


Emotional Intelligence and Attachments

Crescendo Connect Conversations – September 28, 2021

Presented by: Michelle Kolling



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Zoom Conference


- See Calendar Invite for Login information

Materials for call

- Slides Handout
- EQ-i2.0 Model

Thank you!

1




EQ-i2.0 Model of Emotional Intelligence

"Emotional intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way."

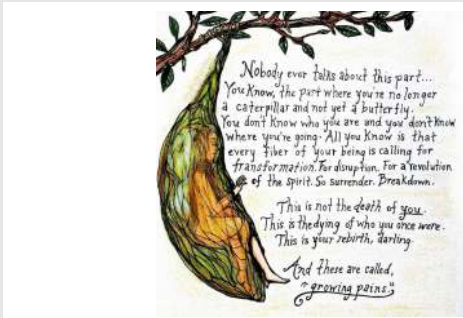
Multi-Health Systems Inc.

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My Inspiration



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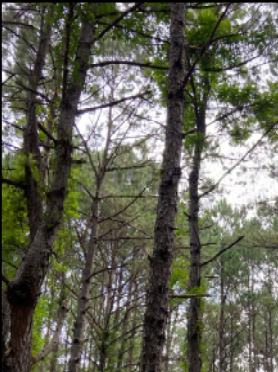


Nobody ever talks about this part... You know, the part where you're no longer a caterpillar and not yet a butterfly. You don't know who you are and you don't know where you're going. All you know is that every fiber of your being is calling for transformation. For disruption. For a revolution of the spirit. So surrender. Breakdown.

This is not the death of you. This is the dying of who you once were. This is your rebirth, darling.

And these are called, "growing pains."

4



It is only when we truly know and understand that we have a limited time on Earth and that we have no way of knowing when our time is up that we begin to live each day to the fullest as if it were the only one we had.

Elizabeth Kubler Ross

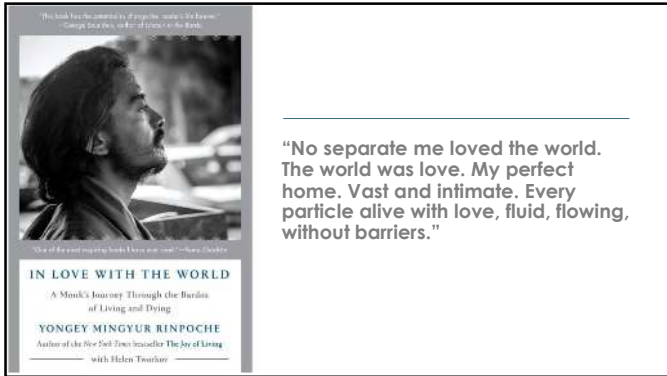
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We are all going to die, all of us; what a circus! That alone should make us love each other, but it doesn't.

Charles Bukowski

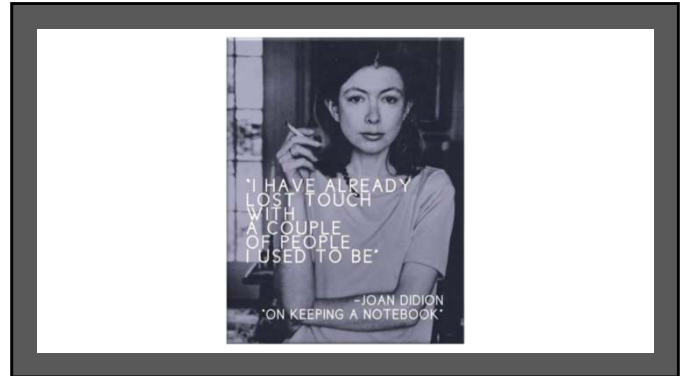
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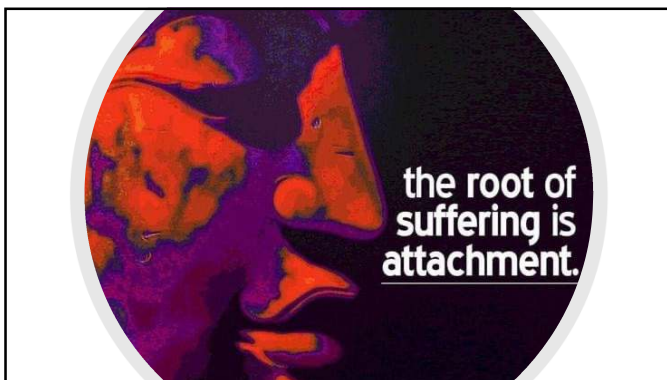


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“No separate me loved the world. The world was love. My perfect home. Vast and intimate. Every particle alive with love, fluid, flowing, without barriers.”



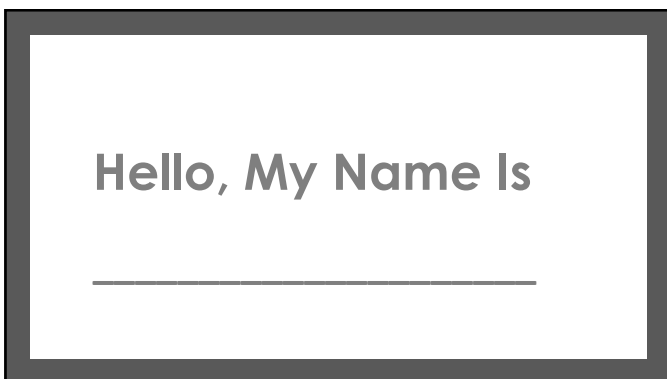
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9



10



11



12

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If you first label someone your enemy and then try to love him or her, it's going to be torturous!

Sadhguru, Innermost Engineering, a Yogi's Guide to Joy

13

The only thing that seems to separate me from you is my idea of you.

Unknown

14

Hello, My Name Is

15

I'm angry =
I am angry =
I am anger

16

The Empath is often said to have such a great degree of empathy that they can literally feel what others feel, and thus know many of the yearnings, sensitivities, tastes, and even thought patterns of the people they are around.

Aletheia Luna, Old Souls: The Sages and Mystics of our World

17

There are seasons for all things, the angel said and there will come a time when the pieces that are not you will fall away easily, when you stop holding to them so tightly.

Kia Skye

18

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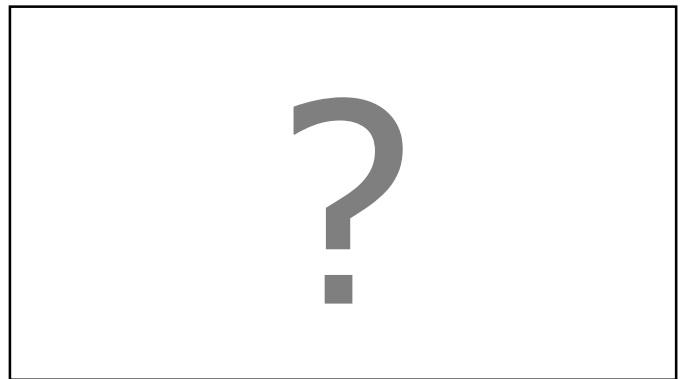
Every release of whatever we identify as *me* and *mine* deals a small death blow to the ego; and every decrease of ego-domination increases access to our own wisdom.

Sadhguru, Innermost Engineering, a Yogi's Guide to Joy

TAKE AWAYS

- Awareness : Breath, Space
- Language : I am, my, mine
- Curiosity : Ask yourself questions
- You are more than your labels!

19



20

What's Next?

Crescendo Connect: November 2021

- EI and Experience Camps
- EQ-i2.0/EQ360 Certification – Virtual
- November 2021

21

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22