Content

Preface 1
Read Me 5
Creative Energy 7
Proof & Integration 9
Teamwork & Teambuilding 11
A Simple Innovation Framework 13
Promise & Ask Storyboard 15
Who am I? & Your Personal Story 17
Types of Fast Thinking 19
Positivity & Gratitude

Divergent & Convergent Thinking

Life Lessons in EQ

Play, Fun & Smile.

Asking Questions Design Thinking

Hear, Listen & Understand

If you reached this point...
Preface
This is a compilation of my favorite YCISL lessons. Underpinning these EQ-centric soft skills lessons was a whole lot of fun mixed in with the “human behavior-changing” goals & objectives. If the students were having fun, then I felt at liberty to have fun as well. And if we were all having fun, I could slip in some learning too. That was the plan & I think it mostly worked well. That’s the essence of what made it worth doing for over 10 years. A joyous 10 years, in fact.
This is the second YCISL e-book I have finished while on vacation in Waikiki. The change-of-pace atmosphere is so inspiring & mindfully cleansing. As I sit here overlooking Fort DeRussy Beach from the balcony, I am watching the sun rise, waves glide to shore, coconut trees swaying in the wind, & boats headed out towards the horizon...all in a seemingly slow pace from my vantage point. So calming & reflective. Please enjoy.
Read Me
The YCISL program’s tagline is “Life Lessons in EQ.” This e-book is a summary of those life lessons comprising brief descriptions about the idea’s form & an example or two about how they were functionally implemented. We invite you to find inspiration from these concepts, & to practice empowered awareness & actionability for a more fulfilling personal story. Your personal story.
Creative Energy
#creativeenergy

While the YCISL program is derived from the idea that “schools kill creativity,” our focus is placed on creative energy to give it the more personally relatable form of a usable natural resource where exploration, discovery & empowered creative achievement are possible. With an enlightened level of awareness & action, we can apply our creative energy to our thinking.
Proof & Integration
Proof & Integration are two of the levels on the YCISL leadership objectives schematic. In the transition to college, the Proof level associates with the demonstrable ability to accomplish growth & excellence in one selected specialty. The Integration level during college refers to the mastery of numerous subject areas & integrating them into one’s own expertise profile. We coached EQ awareness & action for both levels.
Teamwork & Teambuilding
#teamwork #teambuilding

Teamwork is the act of working together. Teambuilding is the effort to optimize the team. Both require EQ. Through a variety of team activities, the YCISL strives to explore our propensity for teamwork & teambuilding with regards to support, communication & sense of accomplishment through collaborative efforts. Small teams, large teams, one team, team pairs - we tried them all.
A Simple Innovation Framework
Our YCISL workshops involved a 5-day team project which was sequenced in a simple innovation framework comprising brainstorming, prototyping, engineering, test & readiness, & launch. This “simple” step-wise progression was to get from ideation to realization so that our strongest ideas are given shareable form & function. We did so using our creative energy for innovation & leadership.
#elevatorpitch #promise #ask #storyboard

We coached an elevator pitch-style of presentation for our workshop project launches. The YCISL program adopted a framework for content-building & tweaking an elevator pitch through storyboarding as a prototyping method. Two of the most emphasized elements were the “promise” & the “ask” which are the main motivational reasons to remember any pitch.
Who am I?
& Your Personal Story
Our YCISL “Your Personal Story” modules use emotional intelligence through attention to awareness & action. This time-segmented activity explores influences from the past, an identity in the present, & future objectives with a plan to get there. With this investment in mindfulness, we add passion & purpose to our EQ-framework which makes it easier to answer the question “Who am I?”
Types of Fast Thinking
Creativity is a fast thinking process. To fully engage our creativity, we need to train ourselves for speed & not allow self-editing & self-doubt to impede our abilities. We highlight three types of fast thinking including active recall, associative architecture, & waggle dance reasoning. Each is a viable method to attain the flow & speed for creative fast thinking.
Positivity & Gratitude
#positivity #gratitude

Based on my observations of how positivity powers energy in sports, we adopted positivity as the necessary pre-condition for creative activity. This included genuine self-positivity, team positivity, & group positivity. One mechanism for positivity was gratitude in which we focused on things that we are grateful for.
Divergent-Convergent Thinking
#divergentconvergentthinking

We built a feature list exercise around the notion of practicing divergent & convergent thinking. The push & pull of this thinking cycle simulates the information gathering, analysis, & decision making that is central to design thinking & leadership. In workshops, we set out using this method to design-think innovative water bottles with 3 impression-making primary features.
Life Lessons in EQ
EQ gradually became a central element of the YCISL program. I learned about it through a Stanford colleague. Over time, it became clearer that the YCISL program was coaching creativity, innovation & leadership through EQ principles for lifelong benefit. Around 2015, we adopted the tagline “Life Lessons in EQ” and formulated the equation KI+EI→LI.

KI = Knowledge Intelligence. EI = Emotional Intelligence.
LI = Leadership Intelligence.
Play, Fun & Smile
One of my mental “secrets” when opening a workshop was welcoming students to a party where I, as host, had the primary objective of everyone’s enjoyment. Play & fun were the main premise of many exercises, & smiles along with some laughter were indicators that the exercises were working. We had the ping pong game design exercise, & talked about fake vs real smiles differentiated by activated eye muscles.
Asking Questions
Design Thinking
Design thinking is a process advanced by Stanford’s d.School for purposeful user-friendliness & usability. YCISL adopted a broader design-build concept involving an “asking questions” form of design thinking which relied on creative answers to compositional questions. We reviewed how to form a question using who, what, where, when, why & how, then practiced asking questions as a part of our creative fast thinking to create a vision.
Hear, Listen & Understand
In kick-off, a critical ground rule concerned active listening as a skill to communicate better & facilitate reciprocal learning. I talked about how the brain has to work harder to filter noise while listening (like in a restaurant), & how we need to lower listening filters that could distort our understanding. Sometimes, a student would look at the student next to them to disengage from dialog. An odd behavioral quirk & a humorous memory.
If you reached this point...
If you reached this point...

I hope each lesson was simple (& easy) to relate to. Now that awareness has been established, grab a highlighter & connect each lesson to your personal context & story. Imagine how any of these lessons may have elevated a past experience. What lesson would you use in a future experience? What about now? With this, I hope you find a quantum EQ rise in your creative thinking skills. 

QED.
QED

Look inside for key concepts embraced by the creativity training coached in the YCISL program. These concepts are being shared with you to help shift your mindset & thinking towards a more skillful approach to growing EQ-based design thinking creativity as a life-changing personal strength & resource.