



# 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.

This program gives participants an in-depth understanding of the influence that emotions have on thoughts and actions and, ultimately, the effectiveness of the leader.



**Supervisors  
and Managers**



**EQ-i 2.0® Self-  
Assessment**



**Comprehensive  
Sustainment**

## Course Benefits

- ☑ 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.



## Utilize Emotionally Intelligent Behaviors

Leaders recognize the influence that emotions have on their thoughts and actions and develop skills that can be used to motivate and engage their teams, strengthen cooperation and increase performance.



### In-Person Instructor-Led

*Leading With Emotional Intelligence* is a one-day, skill-building workshop that begins by focusing on the EQ-i 2.0® Workplace Report. Emphasis is spent on explaining the realms, competencies within and how each affects the leader's behaviors and potential impact on individual performance. Participants then create an action plan with development strategies that can be applied to help them develop their Emotional Intelligence capabilities.



One Day



Instructor  
Certification



### Virtual Instructor-Led

*Leading With Emotional Intelligence Virtual* combines six sessions with a case study and discussion opportunities to promote thoughtful reflection and action planning to strengthen Emotional Intelligence behaviors. Participants develop their skills through peer-driven group discussions, triad role-playing and self-directed developmental activities.



Flexible  
Scheduling



Virtual  
Certification

Interested in learning more? [info@situational.com](mailto:info@situational.com) | 919.335.8763 | [situational.com](https://www.situational.com)

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