



EQ-i 2.0[®]
assess. predict. perform.

Leading With Emotional Intelligence

Course Outline

High emotional intelligence is an essential component of positive leadership. According to Daniel Goleman, there are five key elements to Emotional Intelligence: Self-awareness, Self-regulation, Motivation, Empathy, Social skills. In this workshop we introduce participants to the key components of EI and through the use of experiential exercises and workshop discussions participants will explore how the refining of certain personal characteristics or actions can increase their success and confidence in leadership and influencing others.

On completion of this programme you will be able to:

- Define Emotional Intelligence is and apply EI techniques at work
- Assess the impact of attitudes and emotions in their daily interactions with colleagues
- Increase their ability to inspire and motivate team members
- Discover their own personal EI strengths and development areas (EI 2.0 assessment available as an add-on option)
- Understand how the emotionally intelligent leader influences positive performance in themselves and others.
- Build long-term meaningful relationships by improving trust, collaboration, and conflict management
- Build a strong and resilient team
- Explore leadership values that sustain working relationships over time authenticity, role modelling, validation, inspiration, and trust
- Enhance your Ability to Inspire and Motivate your Team by tuning into your EQ-i
- Influence a Positive Performance in Yourself and Others

Duration: One Day Workshop

Course Resources: course handouts & supplementary reading materials will be provided via Moodle.

EQI Assessments: may be booked separately (individual workplace or leadership assessments)

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