

This is Craig Rodgers for Pasadena Friday coffee meetup. The speaker on Friday April 5 was Dr. Sam Alibrando talking about the three dimensions of emotional intelligence; power, heart and knowing—commonly known today as mindfulness., Dr. Sam introduced his model through the colorful relationship circle and how emotional intelligence is the dynamic and positive interaction of all three dimensions.

If you overuse one dimension because of anxiety or fear in another dimension you will become imbalanced in your interactions with others. He then introduced the tool "Working the Triangle" to guide all of us back to balance and our relational sweet-spot.

You can take the ITI test (at www.Power-Heart-Mindfulness.com) to better understand your own emotional intelligence. The test is free and can help you better navigate your personal journey and deliver innovation for the Pasadena area.

Visit Fridaycoffeemeetup.com to hear the entire podcast or to get information on the next Meetup event. If you have any comments or voiceover request, I can be reached at crprovides@gmail.com. This is Craig Rodgers. Thanks for listening.