

Crafting an Emotionally Sustainable Lifestyle

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Life is precious and is best lived when we pay attention to creating an emotionally sustainable lifestyle. We are passionately committed to providing our services in order to support individuals and teams in living emotionally sustainable lifestyles. This is also known as living resiliently. Marcia's book *Life's 2% Solution* provides a well tested strategy for living with *Passionate Equilibrium* – being thoroughly engaged and doing so with a sense of balance. Additionally the EQi and EQ 360 for individuals and the TESI® (Team Emotional and Social Intelligence Survey) are developed to promote emotional sustainability.

The Collaborative Growth team model highlights the path for developing the seven skills measured by the TESI in the outer ring. Emotional and social well-being for teams is the result of following this path to sustainability for teams.

Emotional sustainability, also referred to as well being, can be measured with assessments such as the EQi® and the EQ 360®. Dr. BarOn, the original creator of the EQi has pinpointed self actualization as the apex of all the EQ skills.

So just which EQ skills should you focus on to develop this life nurturing state? BarOn names eight, which he listed in the order of their importance:

- Happiness
- Optimism
- Self-Regard
- Independence
- Problem Solving
- Social Responsibility
- Assertiveness
- Emotional Self-Awareness

Bar-On, 2001, p. 92. "EI and Self-Actualization." In *Emotional Intelligence in Everyday Life*, edited by J. Ciarrochi, J. Forgas, and J. Mayer. New York: Psychology Press.

Frequently revisiting these eight critical factors will help you engage your EQ in a manner designed to support an emotionally sustainable lifestyle. At the team level the critical sustainability is developed by using the seven skills in the outer ring of the Collaborative Growth Team Model. These are powerful skills that can be developed at the individual and team level. The resulting quality of life will assure you and those you influence that it is worth the effort!