

DEVELOPING YOUR EMOTIONAL INTELLIGENCE SKILLS

Learning to Leverage Emotions

Do you want better data about your employees, clients, customers and teams? Do you want to make better decisions? Do you want to be a leader who creates positive work cultures where people do their best work? If so, developing your emotional intelligence skills can help you achieve these goals.

Emotions are flowing throughout your organization and impact everything you do, how you think, and how you make decisions - whether you are aware of them or not. Be more in tune with how you and others around you are really doing by participating in our newly designed *Developing Your Emotional Intelligence Skills* course.

This course will help you understand, evaluate and utilize your emotional intelligence skills to achieve better outcomes and build stronger relationships. In this course, participants explore the four essential hard skills of emotional intelligence, develop the skills to accurately read people, and create optimal environments to get things done. Throughout the course, you'll engage in dialogue that opens the door to leveraging emotions to reach your most important goals – all while being an effective and caring colleague.

Developed in partnership with:



OUTCOMES

- Develop stronger connections with others while enhancing working relationships.
- Increase your ability to leverage emotions to solve complex challenges.
- Accomplish tasks by setting the right tone.

YOU WILL

- Learn to accurately map your emotions and the emotions of others.
- Learn to match emotions to tasks to work more effectively and efficiently.
- Learn strategies to effectively manage your own and the emotions of others to prevent and work through challenging situations.

ABOUT THE AUTHOR



DAVID R. CARUSO, PH.D.

- *Founder of the Emotional Intelligence Skills Group.*
- *Co-author of the Mayer, Salovey, Caruso Emotional Intelligence Test (MSCEIT).*
- *Co-author of The Leader's Guide to Solving Challenges with Emotional Intelligence.*



LISA T. REES, PCC, MPA.

- *Owner of LRT Leadership.*
- *Co-author of The Leader's Guide to Solving Challenges with Emotional Intelligence.*
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COURSE OUTLINE

DAY 1 LEADERS LEVERAGE EMOTIONS	DAY 2 MAP AND MATCH	DAY 3 MEANING AND MOVE	DAY 4 THE EI BLUEPRINT	DAY 5 CAPSTONE EVENT
<ul style="list-style-type: none"> • EI vs. EQ • Emotionally Intelligent Leaders Leverage Emotions • Your Thoughts On Emotions • Are You Emotionally Intelligent? 	<ul style="list-style-type: none"> • How Did it Go? • Mapping Your Emotions • The First Ability of Emotional Intelligence - Map Emotions • Matching Emotions • Matching the Mood of Task at Hand 	<ul style="list-style-type: none"> • How Did it Go? • The Meaning of Emotions • Understanding the Root Cause of Emotions • Understanding Emotions at Your Organization • Strategies for Moving Emotions 	<ul style="list-style-type: none"> • Preparing to Complete the Emotional Intelligence Blueprint • The EI Blueprint for a Current Challenge • What Can You Apply? 	<ul style="list-style-type: none"> • Live Event