

LEADING WITH
EMOTIONAL
INTELLIGENCE



WOMEN'S LEADERSHIP CONFERENCE
MAY 11, 2018

EMOTIONAL INTELLIGENCE

I think emotional intelligence is...

DEVELOPMENT OPPORTUNITIES

I think my greatest emotional intelligence development opportunity is...

BEST LEADER

QUALITIES	IMPACT

WORST LEADER

QUALITIES	IMPACT

EQ-i 2.0® MODEL

SELF-PERCEPTION

- Self-Regard
- Self-Actualization
- Emotional Self-Awareness

SELF-EXPRESSION

- Emotional Expression
- Assertiveness
- Independence

INTERPERSONAL

- Interpersonal Relationships
- Empathy
- Social Responsibility

DECISION MAKING

- Problem Solving
- Reality Testing
- Impulse Control

STRESS MANAGEMENT

- Flexibility
- Stress Tolerance
- Optimism



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DISCUSSION: REAL BEAUTY

What are the benefits of increasing one's own self-perception and confidence?

Personally?

Professionally?

DISCUSSION: PLEASE PASS THE BUTTER

Consider how people express themselves when they are angry, frustrated, or irritated. How do emotions impede one's ability to effectively communicate with others?

DISCUSSION: IT'S ALL ABOUT THE NAIL

How can one demonstrate that they understand and appreciate another person's feelings? Why is showing empathy so important to build interpersonal relationships?

DISCUSSION: MARSHMALLOW TEST

Consider a recent workplace scenario where someone let their impulse control guide their decision-making process. How did it positively or negatively affect their ability to problem solve?

DISCUSSION: THE GIRL WHO FORGOT THE WORDS

What did the leader in this video do to help the girl cope and manage her stress?
What could the girl have done on her own to manage her own stress level?

REFLECT ON THE LEARNING

The best ideas I got from today...

How these ideas apply to me personally and professionally...
