



The Emotionally Intelligent Leader

What's this about?

EI isn't an optional extra anymore – it's a critical capability for any competent leader. Leaders have an immense impact as energizers, amplifiers and emotional care-takers, on the performance, behaviour and emotions of people they lead, because a leader's patterns of thinking, feeling and behaving influence those around them.

This **1-day fast-track** seminar is an introductory module condensed from our more in-depth 2-day practise-intensive clinic *Leading with EI*. It overviews the 7 Practices of EI Leaders and paces you through selected tools and practices to cultivate connectivity and more constructive team relationships.

You'll learn how to...

- Appreciate the link between great leadership and EI
- Manage moods & use emotions more positively
- Control emotional hijacks & contain conflict, anger & hostility
- Handle defensiveness and other disruptive emotions
- Use selected EI tools to tune in & connect better with others

What we cover...

- The part EI plays in great leadership
- How feelings impact on how well we manage
- Leaders as emotional amplifiers & caretakers
- Connective leaders & the brain basis of EI
- Toxic Emotions: the damage dissonance does
- 7 Practices of EI Leaders – an overview
- Emotional hijacks and the EI triangle
- Expressing your feelings effectively
- Reading and connecting with other's feelings
- Handling hostility and provocation
- 5 Step Self-Coaching model to improve EI leadership

Is this right for you?

This 1-day fast-track option is for busy leaders who don't have time to attend our full 2-day coaching clinic but still want to get across some critical EI concepts and capabilities. It's also good if you want a quick refresher on EI or even for those who remain sceptical about the relevance of EI to leadership and want to get a taste to help make up their minds.



"The EI Leader clinic was great. All staff need to be made aware of the inter-personal issues at this level impacting on their ability to be effective leaders. Activities and group discussion helped, as did the obvious expertise of the presenter who easily engaged the audience. The final activity drove home why we need to use EI as leaders and was spot-on." Marisa Pearce – HR Manager Tablelands Regional Council

Course Features...

- Stock-take your skills with our EI Leader Quiz
- Identify some self-coaching EI action steps
- Comes with an abbreviated self-coaching guide
- Note: Retains core tools from our longer *Leading with EI* clinic but has fewer tools, practices and time for self-coaching sessions.

Course Details...

Duration: 1 day

Fees: \$495 per person – Discounts available

Locations & Dates: See our 2013 Course Calendar attached and on-line

1-day fast-track clinic for busy leaders to introduce principles & practices for effective EI Leadership