



Let Me Help You Boost Your Emotional Intelligence to Uncover Your (and Your Students') Best

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What if I told you that the only thing standing in your way of being the best trainer you can be, while guiding your students to their peak performance level, is your own mind? And what if I told you it's EASY to change the framework of your mind? Well, it is but you need the right tools and the know how to use them to achieve it.

It's been proven: emotional intelligence can make you more confident, knowledgeable,

poised, committed, and happier and the snowball effect on your students can have profound, positive consequences. As a riding instructor, you have a unique leadership position to demonstrate emotional intelligence and the maintenance of a balanced life. You have the power to become a role model and to change your life, your teaching, and your students' learning and I'm here to help you – for free.

Read on as I explain emotional intelligence and some steps to take to achieve it. Then, I'll reveal a link to my FREE online training. No strings attached - it's my gift to you!

My course, "Emotional Intelligence for Trainers & Coaches," contains videos, self-hypnosis MP3s, and a wealth of reading materials to facilitate your journey as a top-notch trainer. I'll explain how hypnosis, Neuro-linguistic Programming (NLP), and

the right mindset will get you exactly where you need to be. I'll help guide you toward achieving your equestrian trainer goals – and don't be surprised if your newfound confidence, knowledge, poise, commitment and ease in your day-to-day practices spill over into all facets of your life. You are more than capable and you are worth it!

What IS Emotional Intelligence?

Emotional intelligence (EI) is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Those with EI are excellent listeners, they are proactive rather than reactive and they are often good in a crisis – all traits that help them get ahead. Emotional intelligence has been associated with an improved overall feeling of well-being, a higher quality of life and increased job satisfaction. But where to start on the path toward emotional intelligence? The journey begins with self-awareness.

- Self-awareness is your ability to accurately recognize your emotions as they happen and to understand your general tendencies in responding to different people and situations.
- Use the awareness of your emotions to choose what you say and do to positively direct behavior. This is self-management.
- Become empathetic to others and how they are coping with stress and uncertainty. Recognize their reactions for what they are and why they are happening. This is social awareness.
- Then, use your self-awareness, self-management and social awareness as tools to guide you in how you relate to others.

Sixteen Techniques for Handling and Increasing Emotional Intelligence

1. Recognize Your Feelings

Become mindful of and identify your emotions and reactions.

2. Be Observant

Be aware of your emotional state and self-reflect. It may help to write down what you learned.

3. Explore the “Why”

Ask yourself why you are reacting in a certain way. What's different? What are you dealing with that you haven't recognized or considered?

4. Stop Negative Personalization

Avoid personalizing others' behaviors. For example, you conclude the judge ranked you low at the show because she doesn't like you or your horse. Realize that this negativity is not helpful and resolve to change your thoughts.

5. Select Your Situation

Avoid circumstances that trigger unwanted emotions. For example, there is a fellow trainer you find annoying. Instead of spending your time fuming about her, figure out how to have the least amount of contact and avoid a potentially negative situation. Another example is that running late causes you anxiety. Try leaving 15 minutes early so that traffic, pedestrians or disobedient horses don't anger you.

6. Avoid Reacting Right Away

Take a moment; breathe, calm your mind, and reflect.

7. Utilize Active Listening Skills

In conversations, emotionally intelligent people listen for clarity instead of just waiting for their turn to speak. They make sure they understand what is being said before responding. They also pay attention to the nonverbal details of a conversation. This prevents misunderstandings, allows the listener to respond properly and shows respect.

8. Change Your Response

Direct your thoughts to something that will calm you: the ocean, the mountains

or spending time with your friends and family. Remember, you are in control of you. You might not feel like being calm at first, but staying calm is a gift to yourself.

9. Blow the Emotion Away

Find a quiet place to disconnect for a moment and breathe deeply, slowly and completely. Visualize the emotion. Then... shrink it. Imagine the emotion becoming smaller and smaller until it is so small that when you hold it in the palm of your hand, you can barely see, feel, smell or hear it. Then... blow on it once and send it off into oblivion never to return.

10. Stay Cool and Manage Stress

Go easy on yourself. Accept that things won't always be perfect. Remember, you cannot control everything.

11. Practice This Breathing Technique for Stress, Anger or Anxiety

Find a quiet place and try to empty your mind. Breathe in deeply for five counts, hold your breath for five counts and then exhale for five counts. Repeat five times. Remember, paying attention to your breath helps block negative triggers.

12. Try the Cancel Technique

When you catch yourself thinking negative thoughts, stop and say the words “cancel”, “erase” or “delete.” Then, replace that negative thought with a positive one. Or, think of a purple elephant. You can't think of a negative thought if you are thinking about a purple elephant!

13. Be Proactive, Not Reactive

Consider that you have options when it comes to handling the situation.

14. Learn From Your Mistakes

Reflect on the situation and how you handled it. Determine your strengths

and weaknesses in your response. How can you improve?

15. **Maintain a Positive Viewpoint**

Visualize and think about how to respond positively instead of negatively. Embrace change instead of resisting it. Remind yourself of all the positive things you have accomplished. Give yourself credit for handling situations in a calm and professional manner.

16. **Bounce Back from Your Mistakes**

Take a step back and realize you are only human. Forgive yourself. Consider why the mistake happened and, if possible, make it right. If you are unkind to yourself, apologize to yourself. How could you have behaved differently to realize a positive outcome? Practice it in your mind to create a positive habit on how you want to change your behavior next time.

17. **It's a Lifetime Process**

Understand and remember that emotional intelligence is something you develop over time and requires continual improvement; it's very much a lifetime practice.

Remember that we are handling situations in new and uncharted territory but, with these techniques you can create positive ways to handle the stress to realize your own emotional intelligence.

What You'll Learn in My Free Online Course

When you access my course, "Emotional Intelligence for Trainers & Coaches" via the link below, you'll have access to tools and tips to guide you on the journey toward EI. You'll learn about the brain, and the conscious and unconscious mind.

You'll learn the natural laws of the mind including the importance of thoughts and the power of your imagination, your habits, your attitude and your gratitude.

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When you challenge your negative thoughts, you can make them disappear.
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I'll introduce you to Neuro-Linguistic Programming, which I call the owner's manual to your brain. NLP is the study of excellence, the study of success and the science of achievement. With NLP you can learn faster than before, master your emotions more effectively, think more clearly, concentrate better, achieve peak performance, and enjoy riding more than ever.

You'll also explore self-talk; the process by which you observe the thoughts going through your head, become aware of them, name them. Thought awareness is the first step in the process of eliminating negative thoughts. When you challenge your negative thoughts, you can make them disappear. We'll focus on positive thinking and affirmations. After all, mistakes are only hiccups, and we can make hiccups go away!

We'll discuss learning styles, emotional data, and burn out. You'll learn about hypnosis and why you need it.

My Promise to You

As a trainer, you drive the force of everything you do from what you've learned. I'll help you make the changes you want so you can change unwanted behavior and change the way you communicate. I'll help you develop the art and skill of communicating

more effectively and to be the best trainer and rider you can be. You will handle your clients and students better, you'll decrease your stress and tension, you'll feel happier about yourself and be more aware and alert in your teaching. You'll be more relaxed and feel a sense of peace in your ability to effortlessly train and teach your students and to enjoy your career.

Ready to Get Started?

Go to laurakingschool.thinkific.com choose the Emotional Intelligence For Trainers & Coaches course and use code: **WinterFreebie**

Need help addressing your challenges or achieving your goals? Sessions available in-person, via Skype, or by phone.

Products: www.summitpress.net

Sessions: www.summithypnosis.com

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About the author:

Laura King is the Director and Founder of Summit Hypnosis and Wellness and is a Certified Hypnotist, NLP Practitioner, Life Coach, and Sports Performance Coach. Laura has written and published several books and workbooks, including "Power To Win" for equestrians and "Perfect Enough," a guide to help you evaluate your perceptions and experiences around vital areas of your life.