

- Examine the workings of the amygdala and its interplay with the neocortex as it relates to Emotional Intelligence
- Recognize the competencies associated with Emotional Intelligence as it relates to leadership.
- Prepare a plan of action to increase leadership competencies.

Leadership & Emotional Intelligence

Tune into the importance of emotional intelligence and interpersonal relationships in the workplace. Connecting with colleagues and employees on a genuine level is a direct result of high emotional intelligence and leads to a better working relationship and Leadership skills. Find out how self-awareness, social awareness, self-management, and social skills influence the way people handle themselves and their relationships.

Agenda:

1. Introduction
 - a. Self
 - b. Review Learning Objectives
 - c. Introduction Activity
2. The Neuro-anatomy of Leadership
 - a. Importance of understanding the brain's role in E.I
 - b. "Limbic Hijacking"
3. Emotional Intelligence Defined
 - a. Four domains of Emotional Intelligence
 - i. Self-Awareness
 - ii. Self-Awareness Activity
 - iii. Self-Management
 - iv. Self-Management Activity
 - v. Social Awareness
 - vi. Relationship Management
4. Activity – E.I. Self – Assessment Checklist
5. Leadership and Emotional Intelligence
 - a. Resonant vs. Dissonant Leadership
 - b. Resonant Skills
 - c. "Sacrifice Syndrome"
6. Self-Reflection
7. Nine Strategies to Promote Emotional Intelligence
8. Action Plan Activity
9. Questions and Conclusion