

The Emotionally Intelligent Leader



Enhancing your Impact with Awareness and Empathy!

Great leaders read people well and it is often what sets them apart from the manager/leadership rank and file. Fortunately EI is a developed skill and with the right methodology and understanding, any leader can use the power of EI to make a positive impact on their people.

Leadership often requires a subtle and sensitive approach to ascertain the correct strategy and the right way to deal with individuals who need to be addressed in order to keep the daily wheels turning. EI or EQ, as it often called, helps leaders to recognise behaviours, moods, and impulses and the impact they have on the workplace and relationships.

Understanding how EI can be used in the work environment empowers individuals to manage their emotions in a positive way, to communicate effectively, empathise with others, manage stress, overcome challenging situations and defuse conflict.

'The Emotionally Intelligent Leader' is a workshop designed to give you a greater level of self and people awareness in how you lead and engage your team. If you are looking for ways to motivate, remove personality blockages and build greater bonds with those you lead, then this is the program for you.

Designed for?

- > The Emotionally Intelligent Leader is applicable to anyone who is looking for ways to lead their team, or themselves to new levels of personal and people awareness resulting in improved performance.
- > It is aimed at all levels of the organisation and is designed to give fresh ideas and techniques to enhance self and people management skills.
- > An ideal group size is 6 – 15 participants.

Key Learning Outcomes

- ✓ Learn the core skills required to practice and lead with emotional intelligence.
- ✓ Define and practice self-management, self-awareness, self-regulation, self-motivation and empathy.
- ✓ Manage your EI to enhance your performance levels.
- ✓ Identify the benefits of EI in team leadership.
- ✓ Use EI to help resolve workplace conflict.
- ✓ Assess your personal EI level.
- ✓ Master tools to regulate and gain control of one's own emotions.
- ✓ Communicate your emotions using the right language.
- ✓ Use EI to be an outstanding coach and leader.
- ✓ Understand the difference between intention and impact.
- ✓ Develop better team building techniques.
- ✓ Be more aware of your emotional blind spots.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



Coaching

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