

Positive Emotional Attractor

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The role of the positive emotional attractor in vision and shared vision: toward effective leadership, relationships, and engagement
1 Case Western Reserve University, Cleveland, OH, USA
2 Babson College, Babson Park, MA, USA

Frontiers | The role of the positive emotional attractor ...
Here are a few research-based ways to trigger (activate) the positive emotional attractor: Discuss and co-create a clear sense of purpose and vision (for self and the program/agency) Coach and work from a place of compassion Build upon strengths, having a positive outlook, and expressing gratitude ...

Triggering The Positive Emotional Attractor To Achieve A ...
The positive emotional attractor, the PEA, and negative emotional attractor, the NEA, are two states comprised of distinct emotional, psychological, physiological, and neurological characteristics that create a force around your thinking, feeling, and behaviors. From complexity theory,

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these are two states characterized by three dimensions.
Positive versus negative emotional arousal.

Watch: Role of Positive and Negative Emotional Attractors ...
The positive emotional attractor (PEA) triggers constructive cognitive and physiological responses that enhance an individual's motivation, effort, optimism, flexibility, creative thinking, resilience and other adaptive behaviors.

Positive and negative emotional attractors and intentional ...
Positive Emotional Attractors (PEA) are techniques and conversations that can help move people to more visionary states where they develop better habits or improve aspects of themselves, that actually lead to change and improvement. This is where coaching with compassion comes into play.

Coaching With Positive Emotional Attractors – Patti is ...
The positive emotional attractor, the PEA, and negative emotional attractor, the NEA, are two states comprised of distinct emotional, psychological, physiological, and neurological characteristics that create a force around your thinking, feeling, and behaviors. From complexity theory, these are two states characterized by three dimensions.

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Personal and shared vision have a long history in management and organizational practices yet only recently have we begun to build a systematic body of empirical knowledge about the role of personal and shared vision in organizations. As the

(PDF) The role of the positive emotional attractor in ...
The role of the positive emotional attractor in vision and shared vision: Toward effective leadership, relationships, and

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engagement May 2015 *Frontiers in Psychology* 6:670

(PDF) The role of the positive emotional attractor in ...

In a positive emotional attractor is when you open up to possibilities, if you start in the negative, you go into defense. You hunker down, you protect an organism but in the process you block out new possibilities. The second learning point is that we very often go into the positive emotional attractor and spend time in it.

Watch: The Positive (PEA) and Negative (NEA) Emotional ...

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Thursday, 4 July 2013 Impacts of Positive Emotional Attractor (PEA) and Negative Emotional Attractor (NEA) Md. Abdullah Al Mamoon, PMP Recently I completed a course on "Inspiring Leadership Through Emotional Intelligence" conducted by Professor Richard E. Boyatzis, Ph.D., Case Western Reserve University, USA.

Knowledge Window: Impacts of Positive Emotional Attractor

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As the introductory paper for this special topic in *Frontiers in Psychology*, we present a theoretical argument as to the existence and critical role of two states in which a person, dyad, team, or organization may find themselves when engaging in the creation of a personal or shared vision: the positive emotional attractor (PEA) and the negative emotional

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attractor (NEA).

The role of the positive emotional attractor in vision and ... Boyatzis, a faculty member at Weatherhead School of Management, and Jack, director of the university's Brain, Mind and Consciousness Lab, say coaches should seek to arouse a Positive Emotional Attractor (PEA), which causes positive emotion and arouses neuroendocrine systems that stimulate better cognitive functioning and increased perceptual accuracy and openness in the person being coached, taught or advised.

Researchers use brain images to identify neural signature ... Putting It All Together There is a mechanism that allows movement from one discovery to another. Inside of us are two states, a Positive Emotional Attractor (PEA) and Negative Emotional Attractor (NEA). Arousing the PEA allows a psychophysiological state of being open to new ideas – this allows movement to the next discovery.

Five Stages of Intentional Change Theory - More Than Sound A core aim of the study was to empirically test two central ICT propositions on the effects of using the coached person's Positive Emotional Attractor (vision/PEA) versus Negative Emotional Attractor (improvement needs/NEA) as the anchoring framework of a onetime, one-on-one coaching session on appraisal of 360° feedback and discussion of possible change goals.

Frontiers | Coaching to vision versus coaching to ... Coaching and mentoring to the Positive Emotional Attractor (PEA) emphasizes compassion for the individual's hopes and dreams and has been shown to enhance a behavioral change. In contrast, coaching to the Negative Emotional

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Attractor (NEA), by focusing on externally defined criteria for success and the individual's weaknesses in relation to them, does not show sustained change.

Visioning in the brain: an fMRI study of inspirational ...
Determination of the emotion in this way proposes the existence of either a positive emotional attractor (PEA) or a negative emotional attractor (NEA). The paper discusses positive psychology's perspective on the differential impacts of positive and negative emotion. The paper also outlines an ongoing research project at a Veterans Affairs ...

Working on the positive emotional attractor through ...
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