



THE EMOTIONALLY EFFECTIVE LEADER WORKSHOP



COACH





# GNCC LUNCH & LEARN: MAXIMIZING EMOTIONALLY EFFECTIVE LEADERSHIP

REPORT

LESLEY CALVIN, MA CPC PCC

*Positive Forward Motion*

Lesley Calvin MA CPC PCC  Coach | Facilitator | Speaker

LesleyCalvin.ca     Lesleycalvincoaching@gmail.com

Leadership Derailers

Our energy is our currency, our emotional and behavioural self-management is our brand, personally and professionally.

To know ourselves and to hold up a mirror to our strengths, competencies, blind-spots, and triggers, as leaders of ourselves, and in the lives of others, is an investment in our professional development, in the relationships we cultivate, in the careers we pursue, and in the organizations we serve.

Embracing a Growth Mindset, learning a new framework, and increasing our mindfulness to foster and manage healthy, and positive Emotional Intelligence, in the FAST Lane© is a key and defining element of our individual and collective professionalism, and highly worth the investment of our time and resources.

Prioritizing your holistic growth and development through Coaching and Training increases the ROI of your Professional Development dollars, your professional effectiveness, and your organizational success.

*Lesley Calvin*

# MAXIMIZING EMOTIONALLY EFFECTIVE LEADERSHIP IN THE FAST LANE® OF LIFE & WORK

## Overview:

Leading others starts with the self-awareness to positively lead ourselves

## About this event

This webinar will help achieve an understanding of how our emotions shape who we are, how our triggers impact how we react and relate to others, and how to leverage mindfulness to foster a positive and emotionally effective leadership mindset in the FAST Lane® of Life and Work.

## In this webinar, we will cover:

- Self Awareness
- Positive Leadership
- Emotional Intelligence
- Emotional Self-Management

## Learning Outcomes:

- High level - Understand the role of emotional intelligence in effective leadership
- Discuss and explore the EQ-i 2.0 sub-competencies of Self-Awareness, Empathy, and Optimism in relation to areas of life, leadership, and the Workplace
- Explore strengths, triggers, and growth opportunities for managing our emotions

Presented by Lesley Calvin, Owner, Positive Forward Motion



# EMOTIONAL INTELLIGENCE SELF ASSESSMENT

Rate yourself on the EQi scale - 1 for low and 5 high

Self Regard

Self Awareness

1 2 3 4 5

Interpersonal Relationships

Empathy

1 2 3 4 5

Stress Management

Optimism

1 2 3 4 5

# ENERGY LEADERSHIP SELF ASSESSMENT



# HOT BUTTONS AND FAST LANE© TRIGGERS

## Hot Buttons:

### Fast Lane©:

- Frustrations:
- Assumptions:
- Stresses:
- Triggers:

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### Leadership Derailers

We may be at a higher risk of derailment as this score is lower than the average score on any of the subscales. Lower scores on any subscale are associated with adopting a more autocratic leadership style. Your client's team may see this as ineffective in certain situations and may not be able to sustain this leadership style. For development or refer to subscale pages in your client's report.

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## Areas of Strength

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## Areas of Development

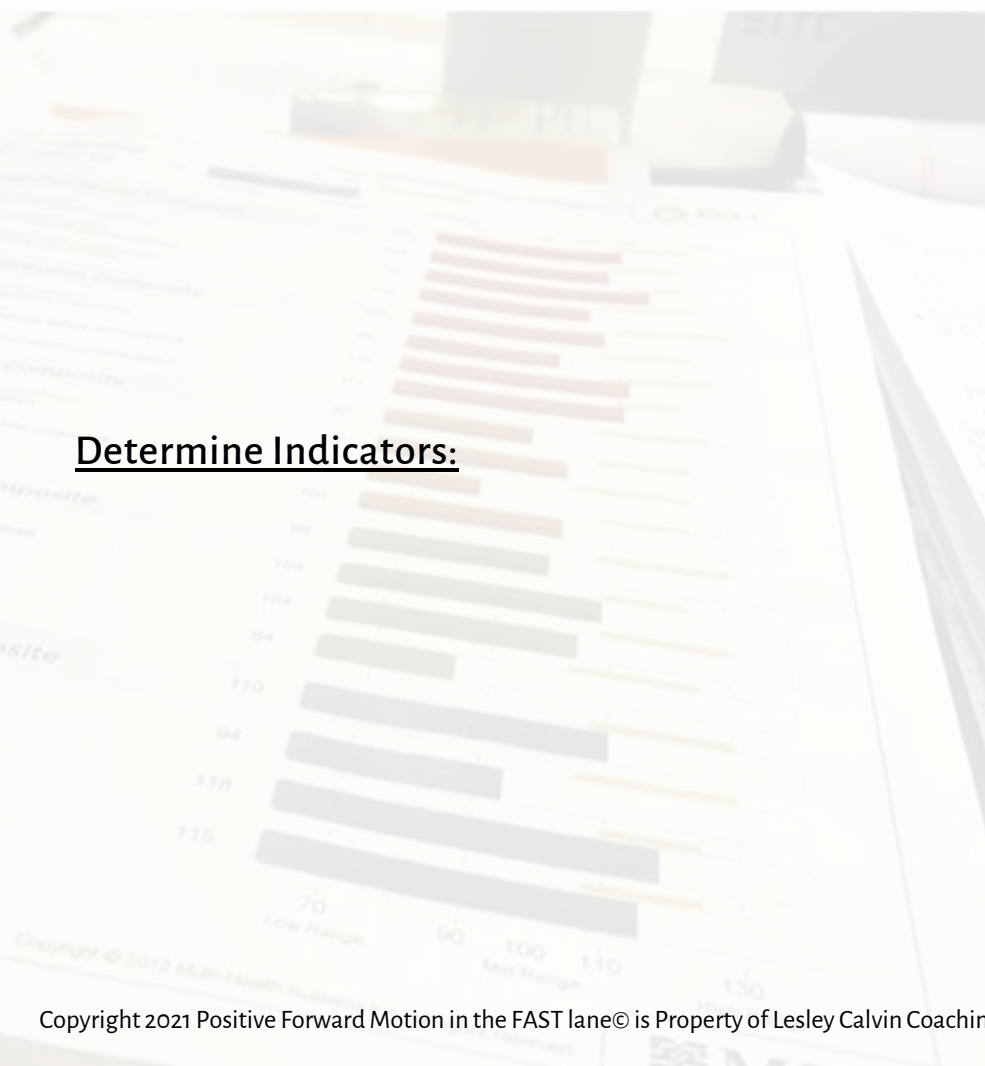


## GOALS:

Set an initial Emotional Effectiveness goal to get you in Positive Forward Motion when YOU are in the FAST Lane© of life or work

## Create Action Steps:

## Determine Indicators:





Notes:

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## Go forward steps:

- Head to LesleyCalvin.ca for FREE tips, strategies, and resources (including blog, free videos, and workbooks)
- Follow me on Instagram, LinkedIn and join my private Positive Forward Motion Facebook Group
- Take the Emotional Intelligence and The Energy Leadership Index Assessment (link available at LesleyCalvin.ca)
- Message and ask me about:
  - options to get your life, mindset, and workplace in Positive Forward Motion
  - Register for the newly launched 8-module Positive Forward Motion Mindset Online Guided Coaching Course
  - Individual, Team, or Organizations Coaching, Training, and Speaking opportunities
  - Book in for a complimentary chat at <https://calendly.com/lesleycalvincoaching/30-min-consult>

.... and remember ....

Whatever you are not changing,  
you are choosing.

*Your energy is your choice.*

The energy of your life and leadership is your choice.

To find out ALL about the *Positive Forward Motion Mindset Online Course* and to receive a *FREE 'Positive Forward Motion Mindset' video & e-workbook* head to

LesleyCalvin.ca or email  
lesleycalvincoaching@gmail.com

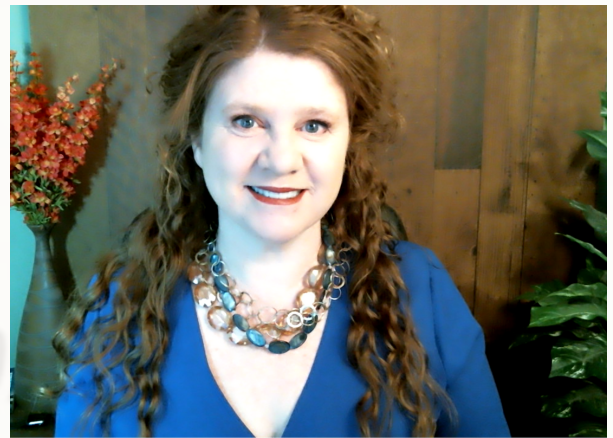
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# Bio

Lesley Calvin, MA, CPC, PCC  
Coach | Facilitator | Speaker



Lesley Calvin is a Leadership Development Consultant, Coach and Trainer, and is highly revered as an Emotional Intelligence Specialist with a warm, dynamic, and impactful approach to her coaching, facilitation and speaking engagements.

As a former Administrator and Leader of People & Departments, Lesley has dedicated almost two decades in her passion-driven career, to the personal, professional and leadership development of individuals and organizations, with the mission of furthering Positive Forward Motion in the \*FAST Lane© by addressing the ultimate triple bottom line (Personal, Interpersonal and Professional success) in order to fuel productivity, increase buy-in and drive results. Lesley is known for building high-performance individuals, teams, and programming.

Lesley Calvin is one of few Leadership Development Master Practitioners with the expertise and certification to administer and facilitate both the Energy Leadership Index (ELI) Assessment and the Emotional Intelligence Assessment (EQi-2.0) both recognized by Forbes in their top 10 as must take assessments for Professionals/Leaders. With her unique and specialized approach, Lesley works with individuals and teams to identify strengths, triggers, and development areas, in to deliver elevated results, fuel positivity, and foster engagement.

Working with individuals and organizations looking to increase their leadership capacity is her niche. Building emotionally-intelligent high performing skilled professionals, leaders, and organizations is her mission. Fostering awareness of self and others, optimizing individual and collective Emotional Intelligence, and increasing adaptability and tolerance in times of change, and stress is her deliverable.

With a Masters degree in Organizational Leadership (MAOL), Designation as a Certified Professional, Leadership and Transition Coach (CPC), a PCC professional accreditation by the International Coaching Federation (ICF), and an immeasurable passion for personal, professional and leadership development, Lesley Calvin has led countless individuals to understand themselves deeper, build confidence, and healthy assertiveness, as well as develop a framework for stress management and emotional self-regulation in the busyness and stress of life and work.

Lesley's Coaching and Training approach is rooted in positive psychology and aims to support the healthy development of the balance between self and others, personal and professional and, work and life. Lesley takes pride to ensure anyone investing their precious time in her, leaves feeling supported, that they have added to their leadership and emotional Intelligence toolkit, literally and metaphorically, and feels confident about next steps and stretch goals.

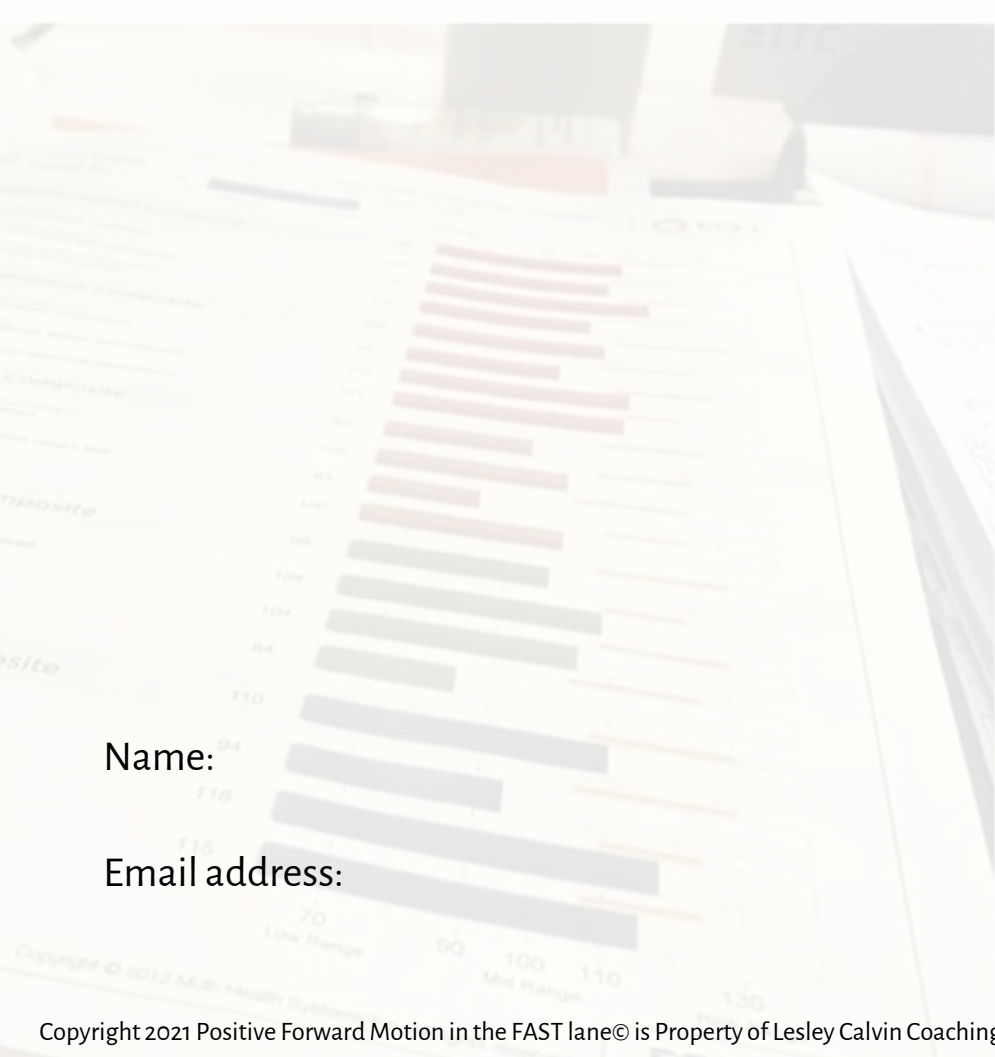
Her authentic, dynamic, and engaging delivery style leaves you wanting to sign up for her next workshop, coaching session, or keynote before you're finished the one you are in!

# Testimonial or Key Take-Away:

Please leave me your key takeaway(s) or a testimonial for a chance to win a free Emotional Intelligence EQ-i 2.0 Assessment and 60 Min Coaching Debrief.

One winner every workshop - those are great odds!!

Simply take a photo of this page, post on social media and tag me, or email me your submission for your chance to win!



Name:

Email address: