

Emotionally intelligent woman – the perspective of 2021

1. A changing world

Imagine what it would be like to wake up one morning with a certainty in your soul that a huge change is about to take place in this world. To have the feeling that a world based on fear, suffering, greed and poverty is on way to transform into a world based on well-being and charity?

I think you would be happy to be a woman living in this period.

Well, in my practice as a psychotherapist and personal development trainer, I see more and more women and teenagers struggling to discover their "inner strength." Many people everywhere are longing for change and have begun to look for greater meaning and depth in life. Living does not just mean going to work and paying bills. Now is an important time to change the old patterns in which we made others responsible for our happiness with the pattern in which each is responsible for our own well-being. Fortunately, women have understood that the male model based on competitiveness and aggression needs to be changed with another based on cooperation and communication.

I am convinced that we, women, can create a healthy and positive environment as we want for our children and for our planet.

2. The call to do well

Each of us has a gift that we received at birth. There we are the best there is our punctual strength. It is a proverb in Romanian: discover your talent, find someone to pay you for it and the notion of work disappears. We often ask ourselves: what do I receive from others. I think the right question is “What do I have to offer the world, what are my gifts that I can bring to the community in which I live? How does the world get better because I live in it? ” Of course, this attitude leads to the kind of experiences, activities, relationships and win-win business. It is very easy to notice at first sight that aggression, violence, disregard for the human being disappear by themselves. When the world has something to gain, so do we. Like when each of us happily comes to the job that highlights his talent, where the passion appears not because it is in the job description, but because it is due to inner motivation? And clients feel when they are treated with kindness and positive emotions.

3. Where do we start

Everyone can use their unique talent to influence the unique field they deal with. When a flight attendant gives you instructions on what to

do in an emergency, he recommends that you put on an oxygen mask first, then your child or someone else who needs help. If you don't take care of yourself in the first place, you won't be able to take care of anyone. You must first help yourself, otherwise you will not be able to help anyone because you will have nothing to offer. So it's important to start by getting to know yourself: to know what you really want and what makes you feel well? Do you know how to listen to yourself, how to listen to your body and soul? Are you really happy, healthy and happy with your life? Our essence is like a diamond, but when we are covered with different layers of "ignorance", stress and negative energy, our true emotional and intellectual potential is very difficult to discover.

4. A new and balanced vision

In many ways life is like an orchestra. Each instrument is unique, with its own frequency, tone, intensity and sonority. Each instrument has its place and must be tuned carefully. It is exactly the same with people: everyone is good at something and has his place in society. It is important that we understand that this is how we build an emotionally intelligent world. That is why it is so important to tune in to our own inner rhythm and find the things we are passionate about when we do them. When you choose to bring good to the world, you will soon

discover your place. Work done with pleasure always charges you with well-being and the feeling of being useful.

5. Together for a better world

If we look around us we are going to notice that nature offers us the best model of optimal functioning: the human body where all cells work through cooperation, so as to sustain life. Whatever the size of the community we belong to when we focus on what we can build together and add value, ideas simply flourish and become sustainable projects. We are never alone: together we can even build a better world, sharing what brings us joy. We can change the value of a day like this: instead of doing actions because I should, I replace them with the ones I choose and they bring me joy.

6. Actions that transform lives

The society we live in is built every day by each of us. The way we see ourselves inside determines the quality of our thoughts and actions. A little positive action can make a difference.

We could say that in some cases, good deeds are contagious, they have the power to inspire those around them to follow the example of the acts of kindness they have witnessed. Such gestures bring us closer

to each other, give us a wonderful state inside, which we transmit to others and easily, contribute to transforming this world into a better and more loving place.

Let each of us ask ourselves: What can I do to help society become better than it is now?