



Building Emotional Intelligence In Leaders

A Leader's Guide to Increasing Influence and Impact

3-Hour Delivery Format

Overview:

EQ, also known as Emotional Intelligence or EI describes our ability to perceive, assess and manage our emotions and interpersonal interactions in order to maximize our influence and impact. In this highly interactive workshop, participants are provided with the opportunity to evaluate their current level of EI competence while also exploring a wide range of methods for increasing their capacity to lead and influence in all of their relationships both in and out of the workplace. The program includes all materials and assessments including the EI Insights Inventory and the Leadership Trust Survey.

Core Contents:

- Creating a Context – Building an EI Framework
- Examining the History of EI
- Exploring the Leadership Excellence Link
- Assessing Your Current Capacity
- Navigating the EI Competency Map
- Exploring the Power of Trust
- Building Your EI Capacity
- Defining Obstacles & Solutions
- Applying What You've Learned

Learning Objectives:

- Create a baseline of understanding the power of EI
- Explore the evolution of EI with emphasis on current research
- Build clarity around the critical link to leadership success
- Provide insight into current capacity and related development opportunities
- Expand understanding of the core competencies reflecting a performance edge
- Explore the critical link between EI and trust
- Gain insight into the broader range of decision making options
- Learn and practice techniques for increasing EI capacity
- Explore obstacles to achieving success
- Build a roadmap for further development