
DEVELOPING EMOTIONAL /

SPIRITUAL INTELLIGENCE

John S. Savage, DMin

Keynote Speaker

THE CLOWN PARADIGM SHIFT



EMOTIONAL INTELLIGENCE

1. Knowing One's Emotions:

Self-awareness. The ability to recognize feelings as they happen.

2. Managing Emotions:

Handling feelings so they are expressed appropriately. Bouncing back from failure.

EMOTIONAL INTELLIGENCE

3. Motivating Oneself:

Marshaling emotions in the service of a goal is essential for paying attention, for self-motivation and mastery, and for creativity. Emotional self-control—delaying gratification and stifling impulsiveness—underlies accomplishment of every sort.

4. Recognizing emotions in others:

Empathy, another ability that builds on emotional self-awareness, is the fundamental “people skill.”

EMOTIONAL INTELLIGENCE

5. Handling Relationships:

The art of relationships is, in large part, skill in managing emotions in others. It deals with leadership and interpersonal effectiveness.

SPIRITUAL INTELLIGENCE

3. Disciplines of meditation, reflection, and contemplation.

The ability to be still and silent.

4. The willingness to be stripped down inside so that internal struggles are used to build character and understanding.

The ability to grieve and transverse the spiritual desert times.

5. The passion to be in mission for others, and share one's self with the world.

Ability to find your purpose.

SPIRITUAL INTELLIGENCE

6. **The discipline of study of the Scriptures and other mental disciplines that keep one's brain and soul alive, thus always learning for the purpose of expanding understanding about God, others and oneself.**

The ability to learn and grow.

7. **The ability to find meaning (God) in all things and events.**

The ability to be conscious of God's constant presence.

Peace for the Journey

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

1. The ability to state what one believes about God, others and themselves. This includes having the ability and skills needed to share with another, the experience and meaning of your own personal journey.
 - a. Direct expression of feelings.
 - b. Identify your own life commandments.
 - c. Learning to share your faith at appropriate times.

NEURO-SORTS

A Neuro-sort is the way your neurology (nervous system) sorts your world.

1. Accepts it as **REALITY**
2. **DISTORTS** it so you can accept it
3. **DELETES** it so you will not accept it into your world view

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

2. The ability to communicate with God, which includes a form of dialogue. This represents the skills of prayer.

- **Voice** -- God talks to you and you talk with God
- **Vision** -- God gives you a picture – Vision - Dream
- **Passion** -- God communicates through your emotions and daily experiences and gives you passion.

a. Learning the skills of dialogue with another person.

b. The ability to listen to one's own internal voices (doing a "parts party").

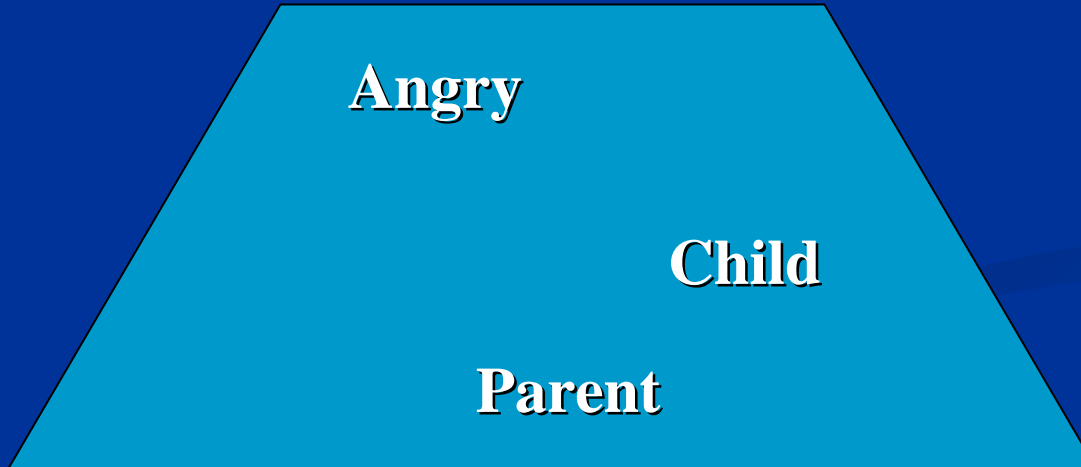
c. Skills for internal listening.

DOING A PART'S PARTY

- List as many parts of yourself as you can:
 - Competent
 - Successful
 - Caring
 - Parent
 - Child
 - Silly

PUT THEM ON THE STAGE OF YOUR LIFE

Back of the stage



Front of the stage

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

- 3. Disciplines of meditation, prayer, reflection, and contemplation.**
 - a. Skills of meditation and prayer.**
 - b. The ability to reflect on one's own behavior and its effect on others.**

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

4. The willingness to be stripped down inside so that internal struggles are used to build character and understanding.
 - a. Learning the skills of grieving and letting go.
 - b. Learning to deal with pain and loss.
 - c. The skill of reframing. The ability of changing the meaning of one's experience.
 - d. Trusting not knowing.

STAGES OF TRANSITION

- **The difference between Change and Transition**
 - **Change:** The physical or mental act of moving from one place, thing, or idea to a different place, thing, or idea.
 - **Transition:** The emotional work accomplished by each individual that moves them through the stages of -----

STAGES OF TRANSITION

- ENDINGS
- CONFUSION
- BEGINNINGS

STAGE OF ENDINGS

■ ENDINGS:

- Loss
- Grief
- Sorrow
- Saying good bye
- Getting issues behind you
- Getting through the pain
- Reframing the experience

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

5. The passion to be in mission for others. Being able to share yourself with the world.
 - a. Identify your greatest gifts.
 - b. The ability to be in touch with your deepest drivers and identify your passion for living and for others.
 - c. The ability of extending one's self to another.

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

6. The discipline of study for the purpose of expanding understanding.
 - a. The desire to continue to learn for a lifetime.
 - b. Exploring new worlds and disciplines.
 - c. Journeying to new places and meeting a larger variety of people and cultures.
 - d. Meeting with people of different religious orientations.

SKILLS FOR DEVELOPING SPIRITUAL INTELLIGENCE

- 7. The ability to discover meaning in every event of life.**
 - a. The ability to discover meaning in each of life's experiences and how God is in that experience.**
 - The skills of reflection.
 - The process of discovering new understandings of yourself.
 - The ability to make connections from one part of your life to another.
 - b. The ability to be at peace with yourself. Develop skills to discover your deepest purpose for living and the motivation to act on it.**

EXERCISE IN PRAYER/MEDITATION

A NEW LIFE-GIVING LIFE COMMANDMENT

Two Parables: The Hidden Treasure (Matt 13:44)

“The kingdom of heaven is like treasure hidden in a field, which a man found and covered up; then in his joy he goes and sells all that he has and buys that field.”

Pearl of Great Value (Matt: 13:45)

“Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it.”

EXERCISE IN PRAYER/MEDITATION

A NEW LIFE-GIVING LIFE COMMANDMENT

Two Parables: The Hidden Treasure (Matt 13:44)

“The kingdom of heaven is like treasure hidden in a field, which a man found and covered up; then in his joy he goes and sells all that he has and buys that field.”

Pearl of Great Value (Matt: 13:45)

“Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it.”

STAGES OF SPIRITUAL DEVELOPMENT

CHAOS: The beginning stage. The stage of innocence

INSTITUTIONAL CHURCH: The nurturing stage

CYNIC (DESERT TIME): The exploration stage

MYSTERY: The fulfillment stage

Gathering Of Learning's

What Is A Learning?

- **New Insights**
- **New Skills**
- **New Behaviours**
- **New Understandings**
- **New Knowledge**
- **Affirmation of what I already know and can do**
- **New ways of using things I already know**



TO CONTACT JOHN SAVAGE

**6241 Fairway Lane
Canal Winchester, OH 43110
Office (614)-834-1164
Cell (614)-203-4483
Fax (614)-834-1579
E-mail johnatlead@aol.com
Web Page www.leadplus.com**