

Are You Crafting an Emotionally Sustainable Lifestyle?

Marcia Hughes and James Terrell

Life is precious and is best lived when we pay attention to creating an emotionally sustainable lifestyle. Related terms are living with resilience or well-being. Marcia's book [Life's 2% Solution](#) provides a well tested strategy for living with *Passionate Equilibrium* – being thoroughly engaged and doing so with some perspective, having a sense of balance. Additionally, the EQi and EQ 360 for individuals and the TESI® (Team Emotional and Social Intelligence Survey) for teams are powerful assessments that provide individuals and teams the reflective awareness needed to promote emotional sustainability.

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

Emotional sustainability, a key component of well-being, can be measured with assessments such as the EQi® and the EQ 360®. Dr. BarOn, the original creator of the EQi, pinpointed self-actualization as the apex of all the EQ skills. Self-actualization is measured by our desire for self-improvement and by having a sense of what is important to us and the motivation to go for it!

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.

From Emotional Intelligence to Collaborative Intelligence™
A Team Model



Copyright © 2007, Collaborative Growth® LLC. All Rights Reserved.

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 this critical sustainability is developed by using the seven skills measured by the Collaborative Growth Team Model: Team Identity, Emotional Awareness, Motivation, Communication, Stress Tolerance, Conflict Resolution and Positive Mood. These skills can be developed at the individual and team level. Our book, [Emotional Intelligence in Action](#), has four or more exercises to be used at the team or individual level to expand emotional intelligence skills at the individual and team levels. The resulting quality of life will assure you and those you influence that it is worth the effort!