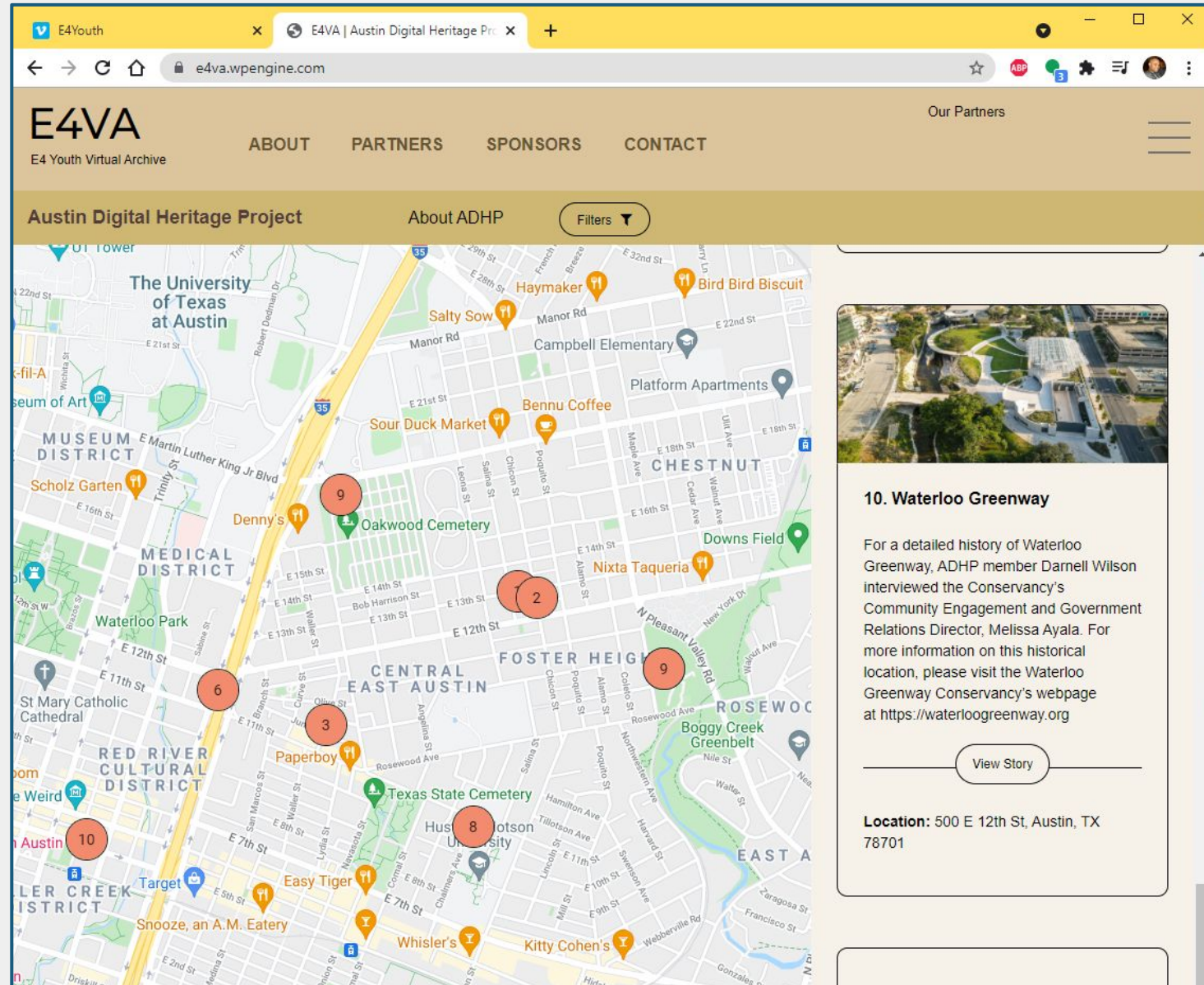# Austin Digital Heritage Project

Empower students to tell their stories and close the digital divide

- Help youth explore their family histories and community.

- Educate youth on how to tell their stories.

- Introduce youth to coding basics.

- Provide youth with broadband access and digital tools through rewards.

Operationalizing Emotional IQ (OEI) Definitions and Distinctions

OEI Defined: The ability to use your mind and your ability to feel, to respond to situations using prior learning, real-time observations that create internal and external stimuli, as a sources of information and input to critical thinking that leads to effective action.
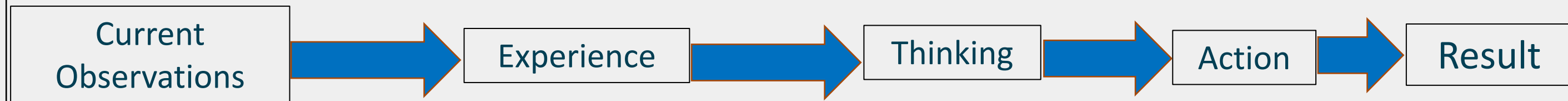
Emotions and Feelings are **NOT** the same thing
- **Emotions:** Energy in Motion
- **Feelings:** A Report on the State of the Body

- Eric Collier,
   Neuro-Transformational Coach
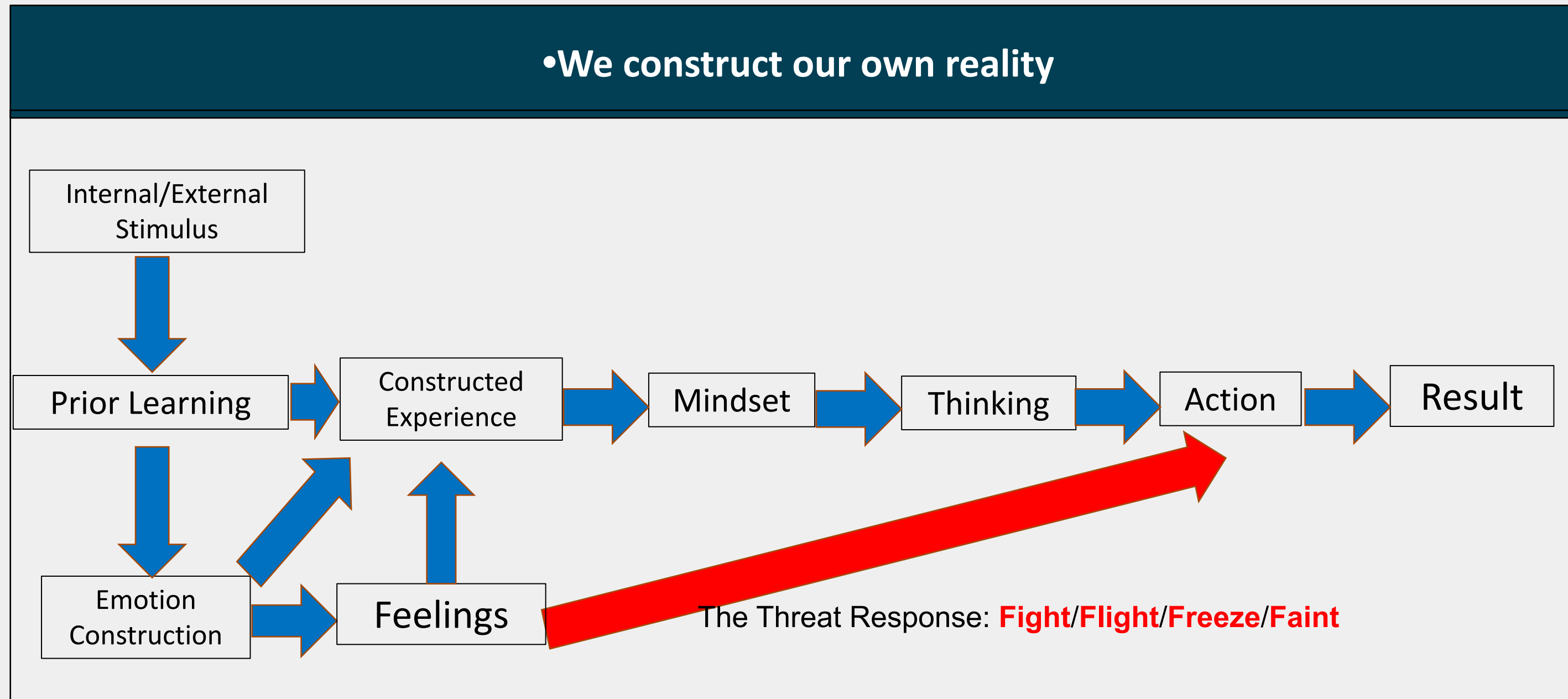
How we see the world: A common (Mis)Understanding

•**What if we believe we see the world as it is?**

Current Observations → Experience → Thinking → Action → Result

- Eric Collier,
Neuro-Transformational Coach

Perception As Reality

•We construct our own reality

- Eric Collier,
Neuro-Transformational Coach

A Complex System capable of High Performance

•The Integrated System

Internal/External Stimulus

Practicing Presence

The 7-Levels of Effectiveness

Prior Learning

Constructed Experience

GrowthMindset

Thinking

Action

Result

Emotion Construction

Feelings

Positive/Negative/Neutral Reports from the Body
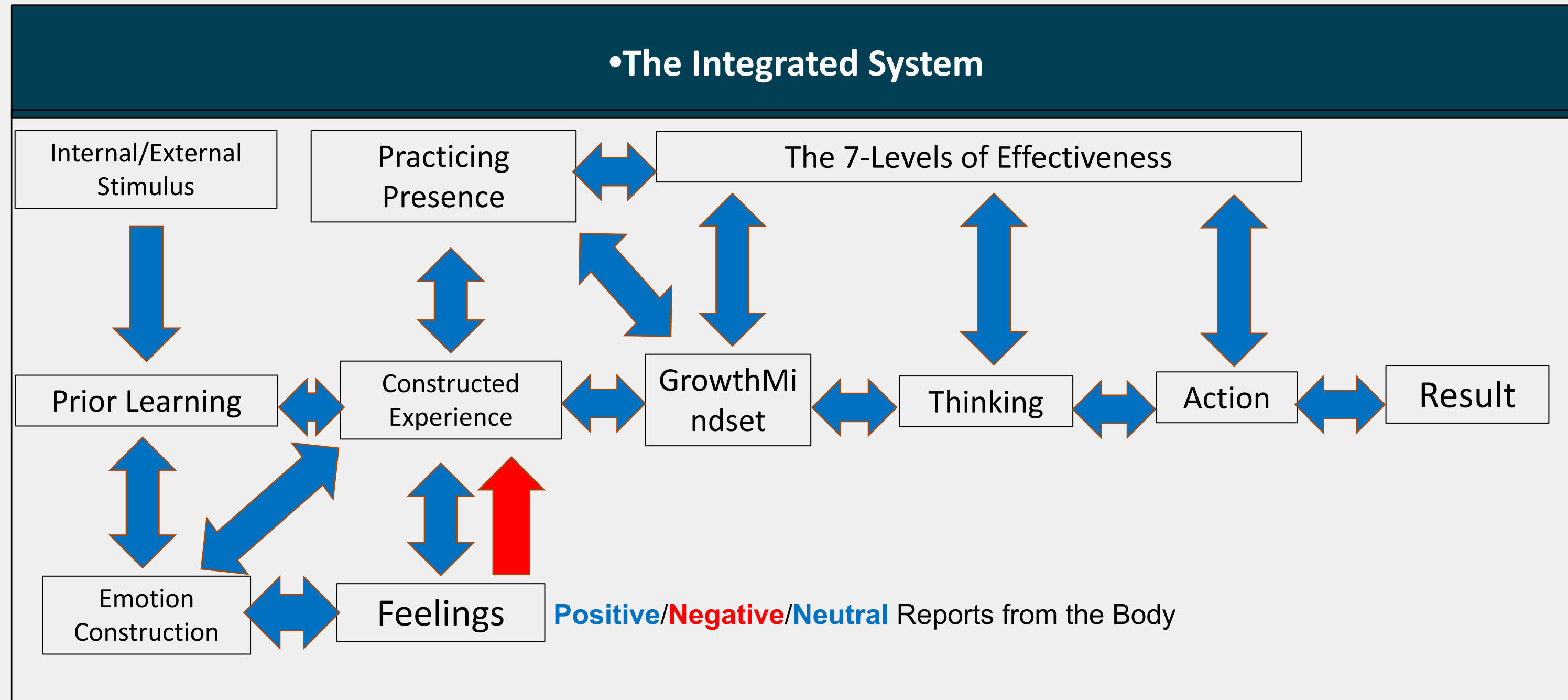
- Eric Collier,
Neuro-Transformational Coach

Seven Levels of Effectiveness

THE SEVEN LEVELS OF PERSONAL, GROUP
AND ORGANIZATIONAL EFFECTIVENESS

7	SYNCHRONICITY	love harmony
6	INNOVATION	objectivity openness
5	ENGAGEMENT	motivation tolerance
4	COURAGE	bravery resolution
3	FRUSTRATION	anger egotism
2	FEAR	anxiety craving
1	HOPELESSNESS	shame dispiritedness

BE above™

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The model provides:

- A map for personal, group and organizational development
- Knowledge, tools and practices informed by hard science
- Situation independent tools support effective action
- Support mental, emotional, spiritual and physical wellbeing
- Reduced stress; increased creativity and innovation

- Eric Collier,
Neuro-Transformational Coach

Temperature Check

WHAT'S YOUR WEATHER FORECAST FOR TODAY?

☀️ Sunny: Bright, warm, energetic
⛅ Partly Cloudy: Okay, up & down
🌦️ Rainy: Gloomy, sad, bored
🌪️ Stormy: Angry, distracted
☁️ Cloudy: Blah, numb, drained
🌈 Rainbow: Hopeful, refreshed

Snapping Your 360 Image: Tools and Steps

Find your place of significance

- www.google.com/maps

Find the Panoramic ID of your place

- https://istreetview.com/

Download/Snap your 360 image

- https://svd360.istreetview.com/

Remix w Your Image

- http://Glitch.com