



## **EQ, The Hidden Advantage Workshop** *A Leaders' Guide to Increasing Influence & Impact*

8 Hour Delivery Format

### **Overview:**

Emotional Intelligence describes our ability to perceive, assess and manage our emotions and interpersonal interactions in order to maximize our influence and impact. In this full-day workshop, participants are provided with the opportunity to evaluate their current level of EQ competence while also exploring a wide range of methods for increasing their capacity to lead and influence in all of their relationships both in and out of the workplace. Additionally, the program provides a meaningful framework for self-reflection and exploration. The program includes all materials and assessments including the on-line EI Style Profile, The Leadership Trust Inventory and the EQ Competency Map.

### **Morning Segment Core Contents:**

- Creating a Context – Building an EQ Framework
- Examining the History of EQ
- Exploring the Leadership Excellence Link
- Building the Business Case For EQ
- Discovering the Authenticity Link
- Exploring the Four Dimensions of the EI Style Profile
- Making Sense of Your Feedback Report

### **Morning Segment Learning Objectives:**

- Create a baseline of understanding the power of EQ
- Explore the evolution of EQ with emphasis on current research
- Build clarity around the critical link to leadership success
- Provide insight into the business impact of EQ
- Examine the correlation between high EQ and authenticity
- Create a context for understanding the EI Style Profile development dimensions
- Provide insight into current capacity and related development opportunities

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### **Afternoon Segment Core Contents:**

- Exploring the Power of Trust
- Understanding the Heart – Head Connection
- Building Your EQ Capacity
- Finding Your True North
- Creating Your Contract for Change
- Defining Obstacles & Solutions
- Applying What You've Learned with Q &A

### **Afternoon Segment Learning Objectives:**

- Explore the critical link between EQ and trust
- Gain insight into the power and impact of heart intelligence
- Learn and practice techniques for increasing EQ capacity
- Examine a framework for unlocking your full leadership potential
- Develop a specific action plan for building EQ competence
- Explore obstacles to achieving success
- Identify meaningful short-term strategies for building momentum

### **Key Features & Benefits:**

- Hands-on and highly interactive delivery format
- Proven process, learning methodology and support resources that produce results
- Innovative program linkage process that enhances long-term skill application
- Post project debrief with leadership roadmap featuring 6 and 12 month action plan
- Delivered by nationally recognized author, trainer and consultant with 25 years of experience

### **Required Pre-Work:**

- EI Style Profile