

Creative Resilience & Renewal

Learning to become
Alchemically Professional



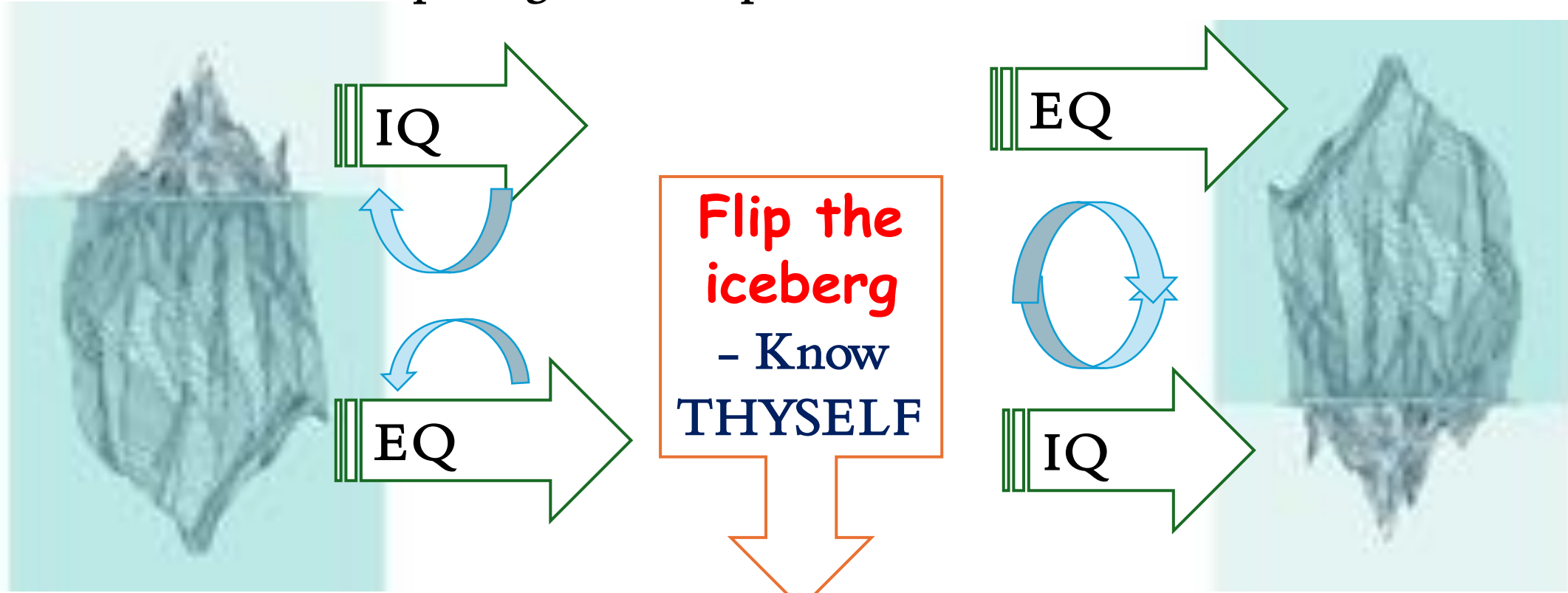
What to expect

This dialogue will enable us

- Develop resilience and renewal techniques to effectively manage emotions.
- Enhance emotional agility by understanding the role of creative resilience and renewal as essential.
- Appreciate intelligent use of emotions as a leader in times of crisis and dilemma.
- Equip emotionally intelligent ICSAN professionals as regenerative practitioners for better future governance.

Professionalism in Governance is Synthesis made manifest

Exploring the Concept of INTELLIGENCE



Physical

- ✓ **Comfort**
- ✓ **Sex**
- ✓ **Money**

Emotional

- ✓ **Anger**
- ✓ **Hate**
- ✓ **Ambition**

Mental

- ✓ **Pride**
- ✓ **Separateness**
- ✓ **Isolated Attitude**

Benevolence of life energy

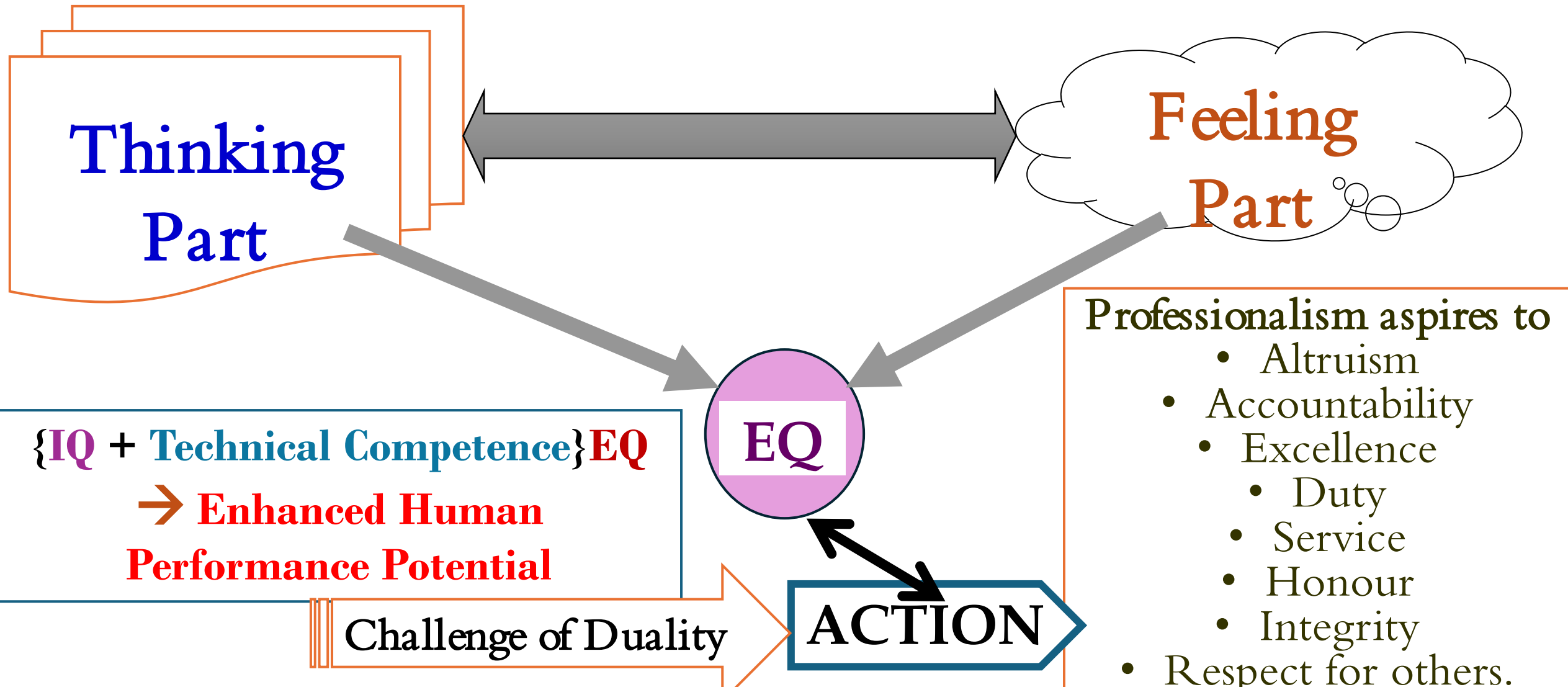
- Right use
 - Thoughts
 - Feelings
 - Actions

- Good
- Truth
- Beauty

Currency of Goodness

→ **Better >< Brighter >< Beautiful**

Aspiration → Goal-fitting Personality for Salutory Professionalism & Well-being
→ Cultivating the Integrated Personality Status (IPS)
→ Essence of Governance & Administration



The Dilemma Facing the Professional Personality

Challenge of duality: IQ vs. EQ

- Challenging environment
 - A crisis and tension
 - A time of constant change and movement
 - Painfully noticeable absence of
 - Stability
 - Order
 - Structure
 - Immense value
 - Environment of uncertainty
 - Openness to possibilities
- **Encountering periods of rough going**
- **Facing daunting obstacles**
- **Endure failures and setbacks**
- **How these experiences are handled will shape who we become**
- **Triumph**
 - Refusal to succumb to the contrariness
 - Respond with gut and instinct → **Creative Intuition & Reflections**
 - Transforms a piece of our hearts
 - Shapes our future

- Difficult challenges → ” Living laboratories” of emotional intelligence
 - Adversity is the test of our core and character (in private and public life)
- Emotional hijack → Flight or Fight reaction
- ❖ Emotional agility → Sublimation & re-calibration
 - ✓ “Success is going from failure to failure without loss of enthusiasm”
- **Adaptability**
 - How well and readily you can keep your enthusiasm alive
 - How well you flow with **changing circumstances**, **rules**, **regulations**, and **needs**.
 - We may not be able to control what is happening, but we can always change how we relate to them.

❖ Adaptability promotes resilience

- Sensing ways around obstacles
 - Calling up again and again our adaptability and resilience
 - Emotional adaptability → activates and expands our physical and mental adaptability (neuronal resilience)
 - Coordination of capabilities in action → flexibility-in-motion
- *A learned aspect of emotional fitness*
 - Improves with practice
 - Assists whenever a sudden change in circumstance or obstacles are sensed
 - Strong sense of flexible optimism & ability to bounce back after things go wrong

❖ Handle rejection with grace → hope & trust

- Emotional Resilience → Renewal
- **Find the best way to bounce back and renew**

Cultivate the Response-ability in Times of Crisis, Tension, & Appearance

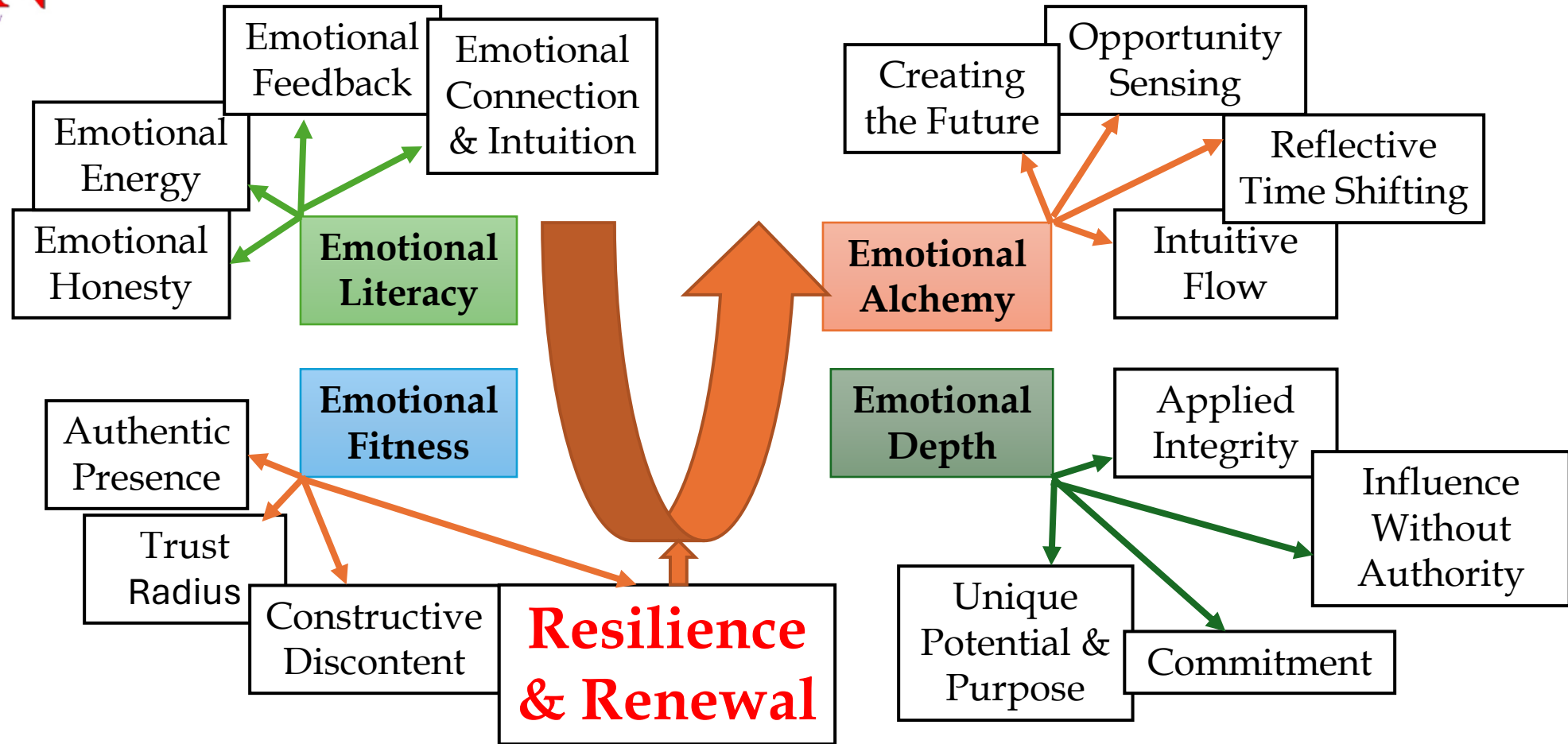
- A critical need in times of constant flux and periodic change
 - Equipping with adequate experience to become goal-fitting
 - For this
 - Mutability is needed to
 - Undergo a radical reorientation to the spirit of synthesis
 - Engage harmoniously in edge environments
- **Mutability**
 - The quality of being liable to undergo change or alteration
 - The fact that something is not fixed or stable
 - The characteristic of an object having properties whose values can change while the object itself maintains a unique identity

Learning to Flourish in Edge Environments → Crisis, Tension, Appearance

- ❖ The challenging economy is a transition or edge environment
 - “places of high intensity where ecologies are in tension”
 - They tend to be a “species-rich” environment
- The edge effect approach
 - Transforming thoughtforms into thoughtforms of potential
 - Pregnant fields creating conditions for the emergence of unique patterns of meaning
- In times like these the professional is better viewed as a Regenerative Practitioner
 - Skilled in the recognized forces at play in communities of resilience, renewal and restoration
 - Proficiency in emotional alchemy

Governance in The Biologists' Law of Three

1. An activating force initiating action
 2. A restraining receptive force
 - Seeking to define, refine, and limit the activating force
 3. An independent reconciling force
 - Struggles to bring the two opposing forces into relatedness and harmony
- Need to see clearly and value the 2 opposing force
 - Seek to make conscious of the appropriate reconciling forces
 - **Alertness of the Regenerative Practitioner**
 - *Serendipity* → *incidental discovery of something valuable*
 - Appears unexpected, brilliant result, created through a combination of effort and luck joined by alertness and flexibility
 - **A process of enactment**



Emotional Foundations for Resilience

The Resilient Creative Mind

Goodwill is expressed creatively in all aspects of life

- Truly creative individual is distinguished by willingness to
 - Do
 - Speak of doing

Use of the will

- Focus efforts on using energy contacted for positive dynamic thinking
 - Work for the good of all
- 7 aspects of the **will-to-**
 - **Initiate, unify, evolve, harmonise, act, cause, express**

*Thank
You*

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