

# EQ PILLARS OF SUCCESS

**The secrets to reducing  
and /or managing YOUR Inner  
Ear Conditions - *vertigo,  
dizziness, and balance!***



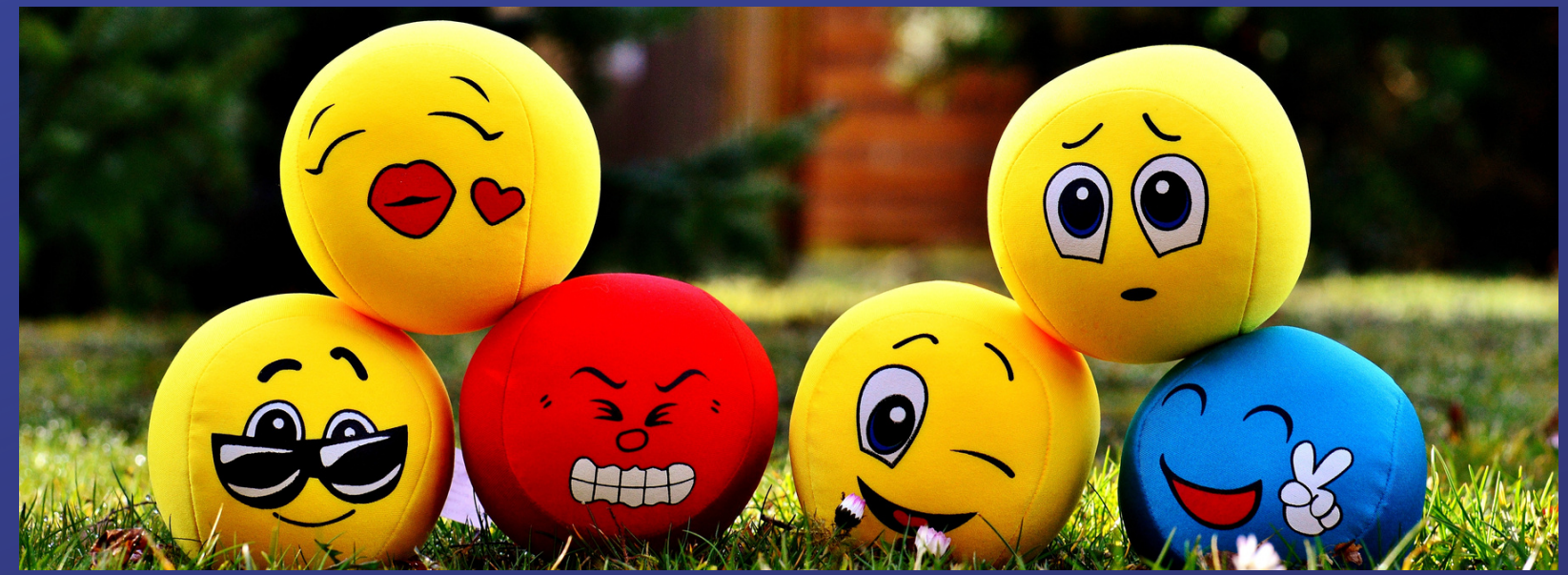


***aka... Recognize your level of "CRAZY" and Manage it with "EQ"  
when dealing with ... Your Inner Ear Conditions: vertigo, dizziness and balance!!***





## ***SO, what is Emotional Intelligence/ Emotional Quotient (EI/EQ)***



- **Emotional Intelligence (EI) is the ability to recognize and understand your emotions and the impact they have on your behavior and how that behavior impacts others.**
- **Emotional Quotient (EQ) is the score of your emotional intelligence faculty. The more you increase your EI the higher your EQ score.**
- **Learning how to recognize and manage your emotions and behavior, aka, "Recognize your level of ***CRAZY***" and Manage it with.. ***EQ***" allows you to succeed far more in all aspects of life and especially in ***recovery from illness!*****



# ***The History of Emotional Intelligence/ Emotional Quotient...***



- **Charles Darwin (1800s)** - Emphasized the importance of “emotional expression” in adaptation and survival.
- **E.L. Thorndike (1900s)** - “Social Intelligence” The ability to function successfully in interpersonal situations.
- **Howard Gardner (1983)** - “Multiple Intelligence”
- **Reuven Bar-On (1988)** - Coined the term “EQ” for Emotional Quotient in his doctoral dissertation that focused on emotional and social learning skills.
- **Peter Salovey and John Mayer (1900s)** - Coined the term “Emotional Intelligence”.
- **Daniel Goleman (1990s - Present)** - Most recognized in the business community for his books



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**VS.**



A close-up photograph of a car's interior. In the foreground, a black leather-wrapped gear shift knob is visible, featuring a silver-colored top plate with a 5-speed manual gear pattern and the letters 'R', '1', '2', '3', '4', and '5' in red. The background shows a portion of the dashboard with a gold-colored bezel and a speedometer with blue and red markings. The text 'SHIFTING GEARS!' is overlaid in white, bold, italicized capital letters.

***SHIFTING GEARS!***





# ***What is a Vestibular Disorder?***

***The vestibular system includes the parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging, or injury, vestibular disorders can result, and are often associated with one or more of these symptoms, among others: – Dizziness, Imbalance, & Vertigo.***

***(Hopkinsmedicine.org)***



# **VESTIBULAR DISORDERS AFFECT YOU IN TWO WAYS!**



**EMOTIONAL**

**FUNCTIONAL**






# FUNCTIONAL IMPACTS OF VESTIBULAR DISORDERS



***\*\*Difficulty  
performing daily  
tasks, navigating  
your environment  
and doing work &  
occupational  
activities\*\****





# **EMOTIONAL IMPACT OF A VESTIBULAR DISORDERS ("invisible condition")**

**CAN EFFECT YOUR SENSE OF SELF! AFFECTING THE MIND, BODY, SPIRIT!**

- **Self Image**
- **Self Confidence**
- **Self Doubt**
- **Tension in Relationship**
- **Social Withdraw**
- **Sadness and Depression**
- **Guilt in Not Being Able to Perform Usual Duties**
- **Anxiety and Panic**
- **Feeling Judged and Misunderstood**





# EQ TO THE RESCUE!

## "The Awareness Diet"

### 1. AWARENESS

- *Identification of the Emotional effects of your condition*

### 2. DECISION

- *Decide to move towards a resolution & recovery*

### 3. ACTION

- *Take appropriate action towards your results*

### 4. GRADITUDE

- *Be grateful for your growth and transformation*



# EQ PILLARS OF SUCCESS



## EMOTIONAL



## PHYSICAL



## ACHIEVEMENT



## GRATITUDE







## 1) EMOTIONAL

- **Intuition / Spiritual Laws**

- *Why we are here, the big picture!*
- *Your life path and purpose!*
- *How to use spiritual laws to create results!*

- **"Basic Human Needs"**



1. food, water, shelter,  
sleep, safety, warmth

2. health, resources,  
certainty / variety

3. connection with  
others, sexual intimacy,  
contribution

4. self esteem,  
confidence, significance,  
achievement

5. self-awareness  
creativity, intuition  
problem solving,  
acceptance



**Which needs drive our  
decisions & results???**





## Ei / EQ Basics

- **Self - Awareness** - Knowledge of one's own character, feelings, motives, & desires
- **Self - Management** - The ability to control one's emotions, thoughts, & behaviors creating win - wins in a various situations fostering a positive outcome.
- **Social - Awareness** - The ability to empathize & relate with others from diverse backgrounds & cultures, understanding social & ethical norms.
- **Relationship - Management** - The ability to inspire & influence others. The ability to build bridges & resolve conflict.





## 2) PHYSICAL

- **Exercise / Functional Movement**

- *Gardening/ House Chores / Preparing Meals*
- *Walking / Biking/ Thai Chi*
- *Swimming / Weight-Bearing*

- **Nutrition**

- *Whole and Natural foods*
- *Detoxifying the body from pathogens and Toxins*
- *Medicalmedium.com (Anthony Williams)*

- **Rest/ Reset/ Recovery**

- *Healthy Sleep*
- *Time in Nature/ Meditation*
- *Travel / Exploration*





### 3) ACHIEVEMENT (POP)



- **Goals / Benchmark**

- *Measurable / Realistic Goals*
- *Patience with your process*
- *Keep your eye on the target*

- **Persistence**
- **Optimism**
- **Patience**

- **Mentors**

- *Health Coaches/ Practitioners*
- *With personal results (Leads by Example)*
- *With satisfied clients and thriving business*

- **Community & Tribe**

- *WuziVertigo.com*
- *Wellness Communities & Like Minds*
- *Religious / Spiritual communities*

- **Take Action**

- *Consistently doing the work*
- *Staying Coachable*
- *Baby Steps towards your goals*



## 4) GRATITUDE



- **Be Grateful For The Little Things**

- *Continue doing what works*
- *Be grateful to reveal, feel, & heal your condition*
- *Stay focused on improvements*

- **Practice A Playful Heart**

- *Look for things that bring you joy*
- *Have fun and be silly*
- *Laughter is our best medicine*

- **Trust In Your Growth & Transformation**

- *Everything is moving you towards the good*
- *Trust your personal path, and everything happens for a reason*
- *Use your growth and transformation to help others*





# "Building *YOUR* Emotional Muscles "

*may result in...*

- **Optimum Health & Well-being**
- **Recovery from illness**
- **Personal Growth and Success**
- **Relationship Management & Sustainability**
- **Social Management / Societal Contribution**
- **Life Balance/ Happiness**



**STOP EXPERIENCING  
THIS**

## WUZI Symptoms



Balance Problems



Lightheaded, Foggy and  
Sway Sensation



Noise and Light  
Sensitivity



Ear and Neck Pain



Overwhelmed and  
Anxious



Motion Sickness

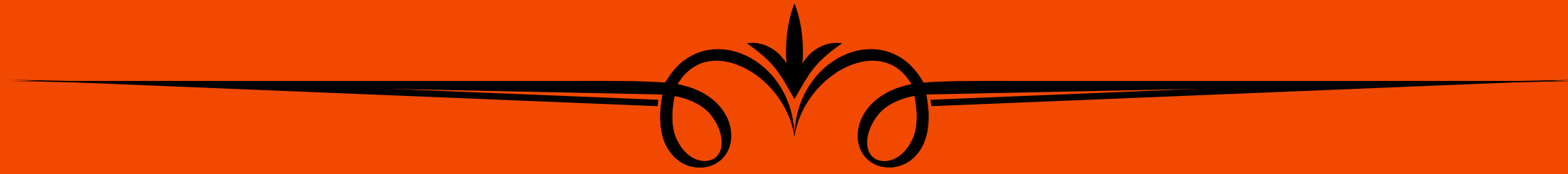
The WUZI Way

**START EXPERIENCING  
THIS**





## ***Quotes!!***



- ***"What you resist persists, AND when you know better, you do better!"***  
***--Thomas Patullo***
- ***"When you know and understand yourself the world will know and understand you too, and remember what's the BEST that can happen?"***  
***-- Alla Esther Levy***



# **FOLLOW ESTHER'S EQ WORK**

