

Leading with Emotional Intelligence

“A leader’s intelligence has to have a strong emotional component. He has to have high levels of self-awareness, maturity and self-control. She must be able to withstand heat, handle setbacks and when those lucky moments arise, enjoy success with equal parts joy and humility. No doubt emotional intelligence is rarer than book smarts, but my experience says it is actually more important in the making of a leader. You just can’t ignore it.”

—Jack Welch, chairman of GE, speaking to the Wall Street Journal

What will you learn?

- Discover what EI is and why it matters
- Understand the concepts of EI for developing resonant leadership qualities
- Define EI and understand how it relates to effective leadership
- Understand and apply principles and methods for self-awareness, emotion regulation and management, social awareness
- for understanding others and building and managing relationships
- Diagnose the negative consequences of unmanaged emotions and low EI in leaders, individual contributors, teams, and organizations
- Increase your level of EI in five critical areas
- Apply the principles of EI to key leadership activities.

How you will benefit?

- Increased Self-Awareness - Your ability to accurately perceive your emotions and stay aware of them as they happen. This includes being aware of how you tend to respond to specific situations and people.
- Improved Self-Management - Your ability to use the awareness of your emotions to positively direct your behavior - managing your emotional reactions to situations and people.
- Increased Social-Awareness - Your ability to accurately read the emotions of others and understand what is really going on. Being able to effectively see and navigate the organizational culture.
- Improved Relationship Management - Your ability to use the awareness of your emotions and the emotions of others to successfully manage interactions and relationships.

Learning outcomes

- Understand the social neuroscience of emotions and emotional intelligence
- Improve your management of emotions
- Enhance your relationships within and outside of the workplace
- Facilitate difficult conversations with confidence
- Feel less stressed and be better equipped to manage high work demands and stress
- Create a positive work environment for others
- Facilitate high performance

Duration:
2 days

