



**FICPI 22nd
Open Forum**
Madrid
25-28 September 2024



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creativity



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Introduction



Bastiaan Koster
Von Seidels, South Africa



Sharon Deal
Who Am I Foundation, South Africa





Gecko Rock

PRIVATE NATURE RESERVE

Primal LEADERSHIP



Who Am I



Mind Intelligence

Self Aware
Curious
Open Minded
Present
Focused
Inspired
Innovative
Creative

Body Intelligence

Strong Immunity
Healthy Digestion
Restorative Sleep
Vital Energy
Rhythms & Cycles
Alignment
Ability to Rest

Emotional Intelligence

Empathetic
Able to Give and
Receive
Emotionally
Intelligent
Healthy Boundaries
Healthy Sense of Self
Trust in Life

Breathe Intelligence

Flexible
Adaptable
Diaphragmatic
Mostly Nasal
RRR 8 - 14 BPM

MY STORY





You either walk inside your
story and own it, or you stand
outside your story and hustle
for your worthiness.

Brene Brown

Authenticity

The quality of being aware, genuine, real and true to yourself, your beliefs and aligning and living from your inner values and character.

- Know themselves well
- Acts Congruently
- Communicates Openly
- Takes Ownership
- Embraces Vulnerability

*Calm, Courageous, Clear, Confident,
Compassionate, Connected and Curious*



Letting go of...

What people think

Perfectionism

Numbing

Scarcity & Fear

Need for Certainty

Comparision

Exhaustion

Anxious Lifestyle

Self Doubt

Cool & in control

Cultivating

Authenticity

Self -Compassion

Resilient Spirit

Gratitude & Joy

Intuition & Trust

Creativity

Play & Rest

Calm & Stillness

Meaningful Work

Laughter & dance

Victim Mask

Bully Mask

Humor Mask

Stoic Mask

Perfection Mask

Self-Deprecation Mask

Avoidant Mask

Control Mask

People-Pleasing Mask

Social Mask



Vulnerability is...

The courage to show up
and be seen when we have no
control of the outcome.

- U n c e r t a i n t y
- R i s k
- E m o t i o n a l E x p o s u r e



Moving
away



Withdrawing, hiding,
silencing ourselves &
keeping secrets

Moving
toward



Seeking to appease
& please

Moving
against



Trying to gain power over
others, being aggressive and
using shame to fight shame



Behavior

**Needs
Values
Beliefs
Who Am I
Character
Identity
Assumptions
Worldview**

VULNERABILITY IS THE
BIRTHPLACE OF LOVE,
BELONGING, JOY, COURAGE,
EMPATHY, MUTUAL
ACCOUNTABILITY,
AUTHENTICITY AND TRUST.

Brene Brown



Integration





If you think dealing with issues like authenticity and vulnerability are not worthwhile because there are more pressing issues, like the bottom line or attendance or standardized test scores, you are sadly, sadly mistaken.
Its underpins everything.

Brene Brown

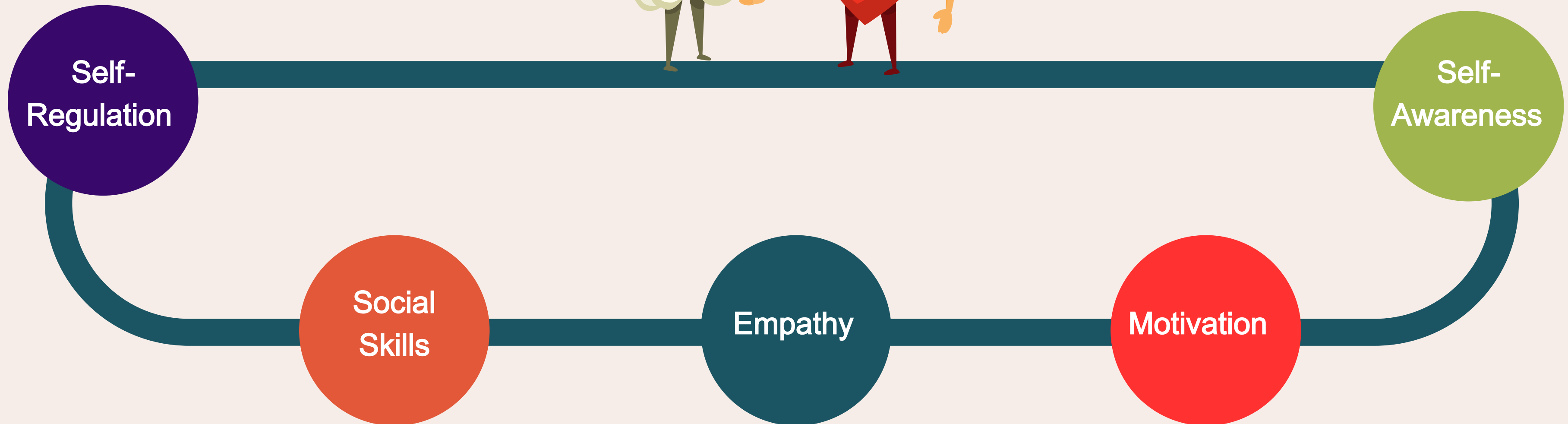
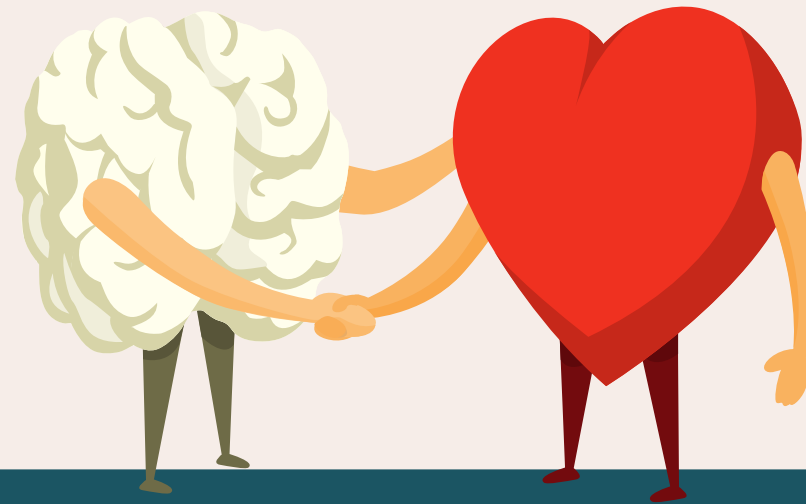
A person is seen from behind, climbing a rope ladder that extends from a dark cliff on the left side of the frame. The person is wearing a backpack and is positioned about halfway up the ladder. The background consists of a vast, hazy mountain range under a clear sky. The overall color palette is muted, with various shades of blue and grey.

VULNERABILITY IS OUR
MOST ACCURATE
MEASUREMENT OF
COURAGE.

Brene Brown

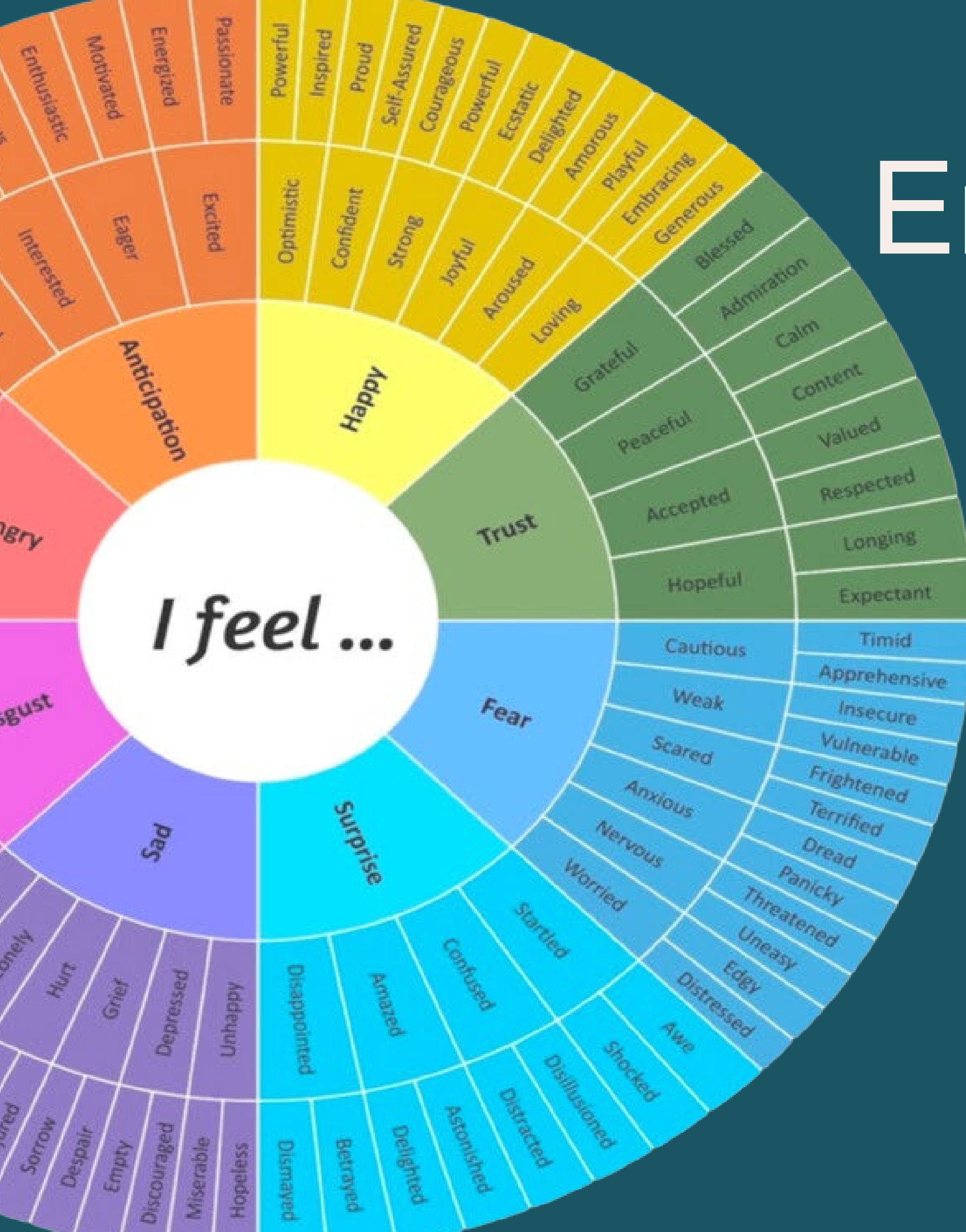
Emotional Intelligence

Is the capacity to blend thinking and feeling to make optimal decisions.
It's being smarter with feelings.



Emotions

MATTER



- RECOGNIZE
- UNDERSTAND
- LABEL
- EXPRESS
- REGULATE

IF FEELINGS COULD TALK

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BREATHE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME

**UNPRODUCTIVE WAYS
OF OFFLOADING
EMOTION.**

DEFENSE

Anything we do to
avoid emotions



INHIBITORY EMOTION

Anxiety, Shame &
Guilt

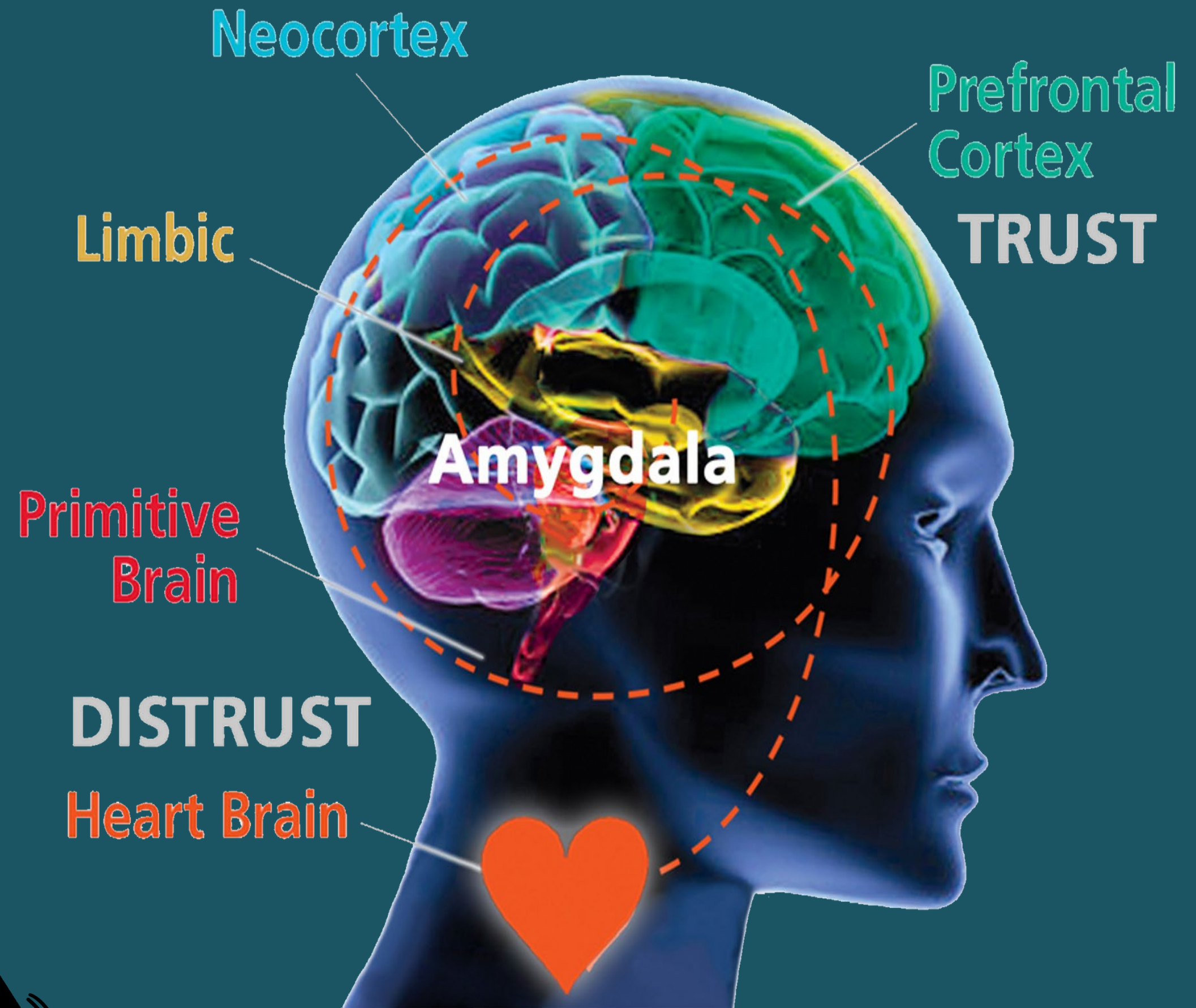
CORE EMOTIONS

Fear, Anger, Sadness, Disgust, Joy, Excitement, Sexual Excitement.

OPENHEARTED STATE OF THE AUTHENTIC SELF

Calm, Curious, Connected, Compassionate, Confident, Courageous & Clear

Self REGULATION



Primal

LEADERSHIP



The hidden driver of
performance is Emotional

THE *NEW YORK TIMES* BESTSELLER



POSITIVE INTELLIGENCE[®]

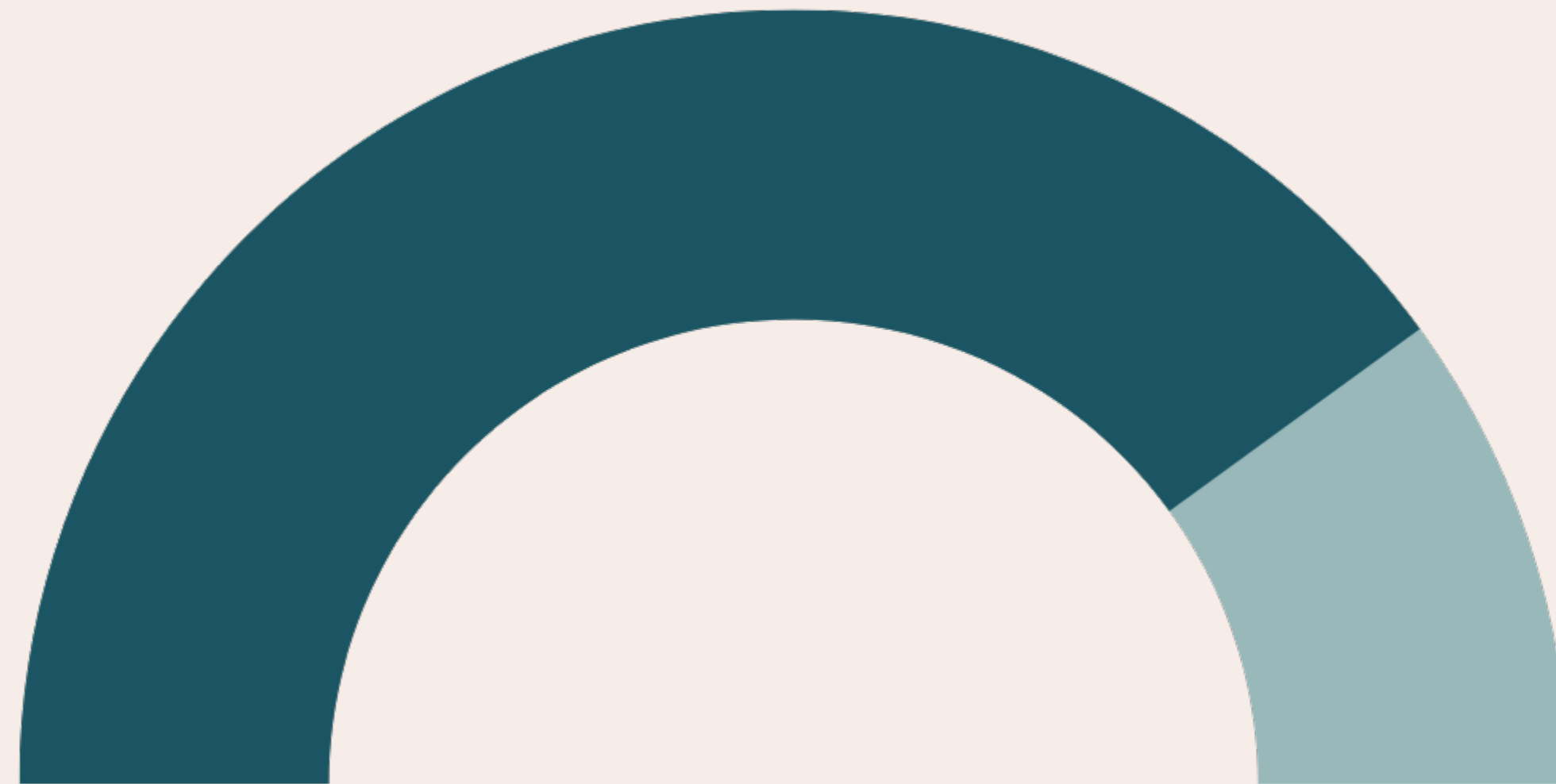
Why Only 20% of
Teams and Individuals
Achieve Their True Potential
AND HOW YOU CAN ACHIEVE YOURS

*"Positive Intelligence can change your life and
transform your business. A real game-changer."*
—James D. White, Chairman and CEO, Jamba Juice

SHIRZAD CHAMINE

LASTING BEHAVIOURAL & EMOTIONAL CHANGE REQUIRES...

80%
Mental
Muscle



20%
Insight



Mental Fitness

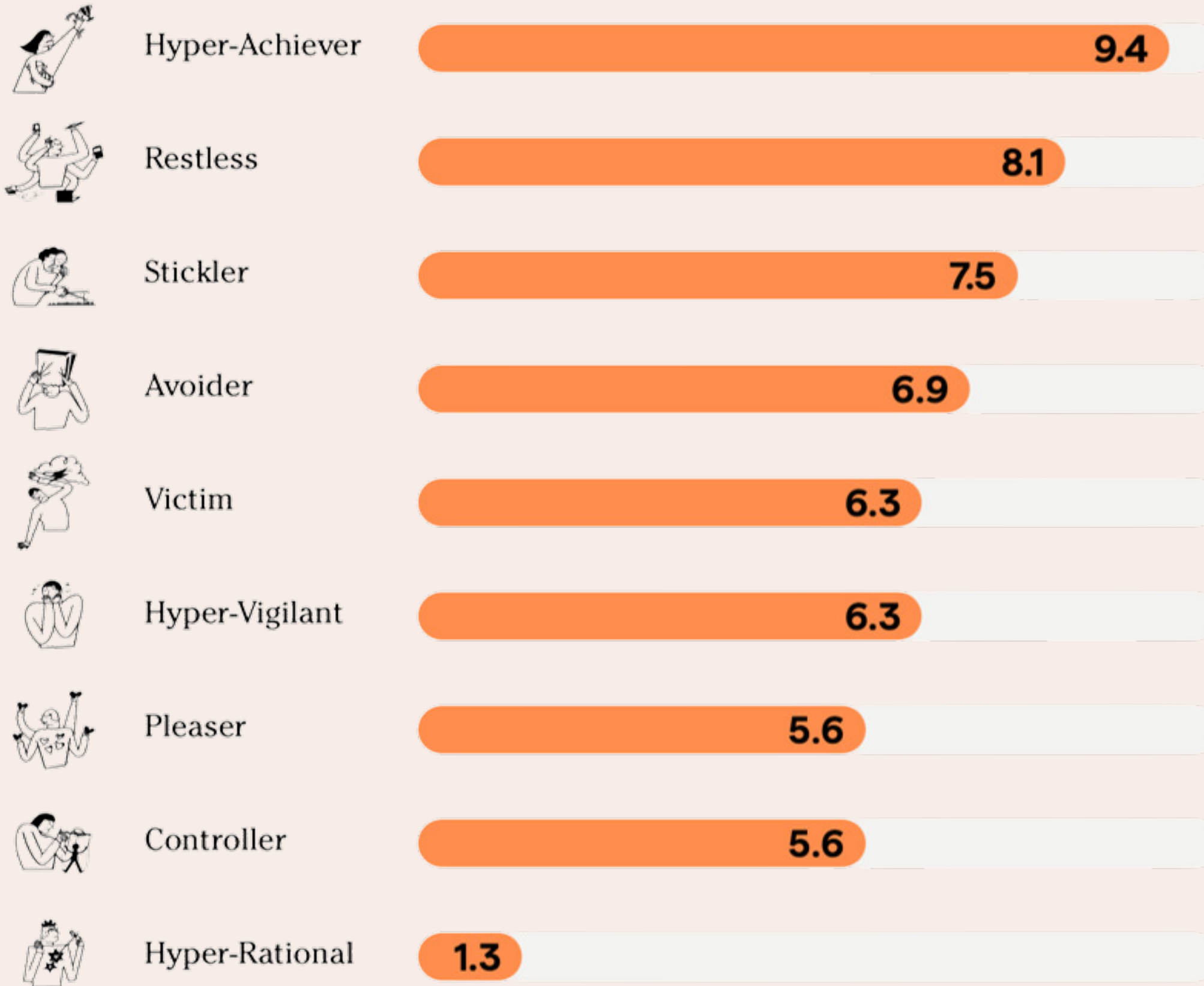
Your capacity to respond to life's challenges with positive rather than negative mindset.

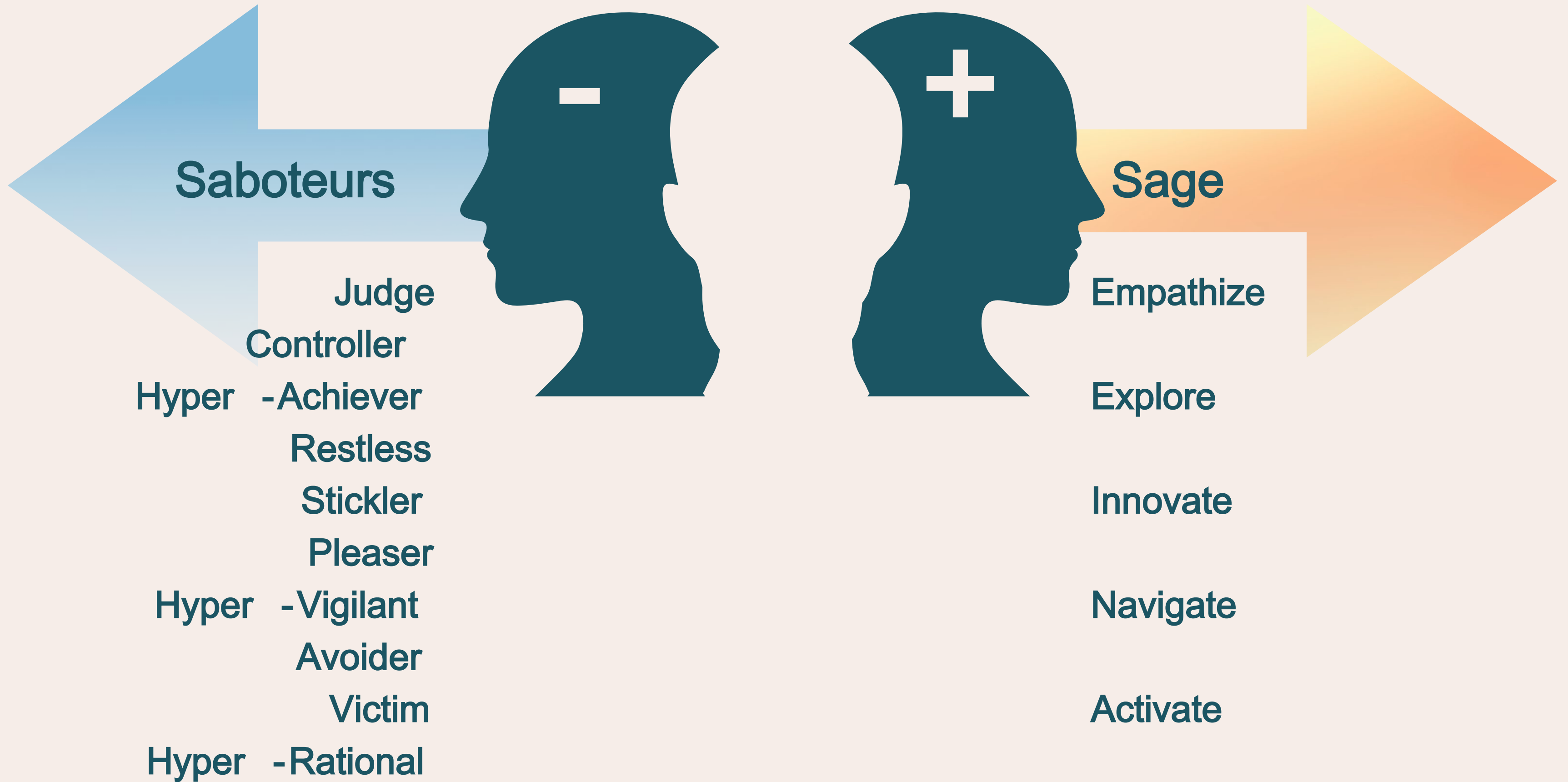
**SELF
MASTERY**

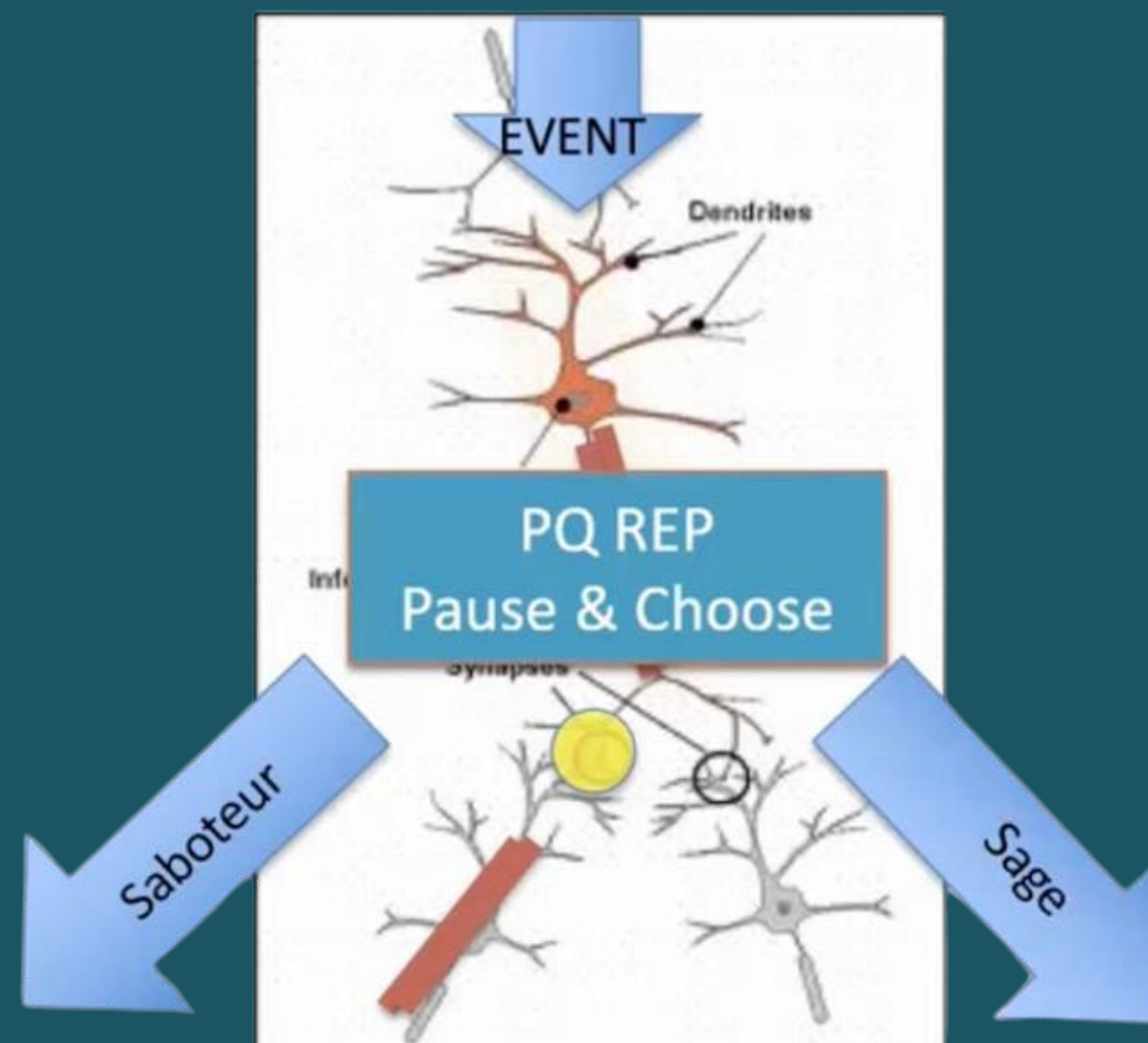
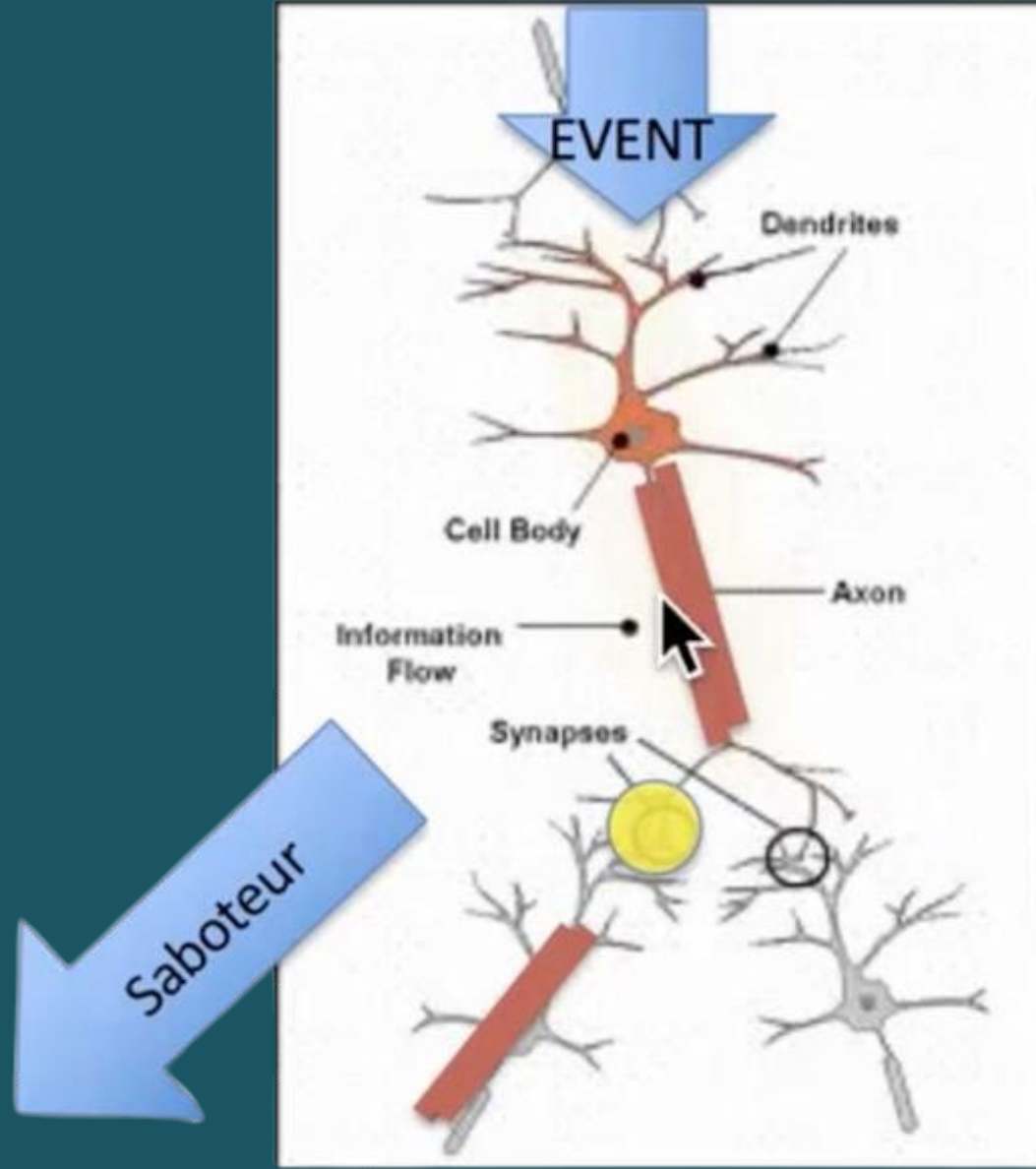
**SELF
SABOTAGE**

**SELF
MASTERY**

**SELF
SABOTAGE**







Simplicity of the PQ Operating System

Catch Your Saboteur

If you are feeling negative emotions

You are in Saboteur Mode.

Energize your Brain

Do some PQ Reps
Activate Sage Mode.

Use Your Sage Brain

The SAGE Perspective
Convert situation into a gift / opportunity.

The Gift

Use SAGE powers:
Empathy,
Explore,
Navigate,
Innovate,
Activate

Sage Powers



- **Empathize**

Demonstrate kindness and compassion towards self and others.



- **Explore**

Great curiosity and an open mind. Have a full sense of what is going on from multiple angles.
Discovering what is.



- **Innovate**

Generate multiple solutions to the situation. Inventing what isn't.



- **Navigate**

Discern what is important and what is not. Follow your internal compass.



- **Activate**

Moves you into pure action, where all mental and emotional energies are laser focused on action.

Meet your Master Saboteur: The Judge

- Judging Self
- Judging Others
- Judging Situations & Circumstances

(current circumstance is not good enough to be happy, “You will be happy when.....”)





Controller

Anxiety-based need to take charge and control situations and people's actions to one's own will.



Hyper-Achiever

Dependent on constant performance and achievement for self-respect and self-validation.



Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness.



Stickler

Perfectionism and a need for order and organization taken too far.



Pleaser

Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others.



Hyper-Vigilant

Continuous intense anxiety about dangers and what could go wrong.



Avoider

Loses self in comforting routines and habits. Procrastinates on unpleasant tasks.



Victim

Persistent and extreme focus on internal feelings, particularly painful ones.



Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships.

AVOID



Victim
Avoider
Hyper-Rational

PLEASE



Stickler
Pleaser
Hyper-Vigilant

CONTROL



Hyper-Achiever
Controller
Restless



Motivates you through
negative emotions...
fear, stress, anger, guilt,
shame, insecurity

Motivates you through
positive emotions...
empathy, curiosity,
creativity, passion, purpose



The Controller

Has a need to take charge and control situations and people's actions. When this is not possible, it causes high anxiety and impatience.

Sage Underlying Strength:

Confident, Action-orientated, Decisive, Willful, Persistent.

Saboteur Abuse:

- Need to confront and dominate
- Can be confrontational and not open to influence



All your *distress* is self-generated.

To be more precise, all your distress in the forms of anxiety, disappointment, stress, anger, shame, guilt —all the unpleasant stuff that makes up your suffering —is generated by your own Saboteurs.



WHO AM I

BODY
INTELLIGENCE

MIND
INTELLIGENCE

HEART
INTELLIGENCE

BREATH
INTELLIGENCE



The hidden driver of
performance is Emotional

Insight is not sufficient for growth

Building Mental Muscle is Key



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FICPI // Events 2025



FICPI Korean Symposium
2-5 April 2025
Jeju Island, Republic of Korea



FICPI World Congress & ExCo Meeting
12-18 October 2025
Naples, Italy

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advance information and updates**





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