

# Unlocking Emotional Intelligence (EI) for Effective Leadership

In today's dynamic and rapidly changing world, effective leadership goes beyond just technical expertise. It requires a profound understanding and application of Emotional Intelligence (EI). Emotional Intelligence, often abbreviated as EI or EQ (Emotional Quotient), encompasses the ability to recognize, understand, and manage both our own emotions and those of others.

This webinar is designed to delve into the critical role of Emotional Intelligence in leadership effectiveness. Participants will gain insights into how EI impacts leadership success and learn practical strategies to enhance their EI skills for better decision-making, team collaboration, and overall performance.

## Learning Objectives

- Gain insight into what emotional intelligence entails
- Learn about the five key components of emotional intelligence
- 5 steps to manage difficult conversations with emotional intelligence

## Content Outline

### Emotional Intelligence (EI) for Leadership Excellence

- Traits of Empathetic Leadership

### Developing the 5 Key Components of Emotional Intelligence

- Self-Awareness
- Self-Regulation
- Motivation
- Empathy
- Interpersonal Skills

### 5 Steps to Manage Difficult Conversations with Emotional Intelligence

- Assess Your Emotions
- Apply Active Listening
- Express Yourself Clearly
- Seek Solutions
- Review & Reflect