

Leadership and Emotional Intelligence

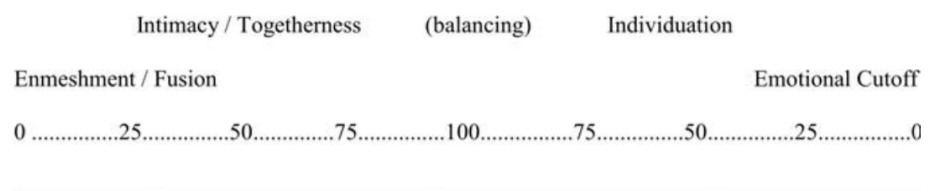
- pyscho-babble?
- relationship between emotional intelligence and sin/godliness

Is emotional intelligence something you've thought much about before?
How do you think it might be useful?

1. Awareness of my emotions

2. Awareness of my dark side

3. Differentiation



4. Understanding systems

5. Conflict management

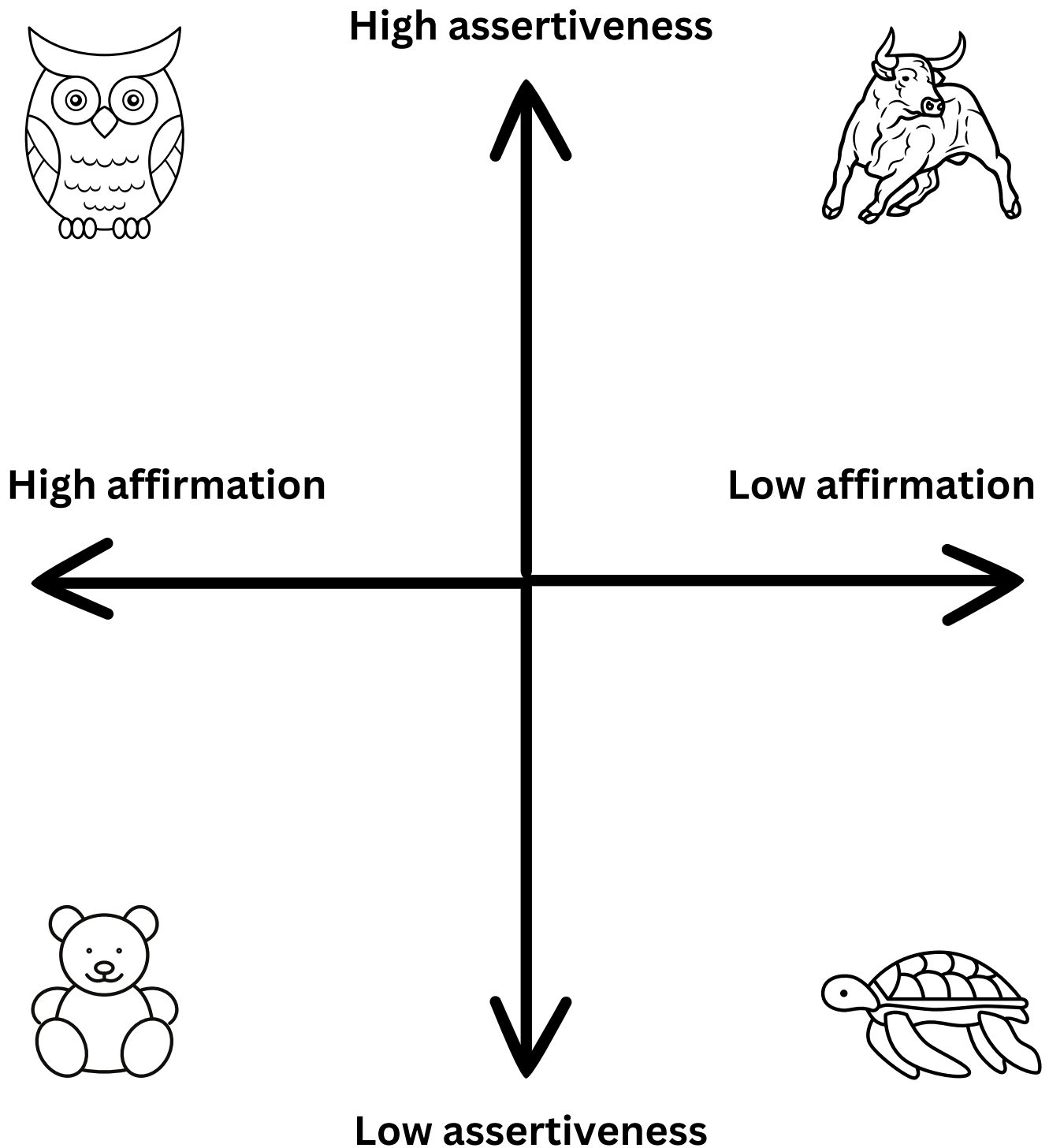
6. Healthy Cognitive Habits

Do I see any general patterns?
How am I as a pastor with this?

	Compulsive	Narcissistic	Co-dependent	Paranoid	Passive-aggressive
Manifestation	love for order, rigidity, controlling, obsesse over details, rule-based thinking, perfectionism, routines, status conscious, tendency to workaholism, planning, demanding, high standards	insecurity <i>and</i> hubris, ambitious, pioneering, overdependence upon external admiration, focus on own achievements with concurrent dissatisfaction, enjoys power and influence, exhibitionist	suppressed emotion e.g. always agrees (suppressed disagreement), take resp for others (self-blame), peacemaker, appearance of kindness/gentleness, "yes" people (overworked), deep anxiety about others' feelings, fear of conflict	suspicion, over-sensitivity/over-interpret situations, avoid self-disclosure "world is against me" feeling, fear/anxiety of others, trust problems, clandestine behaviour/spying, limit freedom of others	under-performing (though able), passive resistance to demands/procrastination, fear of success, outburst of anger/indirect anger followed by apologies, unclear communication, alternating submissiveness and resentment, pessimistic
Greatest desire	Everyone will obey the rules and recognize my (or the proper) authority	Everyone will applaud me and tell me that I'm great	Everyone will be happy with me	Everyone will be loyal/faithful to me	Everyone will just leave me alone (including God!)
Greatest fear	"I'm losing control!"	"People won't notice me/I'm not significant"	"Someone, somewhere is angry with me"	"Someone's plotting against me" - people will turn against me	"People have expectations of me"
Typical sin	moralistic, judgmental, legalism, critical, sublimated (and open) anger, sublimated rebellion	self-centred, self-promoting, diminished by others' success, insensitive/lack of empathy, objectify other people (manipulative)	lying/deception, sin of omission - failure to confront	hostility in relationships, self-pity, jealous, envy, manipulative/power games	stubborn, complain, make others uncomfortable, oppose change
Idol	Order, control	Personal reputation/fame	People's approval	Security/safety	Freedom
Sanctified version	Ordered, integrity, pursuit of excellence, respect, reliability, drive	Make things happen, visionary, 'great leader'	Pastoral care, compassion, empathy	Good politicking skills, good strategist, social antenna	Relaxed, gracious,

HANDOUT 1

conflict



Cognitive Distortion

	Where might I see this at work in my life?
Black and white thinking	
Generalising	
Self-focusing	
Exaggerated feelings	
Catastrophising	

1. How personally do I take things?
2. How pervasive is my distorted thinking?
3. How permanent is this thinking in my life?