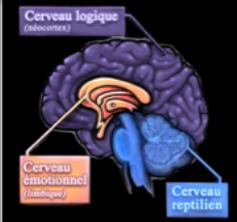




PERFORMANCE PSYCHOLOGY AND EMOTIONAL INTELLIGENCE

www.isabellefontaine.ca

SEMINAR SUMMARY



USE MUSIC AS A PHARMACY

Select your «**Power Songs**» and create «**Emotional Playlists**» to activate the right type of energy. Use the soundtracks from your «**Power Movies**» to access specific **emotions**. Exploit the powerful effect that musical **crescendos** have on your brain.

*Playlist 1- Cheerfulness & Playfulness
Playlist 2- Courage & Determination
Playlist 3- Zen & Calm
Playlist 4- Love & Gratitude*

USE YOUR BODY AS A PHARMACY

To secrete the Feel Good Hormones (endorphin, serotonin, dopamine) and the Courage Hormones (adrenalin, testosterone). What are your «**Power Moves**»?
High power posing, dancing, whistling, singing, jogging, etc.

BUILD RESILIENCE

If the heart beats intensively for more than 25 minutes, one could hit the **runner's high** or **second wind** which is an overflow of endorphins. This biochemical reaction helps us to feel more resilient and psychologically stronger.

TAP INTO YOUR FIGHTING SPIRIT

Order your body to produce testosterone and adrenaline to get rid of fatigue and stress using **Explosive Breathing** (eg. KIAI) or a short burst of **High Intensity Training** (eg. TABATA : 20 sec. at 100% effort, followed by 10 sec. of rest; then alternate). Practice **Combat Sports** (karate, boxing, etc.) to reduce cortisol and the feeling of powerlessness. It unleashes the lion inside and biochemically produces confidence and mental strength.

SELF-DIRECTED NEUROPLASTICITY

Train your brain into building emotional muscles. Choose to embrace emotional discomfort to grow a **Resilient Spirit**. Eg. If a muscle is exposed to ordinary requests, it won't grow. (Driving a standard car was uncomfortable at first, but became easy throughout the years because of the growth of new neurones.)

SKILLFULLY MANAGE YOUR ENERGY

The number of hours in a day is fixed, but the quantity of energy available to us is not. **Energy** is the X factor that fully ignites talent or tactical skills. **Emotion** = Energy in Motion! Don't stay stuck in negativity for too long.

DEACTIVATE STRESS AND ANXIETY

The heart rate accelerates when we breathe in, and decelerates when we exhale. Breathing out secretes acetylcholine which **forces calm to invade** a stressful body (eg. breathe in for a count of **4** and breathe out in **16**).

ENERGY AND EMOTIONS ARE HIGHLY INFECTIOUS

Become a **People Magnet** and create emotional engagement. Be an **Energy Giver** (not an emotional vampire, an energy drainer). Practice being a sincere listener and look at people like you mean it.

EMOTIONAL FITNESS

Develop the ability to shift mental states as circumstances demand. Learn the skill of tolerating **emotional discomfort** instead of **numbing** stress, anxiety, anger through **compulsive habits to take the edge off** (alcohol, food, etc). Establish a clear purpose : Short-term Comfort or Long-term Progress?