

The CEO Edge

Issue 5
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Master your emotions to build trust and candor

Leaders are expected to motivate and inspire people to deliver extraordinary results. But unless you have a healthy handle on your own emotions, your ability to influence others will be limited.

How self-aware are you of your moods and your ability to manage your interpersonal relationships, particularly when you are under stress?

Here are seven strategies for developing a positive emotional mindset:

- choose positive emotions every day (happiness, optimism, determination, confidence, gratitude, curiosity, passion)
- embrace negative emotions (anger, frustration, disappointment, fear, hurt, sadness, guilt, loneliness, inadequacy) as a signal to take action
- own your emotions; don't play the blame game in your external environment
- change your physical state (move your body) to counter negative emotions
- practise every day to develop a new success habit
- develop your top 10 list of what makes you feel good

[Read more...](#)

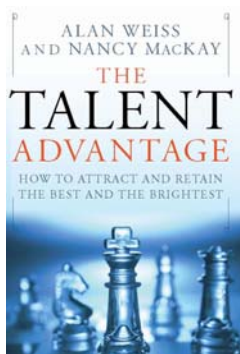
Related book: [Working with Emotional Intelligence](#) by Daniel Goleman. Business leaders and outstanding performers are not defined by their IQs or even their job skills, but by their "emotional intelligence": a set of competencies that distinguishes how people manage feelings, interact, and communicate. This book explains what emotional intelligence is and why it counts more than IQ or expertise for excelling on the job. Goleman includes many examples and anecdotes--from Fortune 500 companies to a nonprofit preschool--that show how these competencies lead to or thwart success.

Latest CEO Forum launched

We had a great launch of our newest CEO Forum in Vancouver on January 26, 2010!

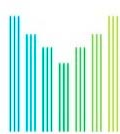
If you would like to learn more about the many benefits of belonging to a CEO or Executive Forum, please [click here](#) or [contact Nancy](#).

How to attract and retain the best and the brightest.



If you haven't read *The Talent Advantage*, what are you waiting for?

Co-authored by Dr. Nancy MacKay and Dr. Alan Weiss, [The Talent Advantage: How to Attract and Retain the Best and the Brightest](#) offers guidance, examples and techniques to maximize the success of your organization through your people.



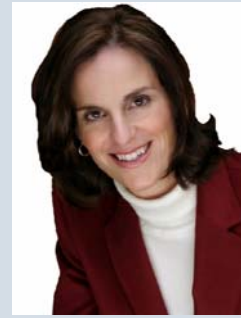
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Helping CEOs improve individual and organizational performance

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What's new with Nancy



Nancy to deliver keynote speeches at two upcoming events

Nancy will be speaking about *The Talent Advantage* at two separate events on March 8, 2010, both of which celebrate International Women's Day.

Accenture's International Women's Day Event

HSBC International Women's Day Event

Olympic CEO Networking Event

Be sure to [RSVP](#) to Nancy's Olympic party and networking event for all CEO Forum members on February 25, 2010. Check your invitation for details.

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