

The Emotionally Intelligent Leader

Overview:

Emotional intelligence has been described as being at least twice as important as IQ for achieving success at more senior levels. We use IQ to get to a certain level in the organisation (for example, by virtue of good problem solving) but ultimately our real success comes down to how we manage ourselves and others in the many situations that arise on a daily basis.

In this program, we look at opportunities to improve our self-awareness and self-management, and opportunities to improve our social awareness and social relationship skills. Using the EQi2.0 Emotional Intelligence Assessment tool, we examine 15 key emotional skill areas that will support your ongoing success in work and life more generally.

Duration: 1 Day

Target Audience:

- Relevant for all staff members

Topics:

- *Introduction to Emotional Intelligence; why is it a crucial competency for leaders?*
- *Understanding Self (Self-regard, Self-actualisation, Emotional Self-Awareness)*
- *Self-Expression (Emotional expression, Assertiveness, Independence)*
- *Understanding Others (Interpersonal relationships, Empathy, Social responsibility)*
- *Effective Action (Problem solving, Reality testing, Impulse control)*
- *Managing Stress (Flexibility, Stress tolerance, Optimism)*
- *Putting it all Together*

Additional Information:

This program includes the following:

- The EQi 2.0 Leadership Report