



The Core of Leadership

Program Outline

Overview

In this program we start with Self Awareness as the cornerstone of emotional intelligence. We then explore the other 3 attributes of the emotionally intelligent leader, namely, Self Management, Social Awareness and Relationship Management.

It is these elements that are essential for building and managing relationships, driving success and developing one's position as an authentic leader.

Topics

- Exercise – Famous leaders
- What is 'Emotional Intelligence'
- The EI Framework
- Self awareness - Core Beliefs and Personal Values
- EI in Action – Film excerpts and exercise
- Self Management
- Self Management in Action – Film Excerpt

Outcomes

- Greater awareness of own core beliefs and values
- Understanding of how current habits and behaviours impact others
- Enhanced ability to control emotions and select more appropriate behaviours in stressful situations
- Build stronger internal and stakeholder relationships

Duration

1 day