH MY

11. Negotiating the Win-Win: Cultivating Additional Resources

12. Speaking Your Mind: Why Silence Kills

13. Leading With Aloha
Your Facilitator

- Jonathan K. Wong, MBA, MEd, MPA

- Student Leadership Experiences
  - Student Council (4th grade - 6th grade)
  - JPO (4th grade - 6th grade)
  - Student Government (9th grade - 12th grade)
  - JROTC (9th grade - 12th grade)
Your Facilitator (cont)

- Jonathan K. Wong, MBA, MEd, MPA

- Student Leadership Experiences
  - Peer Tutor, The Learning Center at HonCC (1997 - 1999)
  - Phi Theta Kappa Vice President (1997 - 1998)
  - Mortar Board Honor Society Comm Director (1999 - 2000)
  - ETEC Hui (2008 - 2010)
Your Facilitator (cont)

- Jonathan K. Wong, MBA, MEd, MPA
  - Professional Experiences
    - Math Lab Coordinator
    - Computer Lab Manager
    - Tech Coordinator
    - IT Project Manager
Your Facilitator (cont)

- Jonathan K. Wong, MBA, MEd, MPA

- Professional Experiences
  - Federal Grants Manager
  - Strategic Planning and Budget Chair
  - Technology Task Force Chair
  - Technology Advisory Group Chair
  - Staff Senate Chair
Introductions

- Name
- Major
- Organizational Affiliation
Why Emotions Matter In Leadership

- Must keep a clear head to make good decisions
- Perception of weakness if you get overly emotional
- If you can’t keep it together under pressure no one will follow you
- You will always be criticized — you need a “thick skin.”
Your Emotions

- Name some emotions
Maslow’s Hierarchy of Needs

- Physiological: breathing, food, water, sex, sleep, homeostasis, excretion
- Safety: security of body, of employment, of resources, of morality, of the family, of health, of property
- Love/Belonging: friendship, family, sexual intimacy
- Esteem: self-esteem, confidence, achievement, respect of others, respect by others
- Self-actualization: morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts

The Chakra System as Model of Emotional Intelligence
Opening Your Chakras

http://www.youtube.com/watch?v=8ZJzrEJgKxU
Survival - Blocked by Fear

- What are your biggest fears as a leader?
- What are your biggest fears in life?
Pleasure - Blocked by Guilt

- What do you feel guilty for as a leader?
- What do you feel guilty over in life?
Willpower - Blocked by Shame

- What are your biggest disappointments you are ashamed of as a leader?
- What are your biggest disappointments you are ashamed of in your life?
Love - Blocked by Grief

- What do you feel grief over as a leader?
- What do you feel grief over in your life?
Truth - Blocked by Lies

- What lies do you tell yourself as a leader?
- What lies do you tell others as a leader?
- What lies do you tell yourself in life?
- What lies do you tell others in life?
Insight - Blocked by Illusion

- The illusion of separation
- Who or what do you feel separated from in your role as a leader?
- Who or what do you feel separated from in life?
Possibilities - Blocked by Attachments

- Attachments shackle and hold us back
- What are you attached to as a leader?
- What are you attached to in your life?
Final Thought

YOU ARE YOUR WORST ENEMY. IT IS YOUR NEGATIVE THOUGHTS THAT HOLD YOU BACK, NOTHING ELSE.

Leon Brown
Additional Resources

Questions?
Next Time: Stakeholders Leading from the Middle
Closing Theme

- “What The World Needs Now” by Jackie DeShannon
- http://www.youtube.com/watch?v=Fahg2q9IrAs