



- YOMEI:** How do you feel the theory of TEI supports the specific audiences YOMEI workshops will work with?
- R.H.:** Please feel free to address as many or as few specific audiences as you would like. Transformative EI is *reflection in practice*, so teaching the Emotional Learning System© using a disciplined mindful approach is a perfect fit. Stressors come at us from everywhere, and EI skills really provide our best shield against stress, anger, fear, and the sadness that can be so problematic in life and work. I think you will find that using yoga practices to identify, strengthen, and enhance EI skills will be a wonderful way to develop mindfulness.
- YOMEI:** Why should people in these populations be more aware of their emotional intelligence?
- RH:** Knowing about emotional intelligence is to have knowledge about emotions. And yes, having knowledge about emotions is one aspect of emotional intelligence. But there is a deeper, more helpful and applied kind of emotional intelligence we refer to as transformative emotional intelligence (TEI). The goal of TEI is to apply your knowledge of emotions to create qualitatively better emotional experiences. Learning and practicing TEI is our hope for all people. We want people in all walks of life not to just be aware of emotional intelligence, but to practice emotional intelligence in their lived experiences every day.
- YOMEI:** What are the benefits of being coached in emotional intelligence skills and awareness?
- RH:** Emotional intelligence skills give us a way to process our emotional experiences for more positive outcomes and results. TEI skills; especially when combined with a mindfulness process like the emotional learning system©, provide a moral and ethical grounding from which to respond to the difficulty and highly charged situations that each of us confront on a daily basis.
- YOMEI:** In your opinion, what is the relationship between Yoga, Mindfulness, and Emotional Intelligence?
- RH:** Yoga is a form of meditation that respects, involves, and seeks to develop a physical aspect of human existence; the body. Mindfulness is a form of meditation that respects, involves, and seeks to develop a spiritual aspect of

human existence; the mind. Transformative emotional intelligence respects, involves, and seeks to develop the cognitive-emotional aspect of human existence; intra- and inter-personal relationships, change, and motivation.