

THE THREE DIMENSIONS OF EMOTIONAL INTELLIGENCE: FINDING THE BALANCE OF POWER, HEART AND MINDFULNESS

- MARK HEAD



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Learning Together Online

Resource Guide

About Sam Alibrando

Author **Sam Alibrando, Ph.D.**, is president of Alibrando Psychological Consulting (APC, Inc.), and a senior consultant for The Impact Group where he works with senior level executives and their teams.

Since starting his career as a psychotherapist over 35 years ago, Sam has maintained a clinical practice specializing in individual depth therapy, mindfulness therapy, couple and family, divorce mediation and addictions. He currently has a part-time clinical practice with 3 other licensed therapists.

In the late 1980s and early 1990s, Sam served as Director of the Fuller Psychological and Family Services, President of the San Gabriel Valley Psychological Association and liaison in government affairs to the California Psychological Association.

As a consultant, he works with national and global corporations, firms, and non-profits on a range of assignments—all focused on developing emotionally intelligent leaders and effective executive teams, diminishing conflict, enhancing communication, and accelerating sound decision-making.



Sam Alibrando

Sam also has solid experience in executive assessment and development, executive selection, onboarding, and coaching along with team-building and organizational development. He is a member of the Psychologically Healthy Workplace Awards committee for the California Psychological Association.

A frequent and respected lecturer and seminar leader, Sam's seminal work on change processes is capped in his two books, *Follow the Yellow Brick Road: How to Change for*

1st Learning Objective

Learn about the three dimensions

2nd Learning Objective

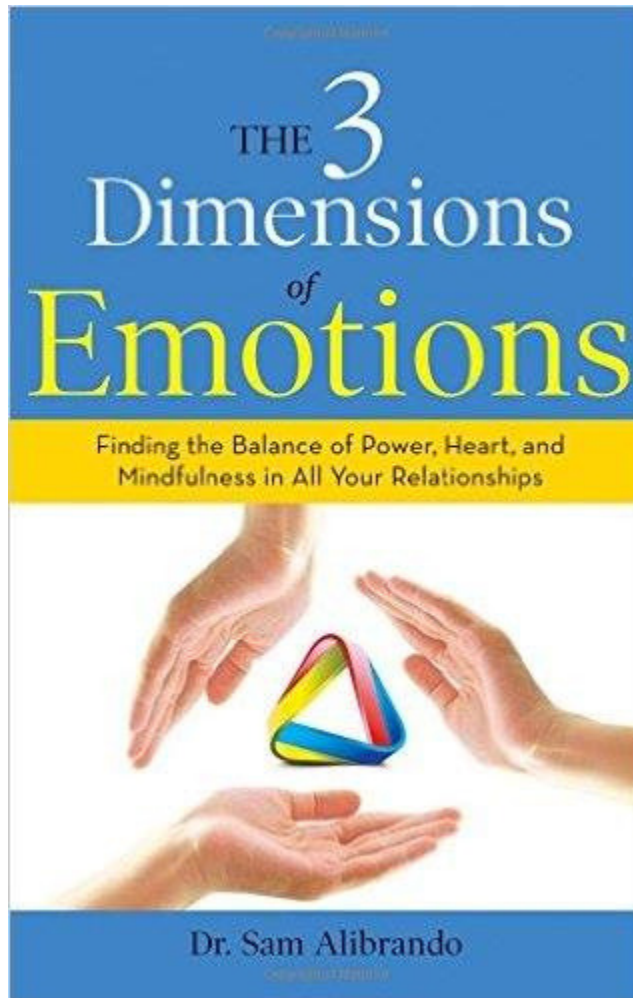
Learn the tool called "Working the Triangle" ...

a road map to move us from unproductive reactivity to productive response-ability.

3rd Learning Objective

A model to understand the important people in your life: spouse, children, boss, employees, president of the United States.





Resources for participants

1. Everyone is invited to take the Interpersonal Triangle Inventory ... for free:

<http://www.power-heart-mindfulness.com/itbi/>

2. **Two books:** The 3 Dimensions of Emotion: Finding the balance of power, heart and mindfulness in all our relationships.

Event Details

Just as there are three dimensions of the physical world (height, width and depth), there are three dimensions of the relational world: Power, Heart and Knowing (or Mindfulness). How well we positively move in these three dimension is how emotionally intelligent (and successful) we are.



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