

Leading With Emotional Intelligence

Emotionally Charged

As diversity and cross-functional teams continue to increase in the workplace, the ability to understand and use emotion as a source of insight, creativity and influence has become a highly sought after skill. Unlike Intelligence Quotient (IQ) which remains static, levels of Emotional Intelligence, or Emotional Quotient (EQ), are elastic and can be developed and enhanced.

Leading With Emotional Intelligence gives participants an in-depth understanding of the influence that emotions have on thoughts and actions and, ultimately, the effectiveness of the leader. By harnessing the power of Emotional Intelligence, leaders can apply these attributes to motivate and engage their teams, strengthen cooperation and increase performance.

Utilizing participants' completed EQ-i 2.0 self-assessments from MHS as a backdrop, *Leading With Emotional Intelligence* incorporates a variety of adult learning and skill-building techniques, such as peer-driven group discussions, triad role-playing, action planning and self-directed developmental activities.



Benefits of *Leading With Emotional Intelligence*

- Interpret and understand specific areas of strength and opportunities for development
- Cultivate self-awareness, as well as an awareness of how specific emotions affect others
- Develop a targeted action plan to enhance Emotional Intelligence and measure the impact of specific behavior change
- Harness the social and emotional potential of your team to improve communication and interpersonal skills

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