

# THE EMOTIONALLY INTELLIGENT LEADER

## WHAT IS IT ABOUT?

Do you lead with emotional and social intelligence (ESI)?

IQ and technical skills are important, but emotional intelligence is the sine qua non of leadership. Studies indicate that ESI may be the key attribute that distinguishes outstanding performers from those who are merely adequate.

A great leader's unique achievement is a human and social one which stems from their understanding of their fellow workers.

It is fortunate, then, that emotional intelligence can be learned.

## WHAT WILL YOU LEARN?

- Emotional and Social Intelligence is defined as a set of competencies demonstrating the ability one has to recognise their behaviours, moods, and impulses, and to manage them best according to the situation
- This skill booster will give you the tools you need to be emotionally and socially intelligent in your workplace

**“THE GREATEST ABILITY IN BUSINESS IS TO GET ALONG WITH OTHERS AND INFLUENCE THEIR ACTIONS.”**

- -JOHN HANCOCK

## WHOM IS IT FOR?

Leaders wanting to develop their and their team's emotional and social intelligence.

## METHODOLOGY, TOOLS, TECHNIQUES TAUGHT

- The Foundational 4 Quadrants of Emotional and Social Intelligence
- Strategies to cultivate self-awareness, self-regulation, social awareness/empathy and relationship management
- Norms to build emotionally intelligent teams