

Welcome to
UNLEASHING YOUR POTENTIAL

A Unique, Transformative All-Day Workshop

APRIL 19, 2024

THE UNIVERSITY OF ST. THOMAS

PRESENTED BY



Dr. Julie Wilkes



Dr. Jackalyn Rainosek

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The Power of Me

with Dr. Julie Wilkes

Favorite inspirational quote:

“

”

Stress Responses

List out the types of stress responses & circle the one you identify with the most.

Leadership Styles – Director, Socializer, Nurturer, Analyzer

What is your dominant leadership style/communication style?

What consideration do you need to make for each of the other styles?





Limiting Beliefs

What is a current limiting belief you have? Where did it come from?



What is the paradigm shift? (exercise)

Vision Quest – post-meditation

Write out your complete narrative to our vision exercise.

Goal	1 month	3 month	6 month

Goal	Week 1	Week 2	Week 3	Week 4

Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Breathwork & Bodywork

Dream breath

Diaphragmatic breath

Box breath

Alternate nostril breath

Reflexology

Neck release

Back release

Aromatherapy



Communication – exercise

Being present – what is important to you when someone is present with you?

Magic Formula for You

What are your 3 words?



What is your power statement & affirmative statements? (exercise)

You get the best of me when:	I need from you:
My Mantra is:	My reset button(s) is/are:

Emotional Intelligence

Emotional intelligence (EI) refers to the ability to recognize, understand, and manage one's own emotions, as well as to perceive, interpret, and respond to the emotions of others effectively. Developing emotional intelligence is essential for building strong relationships, making sound decisions, and navigating social interactions successfully. Here is an outline of the key components of emotional intelligence:

Self-awareness:

- Recognizing and understanding your own emotions, strengths, weaknesses, and values.
- Being aware of how your emotions impact your thoughts, behavior, and decision-making.
- Practicing mindfulness and self-reflection to enhance self-awareness.

Self-regulation:

- Managing and controlling your emotions, impulses, and reactions in various situations.
- Handling stress, frustration, and conflicts effectively without letting emotions overwhelm you.
- Developing resilience and adaptability to navigate challenges with composure.

Motivation:

- Setting and working towards meaningful goals with enthusiasm and persistence.
- Harnessing intrinsic motivation to drive personal growth, achievement, and fulfillment.
- Overcoming obstacles and setbacks with a positive attitude and a growth mindset.

Empathy:

- Understanding and empathizing with the emotions, perspectives, and experiences of others.
- Demonstrating compassion, active listening, and sensitivity towards the feelings of others.
- Building strong interpersonal connections based on mutual understanding and support.



Social skills:

- Communicating effectively and building rapport with others through verbal and nonverbal cues.
- Resolving conflicts, negotiating, and collaborating with diverse individuals and groups.
- Demonstrating leadership, influence, and teamwork in social and professional settings.

Developing emotional intelligence involves continuous learning, practice, and self-improvement. By honing these key components of emotional intelligence, individuals can enhance their self-awareness,

self-regulation, motivation, empathy, and social skills to foster healthy relationships, make informed decisions, and thrive in various personal and professional contexts.

Emotional Intelligence Exercise

12-Month RoadMap

Reflect on your values and priorities:

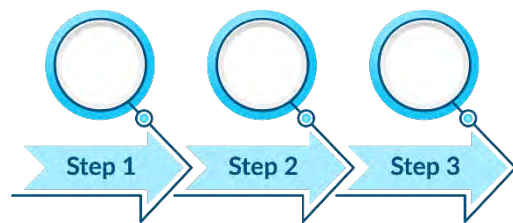
Identify your core values, passions, and long-term aspirations. Consider what matters most to you in various aspects of your life, such as career, relationships, health, and personal growth.

Set SMART goals

Define specific, measurable, achievable, relevant, and time-bound (SMART) goals for the next 12 months. Break down your goals into smaller milestones or action steps to make them more manageable.

Create a vision board or visualization

Visualize your goals and aspirations by creating a vision board or using visualization technique. Include images, quotes, and symbols that represent your desired outcomes and keep you inspired.



Develop a timeline

Map out a timeline for your goals over the next 12 months, setting target dates for each milestone or action step. Prioritize your goals based on urgency, importance, and feasibility.

Identify resources and support

Determine what resources, skills, or knowledge you need to achieve your goals. Seek support from mentors, coaches, or peers who can provide guidance and encouragement along the way.

Establish accountability

Hold yourself accountable for your progress by setting up regular check-ins or accountability partners. Track your milestones, celebrate achievements, and adjust your roadmap as needed.

Incorporate self-care and balance

Prioritize self-care practices, such as exercise, mindfulness, and relaxation, to maintain balance and well-being while pursuing your goals. Allocate time for rest, reflection, and rejuvenation to prevent burnout.

Review and adjust

Regularly review your progress against your roadmap, reflecting on what is working well and what needs adjustment. -Be flexible and willing to adapt your goals and strategies based on changing circumstances or new insights.

Celebrate achievements

Acknowledge and celebrate your accomplishments along the way, no matter how small. Reward yourself for reaching milestones and staying committed to your personal roadmap.

Reflect and set new goals

At the end of the 12-month period, reflect on your achievements, challenges, and growth. Use this reflection to inform your next set of goals and create a new roadmap for the upcoming year.



The Gratitude Project



Benefits of gratitude:

- Improved mental health
- Enhanced relationships
- Increased resilience
- Better sleep quality
- Boosted self-esteem
- Physical health benefits
- Increased happiness
- Enhanced empathy and compassion

Gratitude meditation/Metta

Who is someone you are grateful for? Write them a letter below.

Habitual Behaviors – Online Assessment

DTP Leadership Group, LLC

<https://assessment.dtpladership.com/>



- Habitual Behaviors Concerning Alcohol
- Self-Isolation and Withdrawal from Others
- Habitual Mismanagement of Self
- Clutter and Disorganization
- Control
- Spending, Debting and Under-earning
- Habitual Patterns Concerning Drugs
- Misconceptions of Food
- Juggling Money and Resources
- Internet
- Illusion of Politeness
- Habitual Patterns Concerning Nicotine
- Overinvestment in Relationships
- Mismanaging Self and Others Spiritually
- Creating Self-Abuse and Self-Doubt
- Objectifying Others
- Excessive Investment in Work, Projects and Activities



Short Assessment for Determining Lack of Emotional Presence

By Jackalyn Rainosek, PHD

Name of the Person taking the assessment: _____

Instructions: Use the scale below to indicate how each statement applies to you. Evaluate the statements honestly and without over-thinking your answers. When you finish, please total your scores and put the total in the space at the bottom of the sheet.

5 = Most of the time (70% - 100%) 4 = Usually (50% - 69%) 3 = Sometimes (30% - 49%)
2 = Occasionally (16% - 29%) 1 = Rarely (1% - 15%)

1. I withhold my thoughts and feelings, since I feel more comfortable and safe by doing this.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

2. I have a list I have not taken action on even though I often think I have told someone something or taken an action.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

3. I stuff my feelings and do not show my feelings to others, since it prevents me receiving negative attention.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

4. I am more comfortable fantasizing about relationships than having them.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

5. I stuff my feelings, since I do not want to run the risk of expressing my feelings to others or even acknowledge them to myself.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

6. I may not even know what I feel, if asked.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

7. When I am upset, I do not share my feelings with others.

___ Rarely ___ Occasionally ___ Sometimes ___ Usually ___ Most of the time

Total score for my assessment: _____

I Ineffective Ways to Express Emotion

- Blame
- Criticism
- Angry outbursts
- Silence (for punishment or withdrawal)
- Repression and denial leading to grandiosity (“There’s nothing wrong with me.”)
- Perfectionism
- Impulsiveness
- Obsession and compulsion
- Self-pity
- Self-pity and victimization



I Expressing my emotions in these ineffective ways leads to:

- Negative thoughts and feelings
- Decreased self-esteem
- Harmful physical symptoms
- An inability to process life’s issues.

I Warning Signs of Unprocessed Feelings

- Hostility toward a person, idea, or topic
- Quick to anger
- Aggravation with authority figures
- Irritation and defensiveness when people offer feedback
- Easily frustrated when I don’t get my way/what I want
- Demanding to get my way.
- Frequent bouts of depression
- Resenting people, places, and things
- Self-pity
- Feeling insecurity from comparing myself to others
- Impatience with others
- Intolerance and criticism of others
- Jealousy
- Feelings of sadness, hopelessness
- Feelings of inappropriate guilt
- Anxiety and panic attacks
- Feelings of worthlessness
- Fear



List of Feelings People Have, and Often Fail to Identify

Abandoned	Crushed	Foolish		Prim	Talkative
Adamant	Cuddled	Frantic	Keen	Prissy	Tempted
Adequate	Culpable	Free	Kicky	Proud	Tenacious
Affectionate	Cushioned	Friendly	Kind		Tense
Agony		Frightened		Quarrelsome	Tentative
Almighty	Deceitful	Frustrated	Laconic	Queer	Tenuous
Ambivalent	Defeated	Full	Lazy		Terrible
Angry	Delighted	Fury	Lecherous	Rage	Terrified
Annoyed	Desirous		Left out	Rapture	Thankful
Anxious	Despair	Galvanized	Licentious	Refreshed	Threatened
Apathetic	Destructive	Gay	Lonely	Rejected	Thwarted
Assured	Determined	Glad	Longing	Relaxed	Tired
Astounded	Different	Gratified	Loving/Love	Relieved	Translucent
Awed	Diffident	Greedy	Low	Remorse	Trapped
	Diminished	Grief	Lustful	Restless	Trusting
Bad	Discerning	Groovy		Reverent	
Beautiful	Discontented	Guilty	Mad	Rewarded	Ugly
Betrayed	Distracted	Gullible	Maudlin	Righteous	Unburdened
Bitter	Distraught		Mean		Uneasy
Blissful	Disturbed	Happy	Melancholy	Sad	Unsettled
Bold	Divided	Hate	Miserable	Sated	
Bored	Dominated	Heavenly	Mystical	Satisfied	Vehement
Brave	Dubious	Hectic		Scared	Violent
Buoyant		Helpful	Naughty	Screwed up	Vital/Vitality
Burdened	Eager	Helpless	Nervous	Secure	Vivacious
	Ecstatic	High	Nice	Servile	Vulnerable
Calm	Electrified	Homesick	Nutty	Settled	
Capable	Embedded	Honored		Sexy	Weepy
Capacious	Emboldened	Horrible	Obnoxious	Shocked	Wicked
Captivated	Empty	Hurt	Obsessed	Silly	Wonderful
Challenged	Enchanted	Hysterical	Odd	Skeptical	Worry/Worried
Charmed	Encompassed		On-Fire	Sneaky	
Cheated	Energetic	Ignored	Opposed	Solemn	Zany
Cheerful	Enervated	Imbued	Outraged	Sorrowful	
Childish	Enfolded	Imbedded	Overwhelmed	Spiteful	
Clever	Enjoy	Immortal		Startled	<i>Permission to</i>
Collected	Enraptured	Imposed upon	Pain	Steady	<i>copy from</i>
Combative	Envious	Impressed	Panicked	Stingy	<i>Anonymous AA,</i>
Comforted	Evil	Infatuated	Parsimonious	Strange	<i>1987.</i>
Compassionate	Exasperated	Infuriated	Peaceful	Stuffed	<i>Revised and</i>
Competitive	Excited	Inspired	Persecuted	Stunned	<i>Expanded 2018</i>
Condemned	Exhausted	Integrated	Petrified	Stupefied	
Confused	Expansive	Intertwined	Pity	Stupid	
Conspicuous		Intimidated	Pleasant	Suffering	
Contented	Fascinated	Isolated	Pleased	Sure	
Contrite	Fawning	Jealous	Precarious	Swaddled	
Creative	Fearful	Joyous	Pressured	Sympathetic	
Cruel	Flustered	Jumpy	Pretty		

Clearings

By Jackalyn Rainosek and Liz Cloud



Physical:

I feel
physically

_____.



Emotional:

I feel
emotionally

_____.



Mental:

I feel
mentally

_____.



Spiritual:

I feel
spiritually

_____.

(This does not refer to religion. Many organizations are becoming more conscious of the need for their employees to be connected to their centered self.)

Not Feeling Statements:

I feel that _____

I feel like _____

Feeling Statements:

I feel _____

Sad, Mad, Glad, Happy, etc.



Research Findings



Emotional competencies are TWICE as important in contributing to excellence as pure intellect or experience.



73% of abilities reported to be key to superior performance were emotional competencies.



On the average, close to 90% of leadership success was attributable to EQ.



Research clearly shows neuroplasticity of the brain means the brain has a vast capacity to change itself, depending upon what we focus on and attend to



Radical restructuring of our brain and building the capacity for emotional intelligence occurs when a person is highly focused and has ways of practicing being emotionally connected to self and to others.



Consistent attention to how I feel and processing through emotions increases emotional intelligence.

Work, Project and Activities Questionnaire

1. Do you get more excited about your work, project, and activities than about family or anything else?
2. Are there times where you can charge through work and other times when you can't get anything done?
3. Do you take work, projects, and activities with you to bed? On weekends? On vacation?
4. Are work and projects the activity you like to do the best and talk about most?
5. Do you work, do projects and activities for more than 40 hours a week?
6. Do you turn your hobbies into money-making ventures?
7. Do you take complete responsibility for the outcome of your work efforts?
8. Has your family or friends given up expecting you on time?
9. Do you take on extra work, projects, and activities because you are concerned that it won't otherwise get done?
10. Do you underestimate how long a project will take and then rush to complete it?
11. Do you believe that it is okay to work long hours if you love what you are doing?
12. Do you get impatient with people who have other priorities besides work, and projects?
13. Are you afraid if you don't work hard, you will lose your job or be a failure?
14. Is the future a constant worry for you even when things are going very well?
15. Do you do things energetically and competitively including play?
16. Do you get irritated when people ask you to stop doing your work to do something else?
17. Have your long work hours hurt your family or other relationships?
18. Do you think about work while driving, falling asleep, or when others are talking?
19. If you are eating alone do you work or read during your meal?
20. Do you believe that more money will solve the other problems in your life?





Food Assessment

Instructions: Use the scale below to indicate how each statement applies to you. Evaluate the statements honestly and without over-thinking your answers. Put your score for each question in the space provided at the end of the statement. Then total your score for the entire assessment.

5 = Most of the time (70% - 100%)

4 = Usually (50% - 69%)

3 = Sometimes (30% - 49%)

2 = Occasionally (16% - 29%)

1 = Rarely (1% - 15%)

1. I have tried many different methods of weight loss. ____
2. When I overeat, I feel bad about myself and my actions. ____
3. I eat to overeat; I feel bad about myself and my actions. ____
4. I eat large amounts of high caloric food. ____
5. I believe I need more food than others do. ____
6. I have been untruthful about the amount of food I eat. ____
7. I have attempted to control how much I eat. ____

Total score of your seven statements: _____

Introduction List for Food and Health

Name: _____ Phone: _____

Email: _____

Please circle the items that you want to learn more about.

Physical

Abnormal weight
(high or low)
Allergies
Aches
Sinus pain
Coughing
Asthma
Congestion
Infection
Swelling
Acne
High blood pressure
PMS
Heart disease
High cholesterol
Numbness
Fatigue
Diabetes – type ____

Behavioral

Restlessness
Critical nature
Tension
Attention deficit
Hyperactivity
Compulsive behavior
Obsessing
Low self-confidence
Anorexia
Bulimia
Cravings
Binge eating
Suicide
Raging
Isolation
Sleep

Emotional

Anxiety
Depression
Confusion
Fear
Despair
Shame
Anger
Mood swings
Humiliation
Panic
Irritability
Tense
Sadness

Mental

Fogginess
Confusion
Forgetfulness
Dull

Spiritual

Inability to meditate
Doubtful of faith
Agitation

What methods have you used to control your eating?

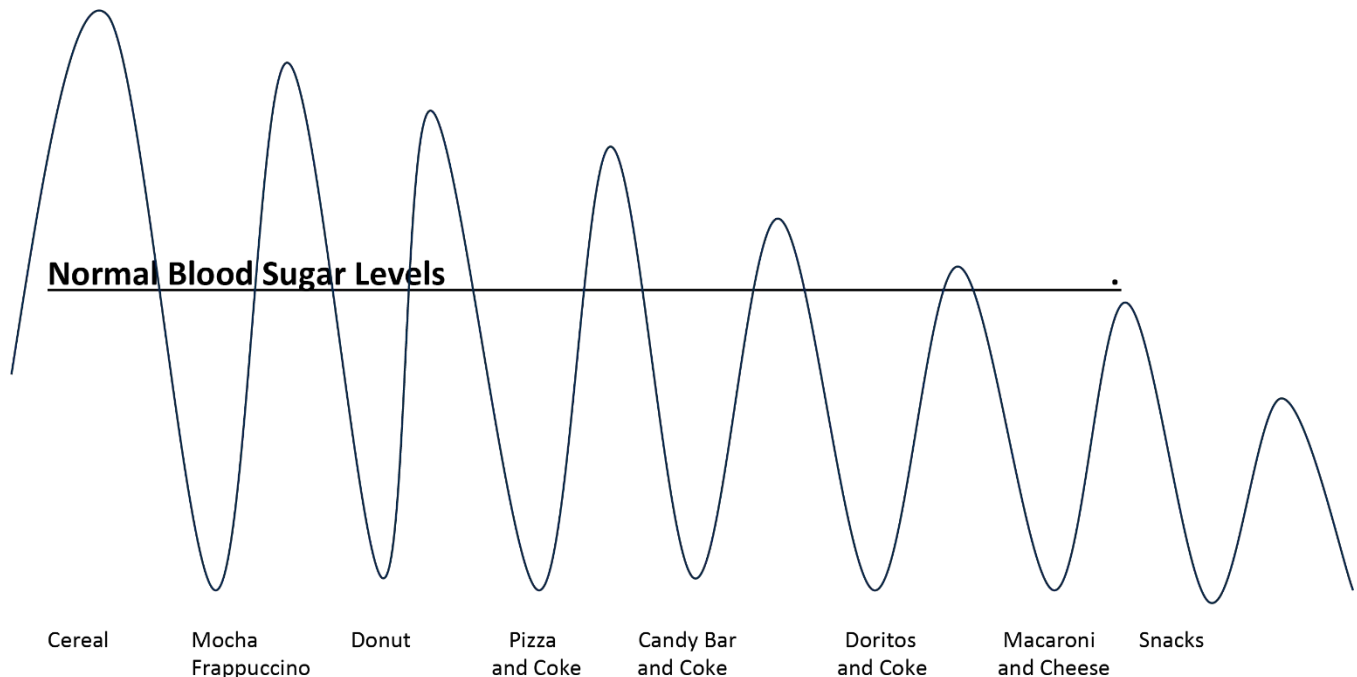
Eat less	Hypnosis	Protein-sparing	12-step
Take pills	Special diet	Therapy	Diet foods
Exercise	Acupuncture	Nutritionist	Prayer

Further comments on your health: _____



Compulsive Use of Sugars and Flours: Blood Glucose Over 24 Hours

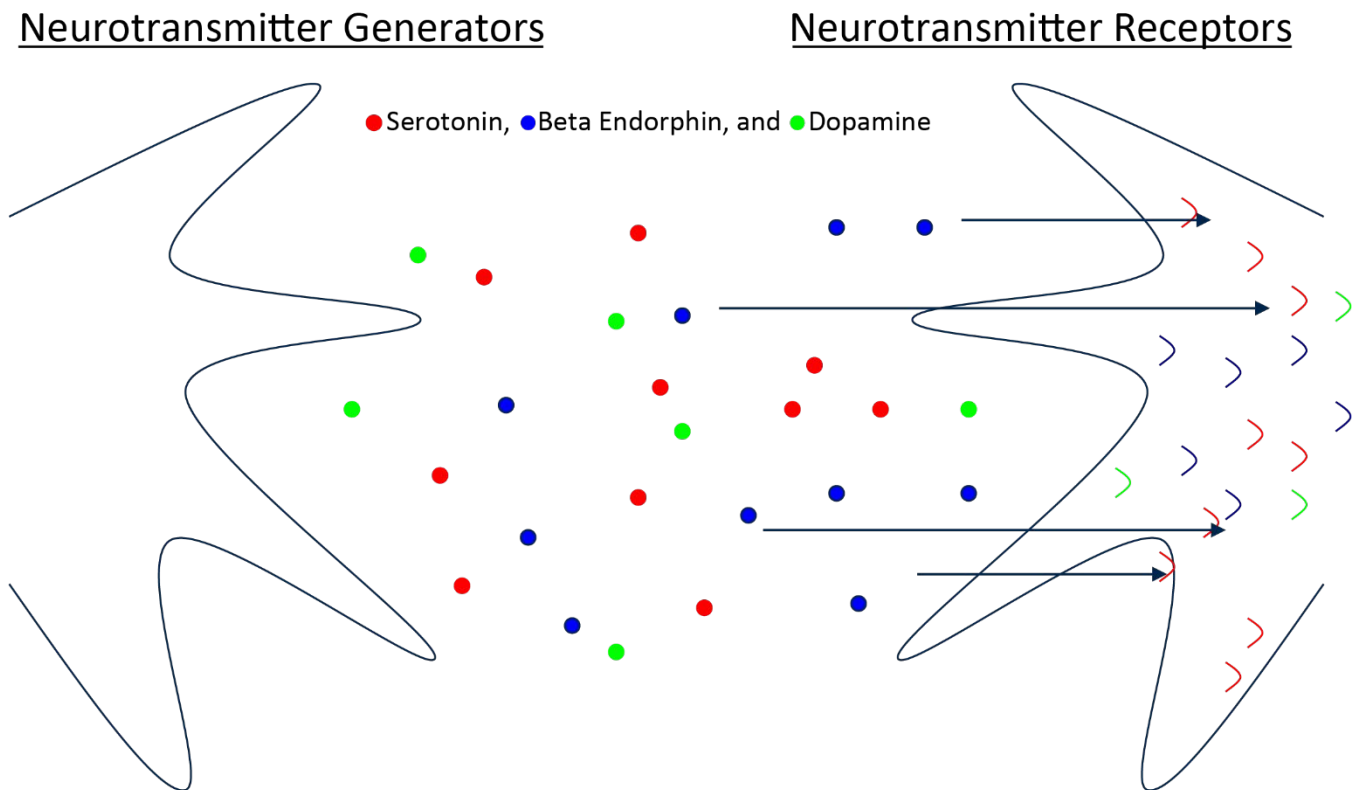
- Blood glucose rises each time we eat sugars and flours.
- The high blood glucose triggers the pancreas to release insulin.
- Insulin pushes blood glucose down rapidly.



- At the bottom of the cycle, adrenalin is released which creates feelings of fear and anger.
- The repeated high and crash creates severe mood swings from happy to fearful, sad or angry.
- Lots of hunger and cravings occur at the bottom of the cycle.

Sugars and Flours

Suppress Satisfaction, Good, and Pleasure



- These Serotonin, Beta-endorphins, and Dopamine transmit messages of **satisfaction, good, and pleasure**.
- Under sugars and flours, neurotransmitters hit highs then crash.
- While high, neurotransmitters trigger receptors and create intense sensations of satisfaction, good, and pleasure.
- However, over time, the receptors wear out creating depression, irritability, anxiety, and shame.

PET Brain Scan of Methamphetamine Users versus Obese Subjects

Methamphetamine users and obese subjects have significantly lower measures of dopamine receptor availability than control subjects.



Methamphetamine Control Study Group:
Complete dopamine receptor field

Control Subject



Obese Control Study Group:
Complete dopamine receptor field

Control Subject



Methamphetamine Abuse Group:
Diminished dopamine receptor field

Methamphetamine user

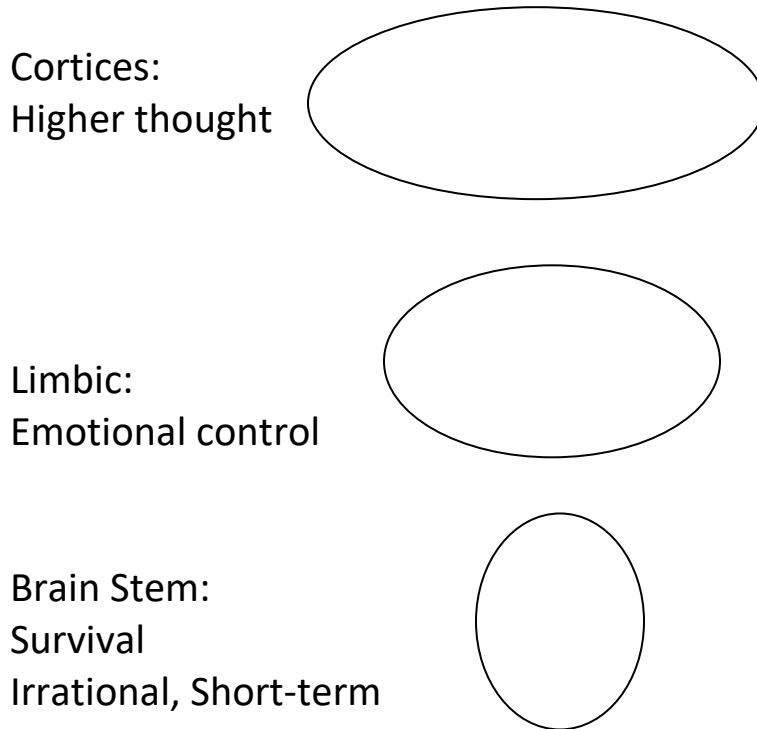


Obese Study Group:
Diminished dopamine receptor field

Obese Subject

Wang OJ et al 2004 Similarity between Obesity and Drug Addiction as Assessed by Neurofunctional imaging: A Concept Review. Journal of addictive diseases 23(3) 39-53

Low Blood Glucose Starves the Brain

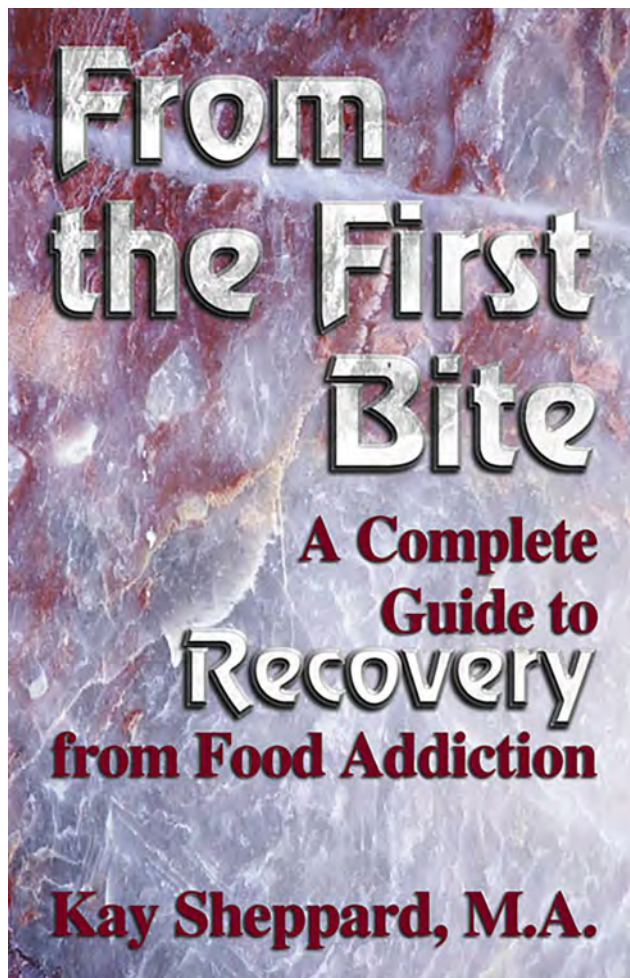


- The brain requires fresh glucose from the blood stream to operate.
- When blood glucose is low, the brain shuts down the higher cortices and the limbic in favor of the brain stem and its survival mechanism.
- **In low blood glucose conditions, the person can neither think nor control emotions.**

Food Recovery



I met **Kay Sheppard**, who understands the addictive aspect of food, and has been in recovery herself for years.



How Does the Plan Work?

Replacing sugars and flours with whole carbohydrates in combination with protein works for one simple reason: blood glucose levels no longer rise and fall. On the standard American diet, sugars and flours are eaten as many as eight times per day. When glucose levels spike, the pancreas responds by releasing too much insulin to lower glucose levels too far. Low glucose levels cause constant cravings and compulsive eating. The adrenal gland releases adrenalin to support the liver in moving glucose from storage back into the bloodstream.



When repeated many times daily, the pancreas, brain, adrenal gland, and liver wear out and can no longer support the organs that depend on them such as the stomach, immune system, heart, and skin. In addition, the brain chemicals, dopamine, serotonin and beta endorphin are over-stimulated, so receptors wear out. Depression and irritability result. With so many organs stressed beyond normal functioning, it is not surprising that many different illnesses appear:

Physical

Abnormal weight
Allergies
Aches
Sinus pain
Coughing /Asthma
Congestion
Infection
Swelling
Acne
High blood pressure
PMS
Heart disease
High cholesterol
Numbness
Fatigue
Type B diabetes

Behavioral

Restlessness
Critical nature
Tension
Irritability
Attention deficit
Hyperactivity
Compulsive behavior
Obsessing
Low self-confidence
Anorexia
Bulimia
Cravings/Binge eating
Suicide
Raging
Isolation

Emotional

Anxiety
Depression
Confusion
Fear
Despair
Shame
Anger
Mood swings
Humiliation
Panic
Irritability
Tense
Anger
Sadness

Mental

Fogginess
Confusion
Forgetfulness
Dull

Spiritual

Inability to meditate
Doubtful of faith
Agitation

Recovery from sugar and flour usage is rapid. When sugars and flours are replaced with combinations of proteins, whole carbohydrates, fruits, and vegetables, then energy, mental fogginess, and release from cravings improve within the week. Weight generally comes off at the rate of 2 lbs per week. Emotional serenity begins to be restored within a few weeks. Blood pressure goes to normal within days. The benefits roll in for years. Like other drugs however, resumption of sugar and flour usage will inevitably result in the same physical, emotional, and mental deterioration.

Learning about Nitric Oxide

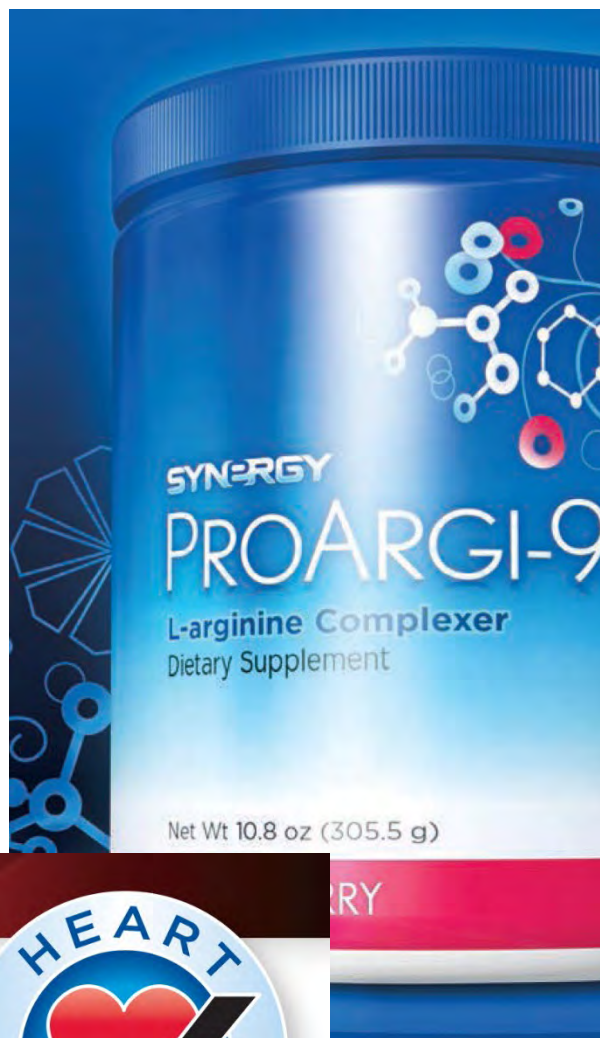
In 1998, three doctors were given the Nobel Prize in Medicine for the discovery of how the lining of your vascular system (endothelium) converted the amino acid L-arginine into Nitric Oxide — the master signaling molecule of your entire cardiovascular system.

Benefits

PROARGI-9+

Heart Healthy Benefits

- Relaxes arterial walls
- Acts as a potent vasodilator
- Helps maintain already normal blood sugar levels
- Enhances blood flow to muscles and vital organs
- Helps minimize LDL oxidation
- Combats premature cardiovascular aging
- Maintains already normal blood pressure



Good health begins with a strong heart



The heart is the most important muscle in the human body. When functioning properly, this life sustaining organ successfully delivers vital nutrients to your vast network of cells, tissues and organs. ProArgi-9+ enhances cardiovascular health and promotes long-term wellness by delivering L-arginine directly to the circulatory system.

“L-arginine enhances the entire cardiovascular system. By relaxing the arteries, blood is able to flow better throughout the body. The power of L-arginine can't be ignored anymore!”

— Dr. J. Joseph Prendergast
World renowned endocrinologist

One serving of ProArgi-9+ contains 5,000 mg (5 grams) of pharmaceutical grade L-arginine.

As a potent vasodilator, nitric oxide expands the arteries, which enhances blood flow to vital organs while helping the body maintain already normal blood pressure. Produced in the endothelial cells of the arteries, nitric oxide has a short lifespan of only a few seconds. Continual production of nitric oxide, which is stimulated by L-arginine, prevents the molecule from inactivating and offers an array of long-term benefits to the cardiovascular system.

PROARGI-9+

Heart Healthy Benefits

- Relaxes arterial walls
- Acts as a potent vasodilator
- Helps maintain already normal blood sugar levels
- Enhances blood flow to muscles and vital organs
- Helps minimize LDL oxidation
- Combats premature cardiovascular aging
- Maintains already normal blood pressure

The Leadership Challenge

The Five Practices and Ten Principles

Model the Way

1. Clarify values by finding your voice and affirming shared ideals.
2. Set the example by aligning actions with shared values.

Inspire a Shared Vision

3. Envision the future by imagining exciting and ennobling possibilities.
4. Enlist others in a common vision by appealing to shared aspirations.

Challenge the Process

5. Search for opportunities by seizing the initiative and by looking outward for innovative ways to improve.
6. Experiment and take risks by constantly generating small wins and learning from experience.

Enable Others to Act

7. Foster collaboration by building trust and facilitating relationships.
8. Strengthen others by increasing self-determination and developing competence.

Encourage the Heart

9. Recognize contributions by showing appreciation for individual excellence.
10. Celebrate the values and victories by creating a spirit of community.

THANK YOU FOR COMING!



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THANK YOU FOR YOUR SUPPORT



www.womenadvancingwomen.org

Look for our other events throughout the year.