



Pathways

November 16, 2006

This is the third in a four-part series about the value of right-brain thinking.

A Symphony of Empathy

One of the biggest gifts of right-brain thinking is it allows us to see things holistically. Imagine going to a concert and hearing only the individual instruments and not the whole symphony - much of the beauty would be lost.

This holistic view is equally important when it comes to emotional intelligence. It gives us the ability to see and interpret important nonverbal cues such as facial expressions and body language. Rather than seeing an arched eye-brow, up-turned mouth, or agitated hand movements one at a time, we see these cues simultaneously and in the process intuitively pick up information about mood and emotions.

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The next time you are in a meeting soften your focus to notice nonverbal cues. What do they tell you about others? What nonverbal cues are you giving?

Happy Thanksgiving!

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