

EMOTIONAL INTELLIGENCE



Emotional intelligence (EQ) is the ability to recognize and manage your feelings and respond to the feelings and behaviors of others. This course presents emotional intelligence as a fundamental element of demonstrating the traits of a leader. Learners explore how various aspects of emotional intelligence are demonstrated in the workplace and how those competencies can be practiced and developed to increase a leader's effectiveness. Through the results of the EQi 2.0 assessment and various opportunities for reflection, learners explore their own styles and tendencies in five aspects of emotional intelligence and identify ways to leverage and develop specific skills.

LEARNERS WILL:

- Define and explore the concept of emotional intelligence and its role in effective leadership
- Increase awareness of strengths and challenges with emotional intelligence
- Practice and strategize how to improve emotional intelligence

WHY THIS MATTERS:

Although the range of competencies that define an effective leader is broad and varied, at the core of many of them is emotional intelligence. EQ is critical to building relationships at all levels of the organization, and the development of EQ begins with self-awareness.

ASSESSMENT:

- EQi 2.0

DELIVERY OPTIONS:

In-Person Half day

Live-Online Two 3-hour instructor-led sessions plus self-paced prework