

Free HikeStorming Session on Reducing Stress and Understanding Emotional Intelligence with Shabbir Latif

Brief description:



The goal of this session is to learn theory, tools, and practices regarding how to reduce stress, grow personally, and increase peace of mind...all while we are having fun hiking!

Even though I may facilitate the group, any inputs/ideas are welcomed from members.

This event will include mild to moderate hiking with discussions and activities relevant to personal development. We will pick a more specific theme to discuss during the hike and may stop to regroup and share the learnings.

Shabbir Latif, Ph.D.'s Bio:



I am an Advanced Practitioner with 6seconds.org emotional intelligence (EI) network with the mission to have 1B people practicing EI skills for a more peaceful world. I have an M.S. in Therapeutic Recreation, specializing in experiential learning style. I also love the outdoors.

I bring the distinct combination of EI, experiential learning, and outdoors to empower people to reduce stress and improve the quality of work and non-work life.

My clients have ranged from executives of large corporations, staff of small and medium businesses, at-risk youth, to staff and employees of a maximum security prison.

Emotional Intelligence

Emotional Intelligence (EI) involves knowing your emotions and the messages they provide, using them to make healthy choices, thereby making positive difference in one's self and others.

The eight EI competencies are:

1. Emotional Literacy

2. Recognize Reaction Patterns
3. Navigate Emotions
4. Consequential Thinking
5. Exercise Optimism
6. Engage Intrinsic Motivation
7. Increase Empathy
8. Pursue Noble Goal.

EI is proven to improve performance, productivity, relationships and ultimately the “bottom line.”

- [US Air Force spent \\$10,000 in training to enhance *emotional intelligence* and saved \\$2,760,000 in recruitment \(Fast Company, June 2000\).](#)
- [90% of the high performers have high “*emotional intelligence*” or Emotional Quotient \(EQ\)](#)
- [At cosmetic giant L’Oreal, those who were recruited for their high Emotional Intelligence \(EQ\) outsold their peers by over \\$90,000. On top of that, the high-EQ employees had 63% less turnover than the typically selected sales folk.](#)
- [At Komatsu higher EI was found to increase employee engagement from 33% to 70%](#)

What to bring:

Days are getting shorter so please bring layers of clothes and a flashlight in case it gets dark and cool. Parts of the trail are uneven and steep, so appropriate hiking/running shoes are recommended. The hike is not very strenuous so you may choose to have water & food before or after the hike.