

EMOTIONAL BALANCE MODEL

Helping Flatten Life's "Emotional Roller Coaster"

Have you been thinking to yourself, "I'm feeling emotionally down (discouraged, depressed) how can I get back up emotionally (encouraged, happy, hopeful) ... on top of it?" If any of your staff members are on an "emotional roller coaster" this session is for you! Being too high all of the time is not good. Being too low all of the time is not good. This one session teaches you to use a proven tool for helping your team members gain emotional balance. With emotional balance, a person can be far more productive in her/his work life!

Bobb Biehl is an Executive Mentor. In 1976, Bobb founded Masterplanning Group International. He has consulted personally with over 500 clients. He has met one-to-one with over 5,000 executives and invested an estimated 5,000 hours in private sessions with some of the finest leaders of our generation. Based on thousands of hours of practical experience, he has originated 40 tools (books, tapes, notebooks) in the area of personal and organizational development. For over 31 years, Bobb was on the board of directors of Focus on the Family. He holds a bachelor's ('64) and a master's degree ('66) from Michigan State University. Bobb and his wife, Cheryl, have been married since 1964. They have two adult children, two grandchildren, and four great grandchildren. His website is www.bobbbiehl.com.

QUESTION:

I'm feeling emotionally down (discouraged, depressed) –

How can I get back up emotionally (encouraged, happy, hopeful) ... on top of it?

INTRODUCTORY STORY

* Ron

EMOTIONAL BALANCE CHART

1. Balancing EMOTIONALLY is key ... far harder for some than others!

2. STUDYING your patterns

- * Catch negative spirals early
- * Have a friend(s) to call if depressed and going down
- * Emotional roller coaster

3. CONTROLLING YOURSELF

without being dependent on others for emotional balance

- * Stay out of the ditch— emotionally

4. Focusing on the POSITIVE

- * Positive results toward your dreams
- * Keep enough blue sky to make keeping a positive focus worth it
- * No one keeps a positive focus 100% of the time. (Art Williams- 9:00 a.m.)

INSTRUCTIONS

- * Flip chart-sized paper ... PENCIL
- * Start at the top and go to the bottom
- * Study over a 6-month period
 - ☐ Positive circle.
 - ☐ Neutral circle
 - ☐ Negative circle
 - ☐ Positive reality / Negative reality
- * Spend: 85% of your time in the reality circle
- * 10% blue sky = OK ... 5% discouragement = OK ... 0% in suicidal...
a high bottom

REMEMBER:

The EMOTIONAL BALANCE CHART is for your personal use ... and for the others you are teaching to lead ... spouse, protégés, team members, anyone needing emotional balance.

The EMOTIONAL BALANCE CHART is available to you
24 hours a day, 7 days a week, 365 days a years, for the rest of your LIFE!