



# Leading with Emotional Intelligence (EQ)

*How to enhance your leadership and management effectiveness by engaging 15 key EQ skills and competencies.*

**Register for  
an Upcoming  
Session:**

October 15 - 17, 2018  
April 1 - 3, 2019

## Our Participants Say it Best:

*"Leading with Emotional Intelligence is a valuable learning experience – whether you are just starting your career, or if you want to take it to the next level. The dynamic and engaging instructor gives real-life, valuable tools to use in everyday life."*

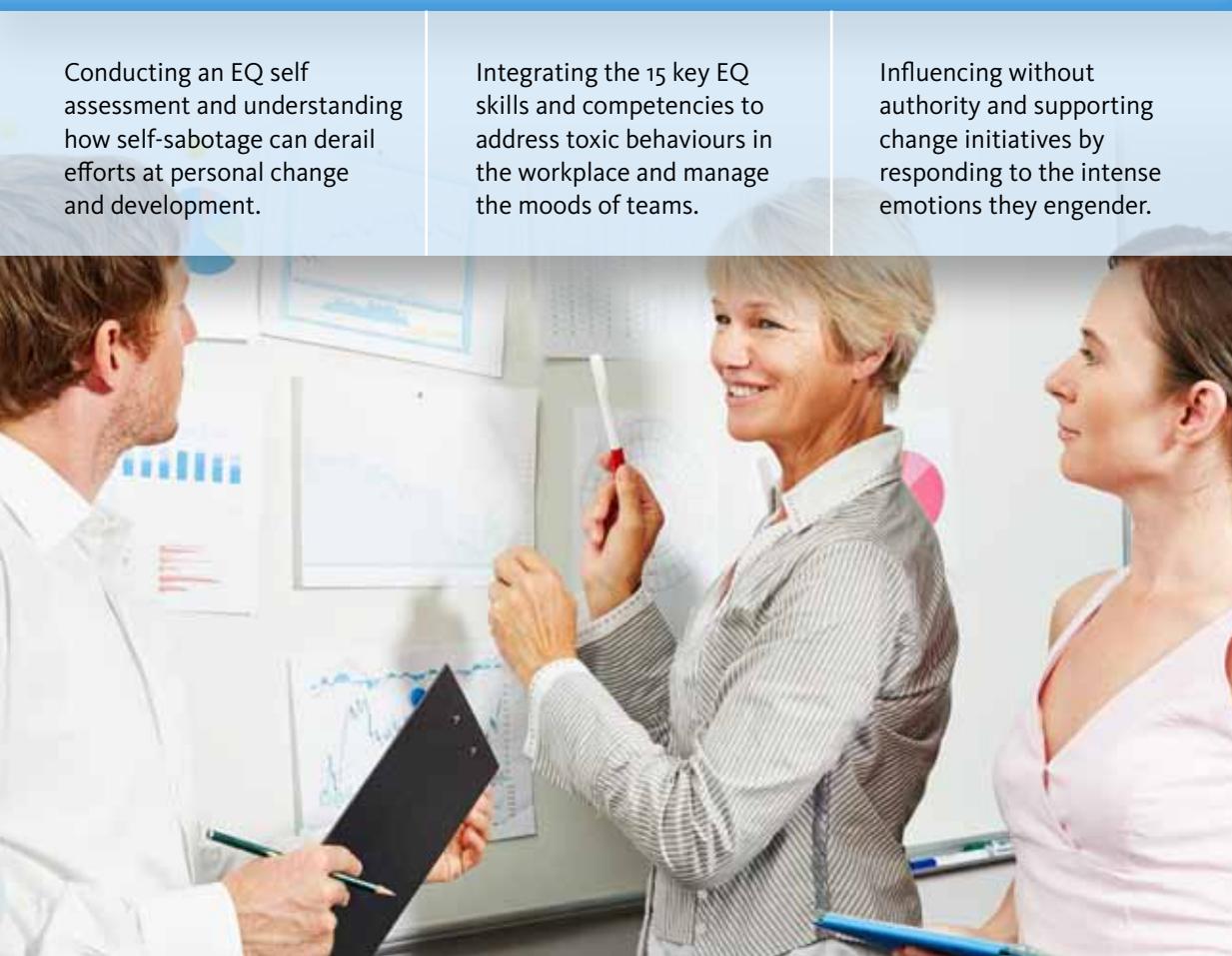
P. Yule, Radiation Protection Manager, Canadian Nuclear Laboratories

*"This course is great to gain top leadership skills. The materials thoroughly engaged participants with the EQ materials to be a successful leader."*

J. Macumber, Vice President of Asset Management Strategy, Enersource

*"Without a doubt, this eye-opening course has given me the tools and new-found abilities to achieve greater results not only in my business practices but also in the journey of my life."*

M. Khan, Service Owner, CIBC



21 PDU\*



21 CPD

**Register Today / Complete Details**

<http://seec.online/11871>



**Schulich**  
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# Leading with Emotional Intelligence (EQ)

**Maximize your leadership effectiveness and management influence using advanced EQ techniques.**

Create a customized development plan for leadership growth

Emotional Intelligence refers to **a set of emotional and social skills and competencies** that influence the way we **perceive** and **express** ourselves, **develop** and **maintain** social relationships, **cope** with challenges, and **use** the information in emotions in effective and meaningful ways. This program explores how you can **leverage 15 EQ competencies and apply current EQ tools and techniques to enhance performance and productivity in your organization**. You will learn how to increase your leadership capacity and overall performance by benchmarking, leveraging and setting plans for intentionally developing your EQ.

## Top Take-Aways

1. Complete the five stages towards assessment, strategic engagement and **targeted development of your own EQ** to more effectively address your workplace challenges
2. Define the **critical role of your EQ** in today's increasingly complex and changing working relationships
3. Assess why emotional competencies are **"essential capabilities"** for anyone who manages or leads
4. Conduct a self-assessment to pinpoint your EQ management strengths and growth edges then **create a customized development plan**
5. Learn how to engage EQ skill and competency practices to **achieve dramatic improvements in employee attitude and performance levels**

## Why Attend?

"EQ significantly impacts the bottom line. Our research study found that 48% of the skill set that contributes to outstanding leadership and management performance is comprised of EQ skills and competencies."

– MHS Study

Master the **five skill stages** to develop your EQ and the emotional competencies of your staff:

1. Setting the stage – understanding EQ
2. Self awareness and self management competencies
3. Putting the power of EQ into coaching, collaboration and positive influence
4. Strategic leadership – applying EQ to address your workplace challenges
5. Moving forward – setting clear action plans for ongoing EQ engagement

## Overview of Learning

### Stage 1: Setting the Stage: Understanding EQ in Yourself and Workplace

Emotional Intelligence is not just about managing emotions: it involves engaging a distinct combination of emotional, personal and interpersonal skills and competencies that are essential to your leadership and management success. This module anchors the concept of EQ with a detailed assessment of your EQ strengths and opportunities for growth.

#### Learning Topics Include:

- Defining the 15 key EQ capabilities of outstanding leaders
- Conducting a scientifically-based emotional intelligence self assessment
- Understanding how you sabotage your own best efforts at personal change
- Conducting Your EQ Self Assessment
- A highlight of this program is applying the premiere EQ assessment tool to identify your personal leadership strengths and development areas.

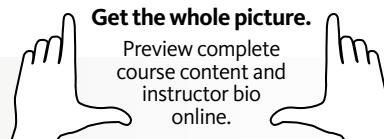
### Stage 2: Self Awareness and Self Management Competencies

How well we understand ourselves is the basis of successful self management. This module teaches emotional self awareness, so you can choose effective leadership behaviours to benefit yourself, individuals you work with, and the organization as a whole.

#### Learning Topics Include:

- Developing advanced awareness of your EQ strengths and growth edges
- Evaluating specific applications of EQ to success in your career – and where to best focus your energy

*Continues online*



**Get the whole picture.**

Preview complete course content and instructor bio online.

**Complete Details / Register Today**

<http://seec.online/11871>



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