

## LEADING WITH EMOTIONAL INTELLIGENCE



Emotional Intelligence is a primary factor in a leader's success. Those leaders who have a high level of Emotional Intelligence are more effective, influential, adaptable, optimistic, and resilient. These are necessary characteristics for today's newly-defined leader. Today's leader breaks tradition. Today's leader needs to make a significant impact to the organization through the engagement of others. The five areas for EI are: Self-awareness, Self-management, Motivation,

Empathy, and Social Skills. These areas are core competencies for leaders needing to maximize their effectiveness, build strong teams, and make powerful strategic decisions. This program explores how leaders need to embrace, develop, and apply their emotional intelligence to achieving higher levels of success within their areas of influence.

### AGENDA:

1. Introduction:
  - a. What is emotional intelligence? – Defining EI
  - b. Why EQ? Why now? The Business Case for EI.
2. The Value of EQ in the Workplace
3. Five Components of Emotional Intelligence Introduction
  - a. Defining the five components in the Emotional Intelligence Model
  - b. Portrait of a strong EI Business Leader
4. Personal Insight of Your EQ Score
5. Exploration of Five Components of EQ:
  - a. Self-Awareness
  - b. Self-Regulation
  - c. Motivation
  - d. Empathy
  - e. Social Skills:
6. Action Plan:
  - a. Now What? Getting from knowing to doing. Putting a personal action plan in place

### LENGTH OF SESSION:

1 Day

### PROGRAM INCLUDES:

Emotional Intelligence Assessment for a Personal EQ Journey and Professional Growth