

## **WORKSHOP – EMOTIONAL INTELLIGENCE**

### **Purpose/Overview:**

The intent of this one-day workshop is to provide participants with an understanding of the concepts and applications of Emotional Intelligence [EI] and particularly, how EI relates to successful leadership. The workshop will focus on the role of emotions in the workplace, and how successful leaders can increase their awareness of and abilities to effectively manage and utilize the emotional capacities both within themselves and the people that they lead to create safe, effective, and productive workplaces. Specific topics to be covered will include:

- The nature and origins of Emotional Intelligence [EI]
- The role of emotions in the workplace and in the accomplishment of successful organizational outcomes
- The linkages between EI and leadership
- An examination of leadership success and 'derailment' factors as influenced by EI
- Understanding our own EI strengths and developmental areas
- Learning how to lead both oneself and others successfully with an increased awareness of, appreciation for, and capacity to effectively manage and utilize emotions in the workplace

The workshop will include theory presentations built around the core concepts, applications and best practices of Emotional Intelligence. Participants will also complete an on-line EI self-assessment prior to participation in the workshop. As well there will be group discussions, and experiential exercises that will assist participants in testing and acquiring both knowledge and skills relating to EI and leadership.

### **Learning Outcomes:**

Participants will:

- Understand the role of emotions in organizations

- Develop specific skills to recognize, acknowledge, and effectively manage emotion in themselves and others
- Understand the relation between effective self-management and successful leadership
- Understand the role that EI can play in creating the kind of work environment that will maximize employee engagement and productivity, increase employee retention, and sustain healthy outcomes for both individuals and the organization.

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