

inspero



Newsletter

January 2024

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Welcome to 2024!



“

Fitness requires a lot of self-awareness... I would start by developing awareness of how you feel: emotionally and mentally, how clear you're thinking, all of that before and after exercise, with and without exercise. This requires self-reflection. I would normally have people keep a journal to figure out how they feel - do a workout and then go and sit down afterwards and tell me how their mood was before and after. All of these kinds of things we have to become more aware of.

— Krista Stryker

”



In a recent article from MIT Sloan Management (linked below) authors *Laker, Weisz, Pereira, and DeMassis* list and explain [six](#) “best practices” to help leaders regulate emotions in themselves and their teams. As you read the article, I hope you get a sense for how much of what they describe is a central piece of [Emotional Intelligence](#). The content also dips into our Intentional Leadership territory.

The six practices from the article are:

- ✓ Understand the role of Self-Awareness
- ✓ Enhance Vision Through Diverse Feedback
- ✓ Establish Boundaries
- ✓ Embrace Authenticity
- ✓ Have Extracurricular Coping Strategies
- ✓ Practice Breathing and Mindfulness

[The Emotional Landscape of Leadership - MIT Sloan Management Review](#)



“Wireless light switch could cut house wiring costs in half.”

What are your first thoughts when considering this news about the future:

How might this impact your plans over the next 5 years?

Are there any negative outcomes to consider?

According to a researcher at the University of Alberta a new wireless light switch could drastically reduce the cost of wiring a house.

These new switches run by harvesting energy from ambient sources. A house would need a radio frequency transmitter on each floor to power all the switches on that floor.

This same technology may also be able to uniquely control vents or other items that could help reduce construction and operating costs.

The full article is [here](#).



FUN

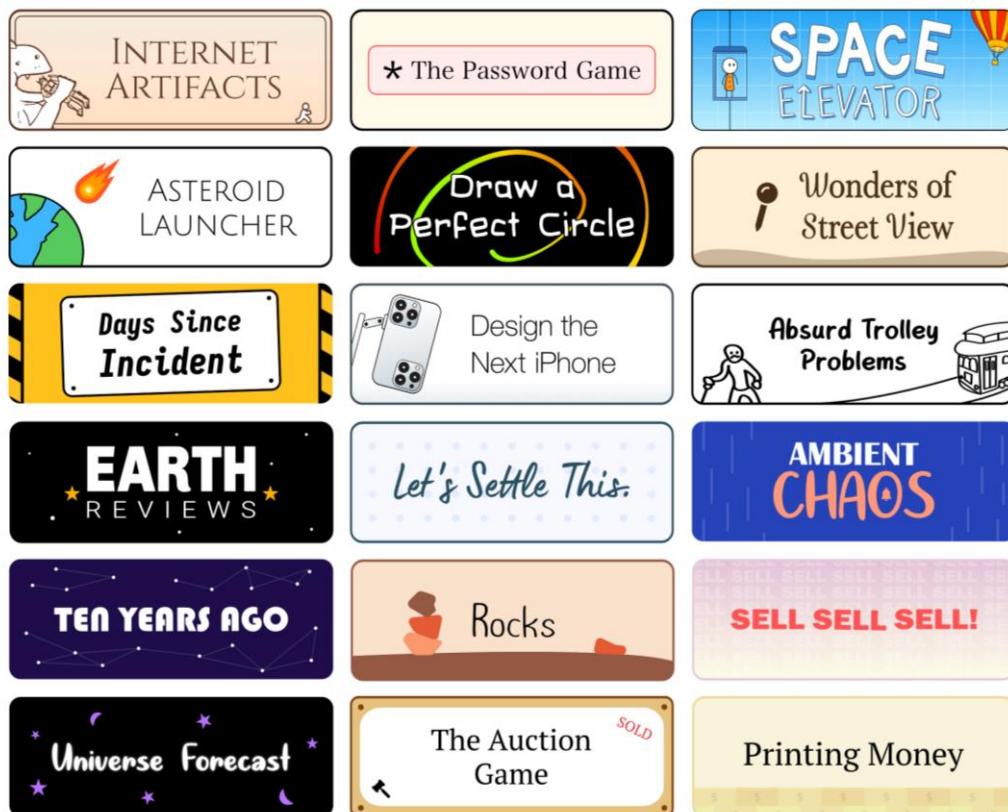
Do you have a few minutes to kill?
Tired of the doom scrolling on social media?
Neal.fun is for you!

My favorites are:
Space Elevator and
Absurd Trolley Problems

What are yours?

NEAL.FUN

a tiny website by neal



Q1

Check out the
AES meeting in
Chicago:

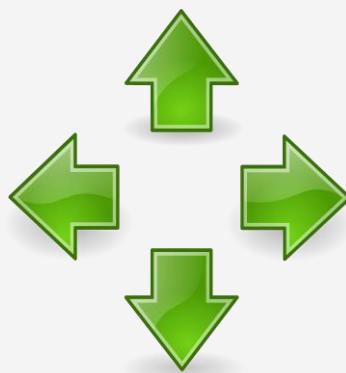
Feb 21-22

Q2

Emotional
Intelligence

April 19-20
Houston, TX

Q3



Q4

New
Patient
Experience

Houston, TX
Oct. 25-26

March
Madness
In
Midland
Moved to 2025

Leadership
&
Strategy

Trinidad
June 1-2

Check out
Adaptive
Strategy info

