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My Radio Show: *The Emotion Roadmap: Take the Wheel & Control How You Feel*

Schedule: 1st, 2nd and 4th **Wednesday** each month **12 – 1 PM** Eastern Time

How to listen live: WPKN, 89.5 FM and streaming: www.wpkn.org.

About the show and what I do: Since 2009 I volunteer as a talk show host to bring my knowledge of emotional intelligence to anyone who wants to learn more about how to manage their own emotions and emotional relationships with others.

I do interviews with people whose expertise complements the work I am doing to help people, e.g., Yale President Peter Salovey, Harvard Professor Linda Hill, and Venetian, Palazzo Hotels and Sands Convention Center President John Caparella.

Mostly I talk with listeners who call about emotionally challenging situations. I created the Emotion Roadmap™ after working with the pioneering psychologists, Peter Salovey and Jack Mayer, who discovered Emotional Intelligence. Their colleague, David Caruso, asked me to help them make their discovery useful to everyone. This led to the creation of the Emotion Roadmap™ which, in a practical way, helps people in managing emotions, their own, and others.

Why I do it:

My personal and professional vision is to make a meaningful and positive difference in the lives of others.

How did the show come about?

When a student in a graduate course I was teaching about Emotional Intelligence asked if I would volunteer to host a show on public radio, I jumped at the chance. My work as a speaker, executive coach and leadership consultant is limited in terms of the number of people I can reach due to cost and time. A radio show makes the knowledge and innovation available to everyone. By using the Emotion Roadmap™ on my show to help people, my hope is everyone listening is also learning.

What is the Emotion Roadmap™?

Click on the link <http://tinyurl.com/md74obr> to listen to an excerpt from a show where I briefly explain the Emotion Roadmap™ and how it works.

At the end I will leave you with one question that will hopefully lead you to more emotionally intelligent living.

After you ask yourself this question, your mind will race to answer it honestly and accurately, which will help you create your own emotional roadmap to better living. If you need assistance call me for one free phone call (860) 658-2737.

Can you listen to past radio shows?

Since my show is on a non-profit, listener supported, alternative public radio station I am able to post past shows on the Public Radio Exchange.

Click on the link <http://tinyurl.com/o35fakv> to be transferred to the **Public Radio Exchange** where I have some of my favorite shows and interviews.

Below are links to some of my earlier shows that you may enjoy listening to. These shows may take a minute or two to load. Click on the link after each title to listen.

Dr. Steven Stein, CEO of Multi-Health Systems <http://tinyurl.com/kqbrjar>

Steven's company publishes well respected emotional intelligence assessments. He is an internationally known speaker who has appeared on ABC, NBC, CBC and in numerous publications. He is author of *Emotional Intelligence for Dummies* and co-author of *The EQ Edge: EI and Your Success*. In June, 2010, we had a far reaching discussion on the present application and future of EI.

Former Chilean Ambassador Arturo Fernandois <http://tinyurl.com/lfusrro>

The miraculous rescue of 33 miners in Chile October 2010 led to my interview of their Ambassador to the US during our Thanksgiving Holiday in the US.

Emotional Intelligence and Lawyers with Dave Shearon <http://tinyurl.com/mu6qebv>

The Tennessee Bar Association hired me to provide professional training for continuing education credit to teach lawyers to use emotional intelligence. Dave shares concrete results from the training and fascinating research about lawyers and emotional management.

Dave O'Brien Boston Red Sox Play by Play Announcer April 2011 <http://tinyurl.com/mzdc3cs>

I talked with Dave about Red Sox Nation when they were beginning a very tough period in 2011. We discussed the phenomenon that is Red Sox Nation, the emotional pressure on athletes to perform in Boston, how Dustin Pedroia handles performing at Fenway, and (most importantly and for fun) you will hear Dave introduce my 3 day old grandson as the new Red Sox shortstop now hitting 3rd.

If you are part of Red Sox Nation you will enjoy the 20 minute interview.

Following is a link to my very first show 12/26/09. To listen, click on the link below.
http://cijwolfe.com/12-26_EIShow.mp3

At this time I was working once a month on the 4th Saturday from 4-6 PM. I covered a lot on my first show. I talk about:

- The goals for my show, the Emotion Roadmap, how I got involved with helping people,
- The coaching I have done with my daughters and nieces about how important it is to adore the person they marry, and that these same persons adore them.
- A Harvard Business School mentor and another professor, John Kotter who taught me about individual and organizational change management
- I answer my first phone call from a lovely woman who called about someone she was close to who was dying. After that several more people called and the show was on its way.
- In this show I am working with the graduate student who invited me to host the show and for the first couple of years was my sound engineer and later became my friend, Lou Pomales.

WPKN is a wonderful radio station in Connecticut. It is a gem, a station mostly run by volunteers, and dedicated to the community. It is nonprofit, listener supported, alternative public radio. If you like my show and the wonderful creative programming of other WPKN programmers please consider donating and supporting our efforts at the **wpkn** website, www.wpkn.org. Thank you!