

The Emotionally Effective Leader



What is the Emotionally Effective Leader?

Emotional Intelligence (EI) is proven to be a key indicator of human performance and development. People higher in EI communicate effectively, form strong relationships, and create powerful coping strategies. As for leaders, those with higher EI skills are more likely to demonstrate personal integrity, manage their impulses while still taking risks, be empathetic without losing sight of their own emotional needs, be an effective communicator, easily build rapport and inspire others. EI is a cornerstone of a leader's ability to build and sustain an engaged, high performing team.

You may have a formal or informal leadership position; you may be a relatively new or a very seasoned leader. The question is, do you want to be a more effective leader?

This workshop is for anyone who is interested in developing their leadership capacity.

The Emotionally Effective Leader | Format and Objectives

Alternating between group activities and individual reflective exercises, this engaging workshop encourages leaders to focus on their leadership strengths and areas they can develop further. The Emotionally Effective Leader Workshop is designed to be an interactive session which includes class instruction, individual work, and small group activities. The following course and learning objectives are key highlights for participants of the programme :

- Create understanding of emotional intelligence using the EQ-i2.0 model as a platform
- Increase participants' understanding of how emotional intelligence maps onto transformational leadership
- Enable participants to deep dive into their own EQ Leadership Reports and build an action plan to leverage strengths and work on opportunities for growth
- Identify and understand how aspects of emotional intelligence can lead to derailing behaviours
- The Leadership Effectiveness Framework is used to help participants understand how their core values impact their leadership approach.

The EQ-i 2.0 Leadership Report

Leveraging results from leaders' EQ-i 2.0® Leadership Reports, participants of this session will learn the importance of emotional intelligence in effective leadership and leave with a better understanding of their strengths and areas to develop to enhance leadership skills, as well as an action plan on how to increase effectiveness.

The EQ-i 2.0 report is the world's only scientifically validated tool for the measurement of emotional intelligence and is endorsed by the British Psychological Society.

To accompany the course, participants will be provided with course workbook with lively visuals that they can use during the workshop to take notes and complete activities.



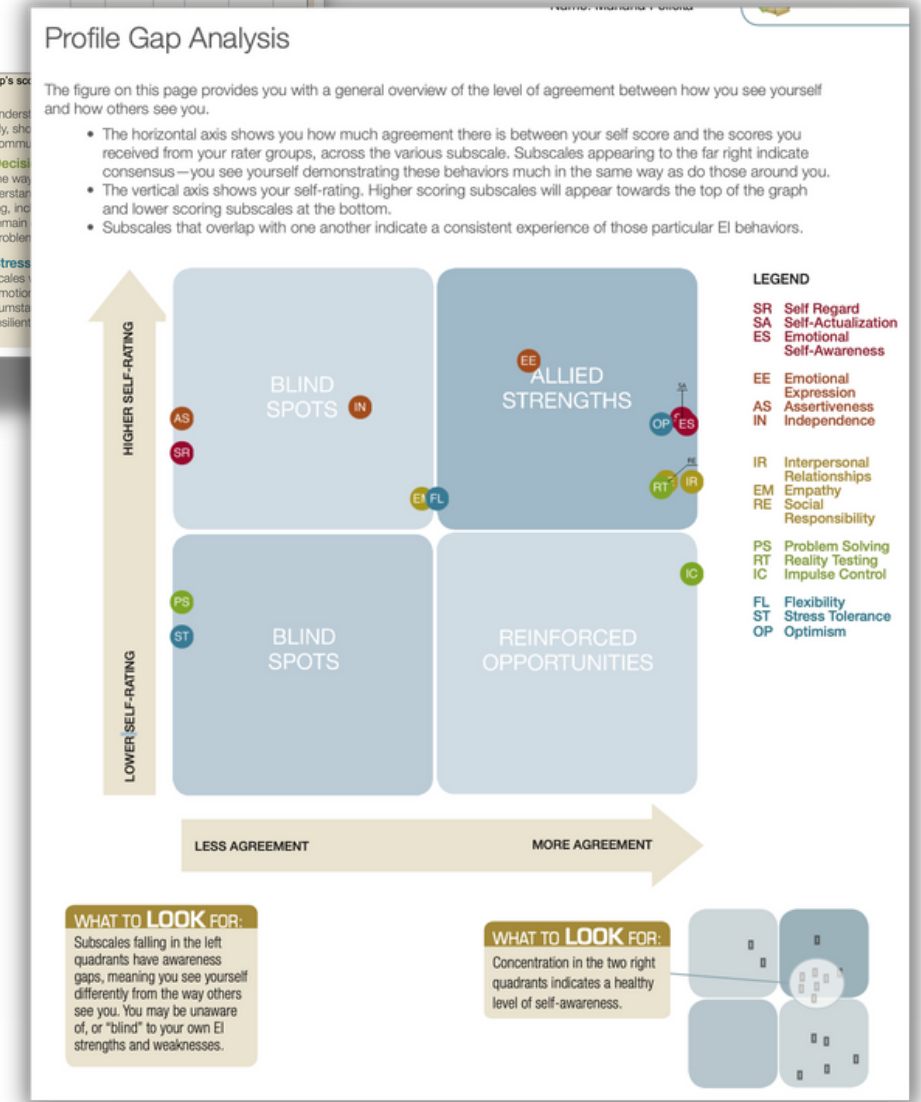
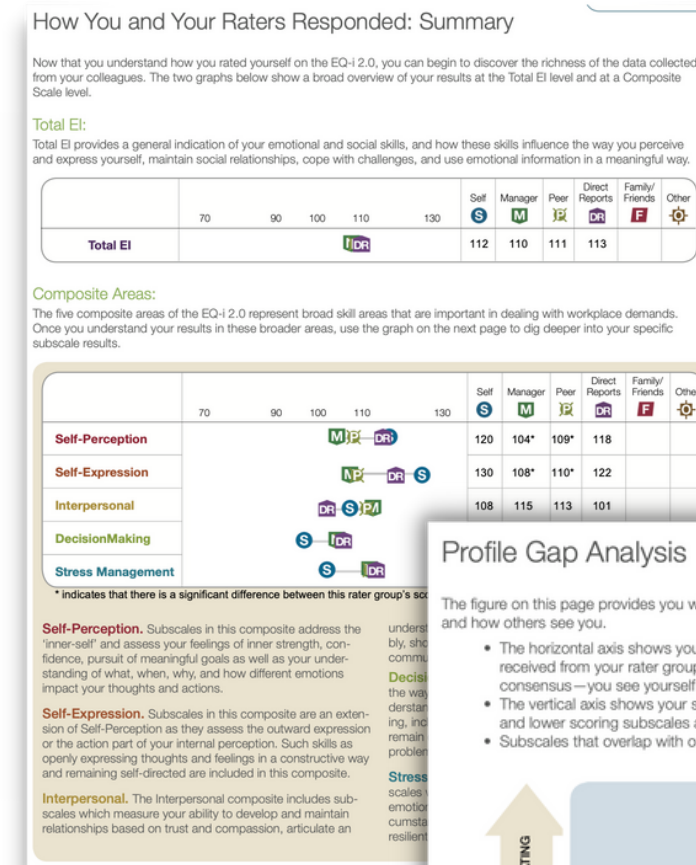
The EQ-i 2.0 360

The EQ 360 is a multi-rater measure of emotional intelligence designed to provide the participant with a complete “360-degree” view of their emotional and social functioning.

Our 360 programme is carried out on a 1:1 basis with a self assessment and 1:1 coaching debrief using the EQ-i2.0 report.

This session will allow space for personal development before we begin the process of eliciting feedback from direct reports, line manager, peers, clients and even family and friends, if requested.

Following the 1:1 coaching debrief, the participant will meet with their coach a second and final time to review the 360 report, discuss allied strengths, agree areas for development and examine any blind spots.





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