



Living Mastery

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## Emotional Intelligence – a necessity for Leaders

Duration: 2 days

Emotional intelligence, also called EQ, is the ability to ‘be aware of and to manage emotions and relationships’. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are as a leader, both in your career or personal life. Emotional Intelligence is therefore, a pivotal factor in personal and professional success.

Although technical competency is important, it is a leader’s ability to inspire people and connect with them at a personal and emotional level that ultimately distinguishes him or her as extraordinary. Emotional Intelligence is no longer a nice-to-have but a crucial factor to the success of any leader.

### Learning outcomes:

This two-day workshop will help you:

- Understand human emotions and how to manage these
- Understand what emotional intelligence means
- Learn the different elements of the Emotional Intelligence model and how to apply these as a leader
- Recognize how our emotional health and physical health are related and how, as a leader, this impacts your interactions with others
- Learn techniques to understand, use, and appreciate the role of emotional intelligence in the workplace and how it affects performance
- Learn how to grow your emotional intelligence as a leader
- Review your key motivations report and apply these to the creation of your personal vision statement as a leader

## Topics covered in the course:

### Module 1: Introduction

- ❖ Understanding Emotions & their purpose
- ❖ From IQ to EQ – a historical perspective
- ❖ EQ defined

### Module 2: Emotional Intelligence model unpacked

- ❖ Self Awareness
- ❖ Self Management
- ❖ Social Awareness
- ❖ Social Skill & Relationship Management

### Module 3: Leadership & EQ

- ❖ Why EQ is important in leadership
- ❖ Styles of leadership and their relationship to EQ
- ❖ Growing your EQ as a leader
- ❖ Ethics & Leadership

### Module 4:

- ❖ Linking your motivations from your Motivational Maps assessment report to EQ
- ❖ Setting your personal EQ vision by exploring your key motivations, principles, values, strengths, talents, relationships and potential obstacles.