

Design: 2-4 hour sessions; highly interactive; flipped learning design

Overview of the Emotional Intelligence for Leaders Series:

Leaders today need to cultivate and use a range of styles or approaches to leading their teams: one approach no longer fits all situations or team members. Leaders who can “flex” are able to leverage the diversity of their team and achieve goals, particularly in the VUCA world we live in today. (Volatile, Uncertain, Complex, Ambiguous). Emotional Intelligence is the foundation for that flexibility and success.

Introduction to Emotional Intelligence

- Why EI matters
- Overview of the EI Competencies
- Self-Assessment and resources

The Self-Awareness EI Competency

- Why accurate self-awareness is key
- Ways to gather feedback
- Accepting and dealing with feedback

Emotional Intelligence in Practice

- Connecting EI to Values & Goals
- The Coaching Competency
- Coaching Practice

Emotionally Intelligent Leadership

- Leadership Styles Self-Assessment
- Goal-Setting for Flexibility
- Measuring Success

Mindsets for Change

- Personal Change Success Factors
- Helping Others Change
- Questions to support Change

Customization Options:

We can adjust this series to meet your business needs: frequency of sessions, length and depth of sessions, virtual or in-person format.

Sustaining the change: We strongly recommend individual or group coaching during or at least after this series to help participants embed their new practices into habit. We offer multiple combinations of coaching for sustainment.

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