COLLABORATIVE Growth®

Connecting People, Purpose & Productivity!

What Qualities Do You Associate With Emotional Sustainability?

Marcia Hughes and James Terrell

At Collaborative Growth's recent Symposium on Emotional Sustainability participants identified the key qualities they feel are associated with this hopeful term. Their answers follow and were the heart of how the Emotional Sustainability Word Cloud you see here. After some soul searching these answers were highlighted at the Symposium:

- Gratitude – being without regret or anxiety
- Self/other awareness
- Work/ life integration – eliminating my own internal silos
- Modeling
- Accountability – how to get EQ in at the bottom of the organization
- Language – feeling words, able to speak on emotions in a structured way
- Joy – living to one's full potential
- Kindness – leading people to be comfortable to learn in the classroom
- Love, the verb! – Stress disconnects us from our higher purpose and we need to recognize that fear harms learning. Be transparent around emotions.
- Present to moments of Grace – align talent with organizational goals
- Intimacy – transform leaders as people by deeply and respectfully connecting
- Act with the recognition: In love I am one with you
- In Lak'ech - from the Mayan tradition this is understood to mean I am another yourself (A modern day interpretation) and also means I am you, and You are me (A traditional Mayan interpretation)

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