

# Video Coach On Demand (VCoD)

Instructional (EQ) vs. Inspirational

Date: Monday April 20<sup>th</sup>, 2015

**Title:** Chatter

**Video Clip:** The Brain (2013) Navy Seals Clip9 Stress Response & The Zone

**Lesson Objective:** Develop Emotional Intelligence skill-sets by recognizing the chatter (Psycho-linguistics)

*Learning to recognize the chatter during daily routines, by developing Self-Awareness you develop a critical building block for the Self Regulation (focus) skill set.*

1. **K**nowledge: You must know & understand...
  - a. Your chatter running *unregulated* (programed by media, emotions and the past).
  - b. Your chatter must be regulated towards your goals (review and preview agenda).
  
2. **S**kill: You must develop these skill-sets...
  - a. Self-Awareness – learn to monitor your chatter (86/4); frequent thoughts re-appearing
  - b. Self-Regulation – filter your chatter to maturity (see the metrics)
  
3. **A**bility: You must be able to...
  - a. Take your thoughts (chatter) captive and place them on a shelf for later.
  - b. Regulate repetitive thoughts to stay focused on the immediate “now”.
  
4. **eWOD**: (Emotional WorkOut of the Day)
  - a. Prioritize: “Spiritual”, “Health”, “Family”, “Career”, “Finance”, “Social”
    - EQ applied leadership #1, #2 & #3
  - b. Teach someone how to use the Six Cylinder (Module 2)
    - EQ applied leadership #4 & #5

