

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

There Should Be Less Talk, Mother Theresa – EQ at Work

By Susan Dunn

There Should Be Less Talk, Mother Theresa – EQ at Work by Susan Dunn, The EQ Coach

Emotional intelligence involves many separate competencies. One of them is compassion or empathy. You might think of it as ^soft.^ Well, actually some people think of emotional intelligence as ^soft.^

Which brings up an interesting point. In the Strengths e-course I offer, I ask the learners to name the major strength of different well-known people. Last week I asked about Mother Theresa. Pamela Sheppard replied: "The standard is compassion, but, having had the chance to actually see her in action, I have to add mental toughness, clarity of intention and economy of action. She was Holy Hell on Wheels, and thank God for that! --- and anyone else pales beside her."

I was intrigued and emailed Pamela back. Had she seen Mother Theresa? What was it like?

Pamela wrote back: "Yes. I met Mother Theresa in Tijuana, where she set up her seminary for the Order she had tried to start. This tiny woman didn't waste a nanosecond on anyone like me ... Her energy was given to the poorest participants, who had nothing but their faith. This alone made for one of the most inspiring afternoons I have ever or will ever experience.

"But beyond that, I witnessed her working with the man appointed head of the Brothers there. He sat, she paced; animated, vigorous, passionate about whatever it was she was discussing with him. She was unmistakably in command. I will NEVER forget it. Everything I read about her since that time has more resonance, more depth, more meaning in the light of her as this Commander in Chief."

When I proposed Mother Theresa, I was after Intentionality. It's one of the highest-level EQ competencies – meaning what you say and saying what you mean, and being accountable to yourself for your motives.

There's nothing ^soft^ about compassion, or Intentionality, or emotional intelligence. EQ is what drives it all. Intentionality means not being able to make excuses to the most important person of all -- yourself.

Mother Theresa intended to help "the poorest of the poor," and not finding appropriate vehicles, set out to found her own. She insisted people do things, not just talk. She told people to give, but not just money, give of themselves.

"There should be less talk," said Mother Theresa. "A preaching point is not a meeting point. What do you do then? Take a broom and clean someone's house. That says enough."

(c) Susan Dunn, The EQ Coach. Take The EQ Foundation Course(c): www.susandunn.cc.
Mailto:sdunn@susandunn.cc for FREE ezine. EQ products available for licensing. EQ coach training.
Learn EQ so you can teach it to your kids.

If the Floor's Dirty, Don't Call a Meeting, Pick Up a Broom

By Susan Dunn

Mother Theresa. How would you describe her? Compassionate? Kind?

That's not what people who knew her said. In my Strengths course, I ask the learners to name the major strength of different well-known people. Here's what Pamela Sheppard replied: "The standard is compassion, but, having had the chance to actually see her in action, I have to add mental toughness, clarity of intention and economy of action. She was Holy Hell on Wheels, and thank God for that! --- and anyone else pales beside her."

Another anecdote from someone who worked with Mother T. for 6 months and described herself as "the typical Trophy Wife looking for enrichment and meaning." She was also a self-proclaimed fixer.

When she got on-site and saw people in the hospitals and hospice areas cleaning the floors with rags and cloths, she became excited. She told Mother Theresa--and this was a month after getting there when she felt she could actually speak to her and not just gaze at her in awe and feel woefully inadequate--that she could get brooms and mops sent to her. For FREE.

"Mops?" said Mother Theresa, in that lilting voice of hers. "Yes," she replied, "they'll save time and energy." "Labor saving devices?" replied Mother Theresa. "But the point is to labor," and smiled and walked off.

APPLICATION

In one list I belong to, someone has experienced identity theft. Someone has erected a website about him, as if by him, that's damaging to his reputation.

He has requested help from the others and the replies have been coming in. How sorry they are for him this has happened ... how impossible it is to clean up identity theft, it takes years, it happened to them ... check out whoisit.com to see who owns the site ... check with the server...what a mess, it's impossible.

One clear voice came through with, "Call the FBI. This has happened to me. They will have the site down in 10 minutes and the name of the perpetrator in 20."

I read that and considered the case closed. How fortunate someone who'd been there knew what to do. But there was no response and the sympathy cards kept flowing in. Two days later another e-note: "I'll repeat. Let your tax dollars do something for you for a change. Call the FBI. It's what they do."

But the list is still talking about what to do.

BACK TO MOTHER THERESA

Pamela continued, "Mother Theresa was unmistakably in command. I will NEVER forget it. Everything I read about her since that time has more resonance, more depth, more meaning in the light of her as this Commander-in-Chief."

When I had proposed Mother Theresa to the class, what I was after was Intentionality. It's one of the highest-level EQ competencies – meaning what you say and saying what you mean, getting it done, and being accountable to yourself for your motives.

There's nothing ^soft^ about compassion, or Intentionality, or emotional intelligence. EQ is what drives it all.

"There should be less talk," said Mother Theresa. "A preaching point is not a meeting point. What do you do then? Take a broom and clean someone's house. That says enough."

Work on your Intentionality. It will make your life work better for you.

©Susan Dunn, MA Clinical Psychology, The EQ Coach, <http://www.susandunn.cc> . Individual and executive coaching, the Don't Disappoint Her Again™ EQ program for men, the Strengths Course©, The EQ Foundation Course™, The EQ Learning Lab™, and The EQ eBook Library - <http://www.webstrategies.cc/ebooklibrary.html> . Mailto:sdunn@susandunn.cc for FREE ezine. Call 1-210-496-0678 for immediate service. Increasing your Emotional Intelligence makes your life work better.

If the Floor's Dirty, Don't Call a Meeting, Pick Up a Broom
Destructive Puppy On The Loose
Ghost Mothers
The Ultimate Solution to Problems!
APPRECIATING AND COMMUNICATING YOUR VALUE

The First and Second Adam
Baby's First Year –What Parent Needs To Know
Making money at online auctions
65 Tried and True Traditional Amish Recipes

Beat that Fat



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**