Disrupt the status quo
Get outside comfort zone
Unfreeze current environment

TRADITIONAL approach to change
- Focus on needs
- Fix Problems
- Fear-based
- Compliance driven

CONTEMPORARY approach to change
- Focus on hope & dreams
- Intention change
- Strength-based
- Driven to connect

Mindset before Methods
Right not a rule
Feeling not a figure
Tinogona
Managing Complex Change

WHAT IS EQ?

“Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people.”

Psychology Today
Shifts in mindset....

- fixed to growth
- judged to being helped
- scarcity to plenty
- obstacle to opportunity
- fear to curious
- prove competence to stretching
- fix to friend
- misbehavior to stress behavior

02 Self-regulation

Ability to adapt and manage change; ability to understand the best response for the situation; and ability to control emotional reactions in order to respond in productive and authentic ways.
Ability to connect with self, others, content, and contexts: "causes less shadow and more light" (Parker Palmer, 1999). Works from a place of authenticity, promotes positive change by connecting and collaborating.

05 | Spirituality

RELATIONSHIPS MATTER

10 Essentials for Building Relationships

01 Spark curiosity
02 Be responsive
03 Reduce stressors
04 Know what & how
05 Pick different paths
06 Scaffold & support
07 Be consistent
08 Be relevant
09 Make connections
10 Create calm

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TO ACHIEVE OUR VISION OF THE IDEAL FUTURE...
we must intentionally and systematically raise our EQ

Next Steps To (R)evolutionize Early Care and Education

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