



DEFINITION AND OVERVIEW



“Cognitive skills and technical capabilities are threshold requirements. Emotional Intelligence capabilities are star qualities.”

- Warren Bennis

The Emotional Intelligence Workshop helps leaders become more self-aware and strengthen their self-regulation, increase their motivation, develop empathy for others, and improve their social skill.

Using 20 common EI competencies as a framework for self and social growth, leaders learn about their strengths and limitations and identify the top EI competencies they wish to strengthen.

WORKSHOP COMPONENTS

This highly interactive program can be offered as a module within a program or as a standalone workshop. We recommend a full-day workshop for the greatest impact; however, we can modify the content to fit within any time frame. Potential components include:

- The EI Competencies
- An EI Self-assessment
- Motivation
- EI Agility
- NeuroLeadership and Engagement
- Stress Management
- Energy Management and Renewal
- Peer Coaching and Feedback
- Case Studies using Relevant Workplace Situations
- Self-confidence and Power Posing
- Empathy and Vulnerability

BUSINESS DRIVERS

Emotional intelligence (EI) is the ability to monitor and manage the emotions of ourselves and others. A research project that spanned over forty years showed that emotional intelligence is about **four times** more important than IQ in determining professional success and prestige.

COMPETENCIES

Leaders who are competent in this area are able to:

- Maintain a non-anxious presence and keep disruptive emotions in check, especially in stressful situations.
- Exhibit a high degree of self-confidence.
- Have a strong sense of self-worth and knowledge of their capabilities.
- Effectively resolve disagreements with others.
- Know how to persuade and negotiate to achieve desired results.
- Inspire and guide individuals and groups by aligning their goals with those of the organization.
- Notice how others are feeling. Take steps to understand and address their needs.
- Monitor their own engagement and improve it when necessary.
- Demonstrate flexibility during change and persistence when faced with roadblocks.