

The Emotionally Intelligent Leader

Course Overview



Course Description

Most people think you need to be smart to be successful. However, research strongly indicates that traditional intelligence – as measured by IQ – is not a good predictor of success. However, research *does* support the notion that emotional intelligence (EI) is a good predictor of success, regardless of one's organizational level or field of work.

To that end, this course is designed to help participants build this critical skill through self-reflection and a highly interactive, practical format that allows for immediate content application.

Course Objectives

Upon completion of this program, participants will be able to:

- Understand the differences between cognitive intelligence (IQ) and emotional intelligence (EI);
- Engage in more effective EI behaviors when dealing with others;
- Apply relevant EI concepts in four critical leadership dimensions: Authenticity, Coaching, Insight, and Innovation;

- Display appropriate EI behaviors during times of conflict;
- Help develop more effective EI behaviors in their direct reports; and
- Leverage their individual EI strengths, while compensating for their individual EI weaknesses, as identified by the Emotional Intelligence EQi-2.0 Leadership assessment. (The assessment is optional.)

Key Topics Covered

This course explores the following in depth:

- The Johari Window
- The EQi 2.0 Model
- Effective Emotional Self-Awareness and Self-Expression
- Triggers and the Circle of Engagement
- The ABCDE Model as a Tool to Reduce Distorted Automatic Thoughts
- Stress-Management Tips and Techniques
- Active and Empathetic Listening
- Emotionally Intelligent Decision Making and Problem Solving
- Using Emotional Intelligence to Reduce and/or Resolve Conflicts

For more information – or to schedule a workshop – please contact us today.



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