

# What's your Buzz?

## Leading With Emotional Intelligence



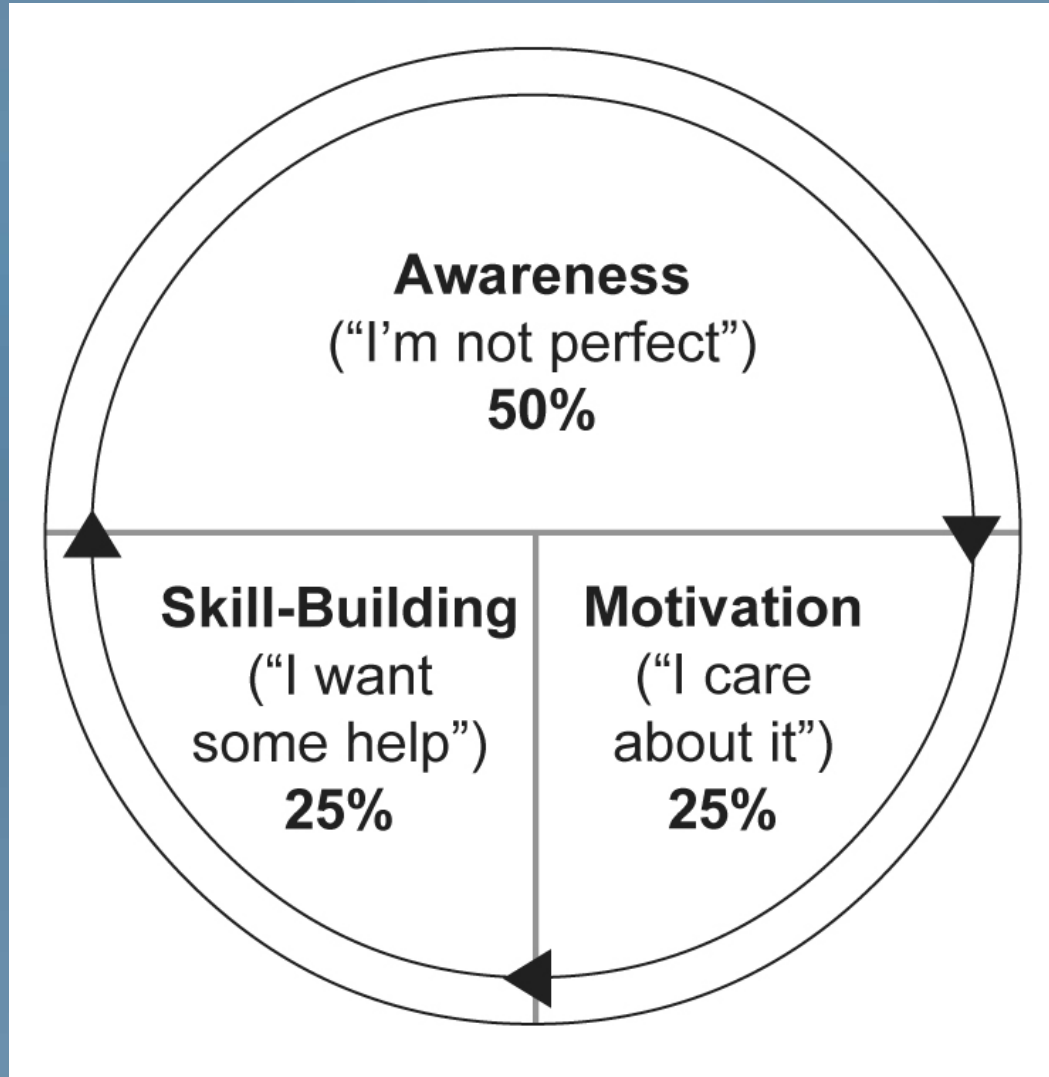
**Cindy Maher and Carol Grannis, Ed.D.**  
**Founders, Leading Edge Coaching & Development**

# Buzz

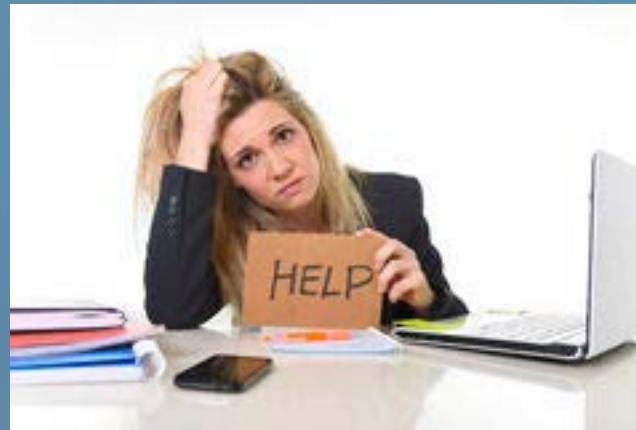


- Positive
- Negative
- Positive, But Limiting

# How People Develop\*



# Maximizing Energy In a World that Sucks You Dry



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# Body

## First Wellspring

### Body

- Nutrition
- Adequate sleep
- Healthy body weight
- Working a reasonable amount
- Active breaks



# Mind

## Second Wellspring

### Mind

- Manages the constant call of multi-tasking
- Controls the interruptions of technology
- Prioritizes and does the most important stuff first

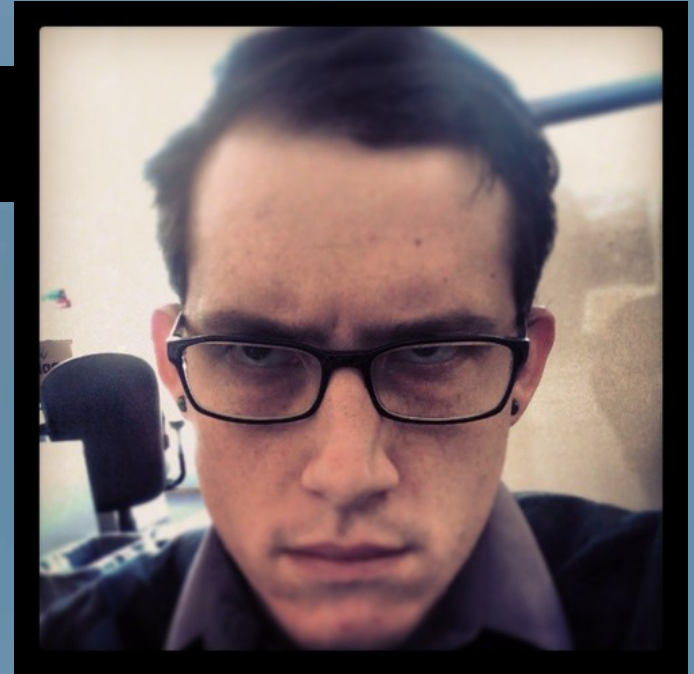


# Emotion

## Third Wellspring

### Emotion

- Control emotions
- Heightened awareness of emotions
- Cultivates a positive outlook
- Regularly expresses appreciation



# Spirit

## Fourth Wellspring

### Spirit

- Able to connect your values to your work
- Feel a sense of purpose in what you do
- Do what you do best and enjoy most at work

