



# **The Emotionally Intelligent Leader**

**One Day Enhancement Program**

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# About

Leadership is fundamentally about facilitating high performance, thereby motivating others to do things effectively and efficiently. Emotional intelligence is a key attribute that helps leaders achieve this function. There is a wealth of literature detailing the impact emotion has on individuals' performance. This research has shown, for example, that people perform their best at work when they feel involved in purposeful work that develops who they are, and when they feel valued, cared for, consulted, respected, informed and understood. This research has also shown that people often perform their worst when they feel unproductive feelings, such as feeling overly worried, frustrated, concerned, stressed, inadequate and fearful.

## Outcomes

During this program, participants will improve their understanding of emotions and emotional intelligence. They will also explore and practise tools and techniques for applying emotional intelligence in their leadership, and creating high performance in others on that basis.

Specifically, participants will:

- explore the neuroscience of emotions and emotional intelligence,
- examine tools and techniques for effectively asking for, and responding to, feedback,
- explore techniques for developing self and other awareness,
- examine how they can use reactive and proactive techniques to build resilience and effectively manage strong emotions, and
- explore an approach for facilitating engagement discussions with their staff members.

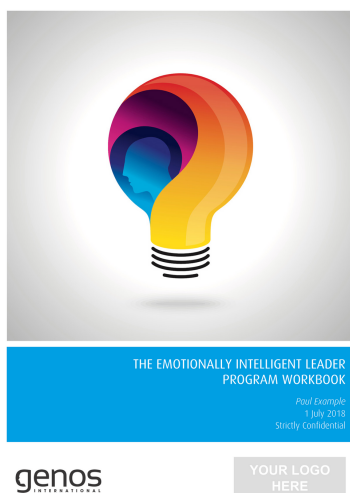
# What's involved?

## Highlights

- Personal resilience quiz
- Proactive strategies and techniques for Thinking, Physiology, Relationships and Environment
- Workplace experience reflection model
- 5-step process to facilitating employee engagement reviews

## Assessment

As pre-work to the program, participants complete the Genos Emotionally Intelligent Leadership 180° Report. During the program, they are provided with an expert led debrief and action planning methodologies to help leverage strengths and address development opportunities in their leadership.



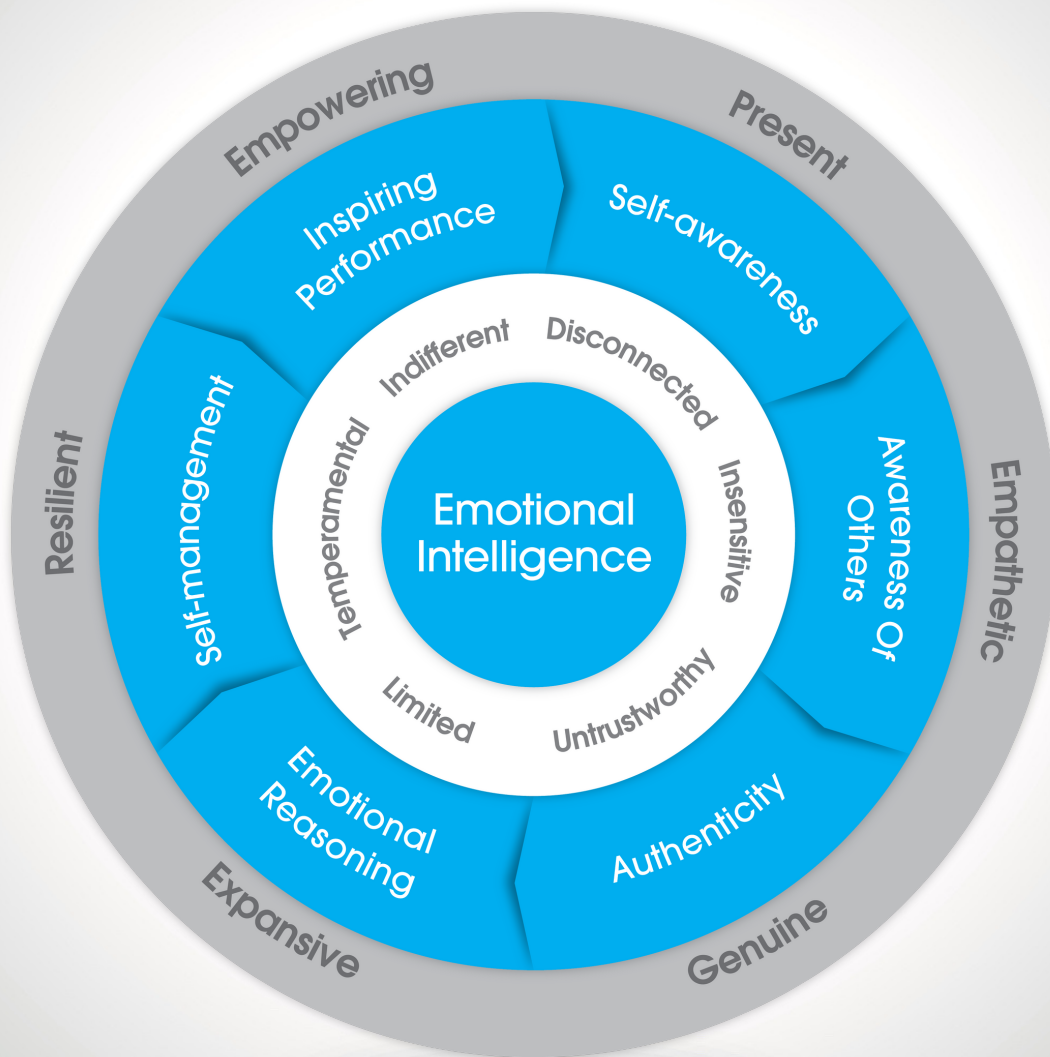
Program Workbook



Feedback Report



Development Tips



What would it mean to your leaders to be more of the leader on the outside of our model and less of the leader, that we can all be at times, on the inside?

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