

EMOTIONAL INTELLIGENCE (EI)



ThriveWise
SOLUTIONS LLC

DOES YOUR EI NEED IMPROVEMENT?

Emotional Intelligence (EI) is the ability to manage both your own emotions and understand the emotions of people around you.

Emotional Intelligence has 12 elements within 4 domains. Leaders need to develop a balance of strengths across the suite of "EI" competencies.

A part of any aspiring leader's development priorities

WORKSHOP DETAILS

Target audience

- Any leader

Time investment

- 2 hour workshop
- ~30 minutes pre-work / assessment
- 4 personal coaching sessions

Workshop format

- Live classroom
- Virtual classroom

Workshop features




- Optional e-360 feedback and personalized report
- Overview of the EI competencies and impact on leadership style
- Focused session on learning about EI and personalized coaching to enhance EI competencies




LEARNING OBJECTIVES

Workshop participants will ...

- Understand, based on Daniel Goleman's writing and research, the EQ theory comprises five core components: empathy, effective communication or social skills, self-awareness, self-regulation, and motivation.
- Focus on emotional intelligence in the workplace, which is comprised of four domains and twelve EI competencies, that when utilized properly, allow outstanding performance at work or as a leader
- Define how each EI competency can be assessed and developed through 360 feedback, actionable plans, and personalized coaching.
- Develop specific action plans to enhance interactions as leaders with peers and direct reports



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