



## ***Building Emotional Intelligence In Leaders Workshop***

3 Hour Delivery Format

### **Overview:**

Emotional Intelligence describes our ability to perceive, assess and manage our emotions and interpersonal interactions in order to maximize our influence and impact. In this 3-hour workshop, participants are provided with the opportunity to evaluate their current level of EQ 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.

### **Core Contents:**

- Creating a Context – Building an EQ Framework
- Examining the History of EQ
- Exploring the Leadership Excellence Link
- Assessing Your Current Capacity
- Revisiting the EQ Competency Map
- Exploring the Power of Trust
- Understanding the Heart – Head Connection
- Building Your EQ Capacity
- Defining Obstacles & Solutions
- Applying What You've Learned
- Recommended Reading

### **Learning Objectives:**

- Create a baseline of understanding the power of EQ
- Explore the evolution of EQ 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 EQ and trust
- Gain insight into a broader range of decision making options
- Learn and practice techniques for increasing EQ capacity
- Develop a specific action plan for building EQ competence
- Explore obstacles to achieving success
- Build a roadmap for further development