Igniting the Power Within: Skills to Ensure Your Success & Beyond

By: Jacqueline T.D. Huynh
GET UP & MOVE
ENERGY LEADERSHIP
POTENTIAL

- Compassion
- Calmness
- Emotional Health
- Enjoyment
- Happiness
- Health
- Growth

- People Skills
- Personal Growth
- Relationships
- Self-confidence
- Sympathy
- Tolerance
- Trust
COMMITMENT FROM YOU

1. Be here with me
2. Be open for all of this to happen
3. To receive it
Shows the similarities in how successful businesses and families have the same foundation and structure.

Your Amazing Itty Bitty®
Family Leadership Book
15 Simple Tips Successful Companies Use That Families Can Implement At Home

Jacqueline T. D. Huynh

April 2016
Creating CONSCIOUS & INTENTIONAL Parent LEADERS

Host: Jacqueline T.D. Huynh
Are you READY to dive deep for YOUR SUCCESS?
STATISTICS

- 45% of people regularly lose their temper at work *
- Over two-third of US employees are disengaged at work**

* Mental Health Organization: Boiling Point Report
** 2017 Gallup Poll
Only 1 in 5 employees say they are managed in a way that motivates them to do great work*

51% of employees are actively looking for new job openings*

*2017 Gallop Poll
Cost of Disengaged, Unmotivated & Stressed Out Employees?

$450 to $550 BILLION dollars ANNUALLY

*2017 Gallop Poll
Types of Energy

Catabolic energy = draining, contracting, resisting energy, move to action, pain/problem focused

Anabolic energy = constructive, expanding, healing, fueling energy, solution/possibilities focused
Your boss says, “WE NEED TO TALK”

What’s your 1^{st} gut reaction without thinking too much about it?

1) Now what did I do? Why does this always happen to me?
2) He’s such a jerk. Why is he always bothering me?
3) Did I turn this in on time? I think I’m good.
4) I hope he’s ok. Is everything ok with him?
5) I wonder what’s up?

THAT’S YOUR DEFAULT
7 LEVELS OF ENERGY LEADERSHIP

7 - CREATOR
Non-judgment, Absolute Passion & Fearlessness
“Winning and Losing are Illusions”

6 - VISIONARY
Creative, Intuition-driven
“Everyone Always Wins”

5 - OPPORTUNIST
Inspirational, Innovative, “What’s Right Thinking”
“We Both Win”

4 - CAREGIVER
Compassionate, Giving, Nurturing
“You Win”

3 - RATIONALIZER
Coping, Tolerating to Get Through
“I Win;Hopefully You Win Too”

2 - FIGHTER
Anger, Blame, “What’s Wrong” Thinking
“I Win. You Lose”

1 - VICTIM
Overwhelm, Guilt, Doubt, Fear, Worry
“I Lose”
Why is the E-Factor Important??

Higher E-Factor = Greater overall satisfaction in 14 key areas of work and life
Level 1 The Victim

- Core Thought: Victim
- Core Feeling: Apathy
- Core Action: Lethargy

“I LOSE”

- Defeated, Problem-Focused, Isolated, Passively Engaged, Indecisive, Overwhelmed, Avoiding, In Crisis Mode, Inactive, Withdrawn
Level 1 The Victim

**DISADVANTAGE**

- Little or no engagement
- Great difficulty for improvement in life
- Lack ability to lead self or others
- Have no real plan for where they’re going

**ADVANTAGE**

- Receive attention & sympathy
- Don’t have to take responsibility
- Allows people to be protected from harm
Level 2 The Fighter

- Core Thought: Conflict
- Core Feeling: Anger
- Core Action: Defiance

“I WIN. YOU LOSE”

- Controlling, Blaming, Finding Fault, Attached, Right/Wrong & Black/White Thinking, Problem Focused, Resisting, Micro-Managing, Judgmental
# Level 2: The Fighter

<table>
<thead>
<tr>
<th>DISADVANTAGE</th>
<th>ADVANTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• It feels bad</td>
<td>• Get a lot done by themselves</td>
</tr>
<tr>
<td>• Full of stress and anger</td>
<td>• Can motivate others temporarily</td>
</tr>
<tr>
<td>• Little to no harmony or flow</td>
<td>• Good at “playing the game”</td>
</tr>
<tr>
<td>• Results are not likely sustainable</td>
<td></td>
</tr>
</tbody>
</table>
“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”
- Buddha
Level 3  The Rationalizer

- **Core Thought:** Responsibility
- **Core Feeling:** Forgiveness
- **Core Action:** Cooperation

“I WIN; HOPEFULLY YOU WIN TOO”

“Good Enough” Thinking, Coping, Rationalization, Justifying, Tolerating, Making Excuses, Forgiving, Compromise, Solution-Focused”, Taking Responsibility
Level 3 The Rationalizer

ADVANTAGE

• Can avoid, block & release negativity of others
• Won’t stop until they get what they want

DISADVANTAGE

• Could be self-concerning & manipulative
• Promises are given from the head not heart
• Falls back on “I did my best”
Please Take Responsibility for the Energy You Bring into [This Space]

- Dr. Jill Bolte Taylor
Level 4 The Caregiver

- Core Thought: Concern
- Core Feeling: Compassion
- Core Action: Service

“YOU WIN”

- Caring, Being In “Fix It” Mode, Helping, Compassion, Empathy, At Service, Appreciation

© 2016 iPEC Coaching – All Rights Reserved
Level 4  The Caregiver

**ADVANTAGE**

- Truly cares for & helps everyone
- Want to relieve others from pain & suffering
- Want to change the world

**DISADVANTAGE**

- Can get caught in the drama & sympathy
- Gets overwhelmed & overburdened
- Fulfill needs of others before their own. Level 1 & 2 may come up because you’ve taken on too much responsibilities
Level 5 The Opportunist

- **Core Thought:** Reconciliation
- **Core Feeling:** Peace
- **Core Action:** Acceptance

“WE BOTH WIN OR WE DON’T PLAY”

- Wanting a True Win-Win, Discerning, Seeing Opportunities, Curious, Holistic, Innovation-Focused, Understanding, Passionate, Purposeful, Motivational
Level 5 The Opportunist

**ADVANTAGE**

- Find opportunities in all challenges. “What Am I Not Seeing?”
- Tremendous amount of curiosity
- Can make possibilities out of anything

**DISADVANTAGE**

- Can get caught up in their head thinking
- Experience paralysis by analysis
- Be disengaged from emotions
- Can take too many risks
Level 6  The Visionary

- **Core Thought:** Synthesis
- **Core Feeling:** Joy
- **Core Action:** Wisdom

“EVERYONE ALWAYS WINS”

- Connection, Calm, Inspirational, Flow, Intuition, Sense of Permanent Joy, Synthesis, Wisdom, Clarity

Impossible to stay at this level for a long time
Level 6 The Visionary

ADVANTAGE

• Have the ability to feel & connect without judgement

• Highly intuitive with the right combination of logic & intuition

• Being in the moment & embracing the mystery

DISADVANTAGE

• Might not be grounded

• Could be out of touch with others & viewed as aloof

• May be a high-risk taker

Impossible to stay at this level for a long time
Level 7  The Creator

- **Core Thought:** Non-Judgment
- **Core Feeling:** Absolute Passion
- **Core Action:** Creation

“WINNING & LOSING ARE ILLUSIONS”

- Unconditional Love, Passion, Being, Genius Thinking, Creation, Truth,

Impossible to stay at this level for a long time
Level 7  The Creator

ADVANTAGE

• Can create anything they choose, whenever they choose to, as quickly as they believe possible
• Is connect to an intelligence of the highest order

DISADVANTAGE

• If any, there is less emotional drama, as nothing is seen as real
• Can be perceived as being disconnected.

Impossible to stay at this level for a long time
How do YOU show up?

Has anyone been cut off while driving a car?
What’s your 1st gut reaction without thinking too much about it?

L1 – I always get cut off; this always happens to me (blame myself)

L2 – You stupid idiot – I’ll show you! (blame the other guy)

L3 – Wow…that was a close call. He probably drives like a maniac all the time. It must be tough being him. We’re both ok; all is forgiven
L4 – Wow...poor guy must have some kind of family emergency going on. Hope he gets where he’s going safely and that everything is ok for him and his family

L5 – Wow...that was a close all. Glad we didn’t have an accident. What a great opportunity to exercise patience...and to know that my reflexes still work!

L6 – Just another day out on the road, experiencing all that life has to offer

L7 – What traffic?
HOW DO YOU VIEW TIME?

L1 – Time is continually working against me. I am at time’s mercy

L2 – Time is something I continually fight against

L3 – Time is a natural part of life, and although it’s limited, I can and will develop effective strategies to manage it

L4 – There are so many ways I can contribute. I want to use my time to make sure I make the greatest contribution in the time I have
L5 – Time is a gift. The way I use it is totally up to me. I can relax and do nothing, or I can create or do something exciting. It’s completely my choice.

L6 – Time stands still for me whenever I’m completely focused in the experience of life. There is an eternity of time, as this moment is endless.

L7 – Time is a linear illusion created in the human experience to measure what appears to be a limited life.

Which level/perspective most closely resonates with how you feel most about time??
A situation just happened at work, someone comes into your office screaming and yelling.

Now give me an example of the reaction at each one of these levels would be?
• Level 1: “Poor me. Why does this always happen to me? I’m just going to sit here and power through until I get home.

• Level 2: Yell back at them and say, “How dare you come in here and yell at me? It’s your fault that this happened to you.”

• Level 3: “That was rude and horrible but I’m going to just cope with it and do what I need to do to get them out of my office.”

• Level 4: “OMG. Are you OK? I understand how you feel this way. This must be horrible

• Level 5: “What can we do about this? You’re finding that this person is like this? What’s a win-win look like for both of you? What’s an opportunity we can get out of this so we can use for the whole organization so no one else has to suffer like this?
CAN these energy levels be measured & quantified in EACH individual??

YES!!!!!!!

The Energy Leadership Index (ELI) Assessment
AN EXECUTIVE’S ELI PROFILE

CALM STATE

STRESSED STATE

Example of ELI Assessment profile with E-Factor of 3.44:

Your Energetic Profile

Level 7: 13.2%
Level 6: 16.7%
Level 5: 17.2%
Level 4: 19.5%
Level 3: 17.2%
Level 2: 8.8%
Level 1: 7.5%

Your Energetic Stress Reaction

Level 7: 3.5%
Level 6: 4.5%
Level 5: 9.2%
Level 4: 10.5%
Level 3: 9.2%
Level 2: 23.1%
Level 1: 40.0%

Over 70% of energy is destructive & working against him.
How do I get more level 3, 4, 5, 6 & 7 energy?

RELEASE LEVEL 1 & 2
Limiting Beliefs

- General beliefs from others that you accept which limits you

- “Leaders are born, not raised. Successful people are lucky.”

- Ask: “Where did I get that belief?”
Interpretation

- Somebody said or does something. You make up a story/perspective/opinion and believe it’s true or is the only explanation.

- “They don’t want to follow orders. He doesn’t like me”

- Ask: “What’s another way to look at that?”
Assumption

Believing that because something happened in the past, it is going to happen again

“I can’t find good help. I’m not inspirational”

Ask: “What can I do differently to get a different result?”
Gremlin

- This is your “Inner Critic”. Most emotionally charged, highly personalized & deeply rooted inside

- “I’m not smart/good/beautiful enough. I don’t deserve success.”

- Ask: “How much power does it have over me?”
Success Story
SUMMARY

• 7 Levels of Energy Leadership. How it is running you and your organization

• Energy profile index under stress and normal circumstances

• 4 tools to coach yourself and others out of level 1 and 2
FINALE –

Igniting the Power Within to Ensure Your Success & Beyond
Thank you

www.IntegrativeMinds.com
Info@IntegrativeMinds.com