

## **Building Your EI Capacity**

*A leader's guide to increasing influence and impact*

### **Overview:**

EI, also known as 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 highly interactive webinar, participants are provided with the opportunity to evaluate their current level of EI 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. The program includes all materials and assessments including the EI Insights Inventory.

### **Core Contents:**

1. Creating a Context – Building an EI Framework
2. Examining the History of EI
3. Exploring the Leadership Excellence Link
4. Assessing Your Current Capacity - *EI Insights Inventory*
5. Understanding the link between Self-regulation and Influence
6. Building Your EI Capacity – *Listening Habits & Values Clarity* skill builders
7. Defining Obstacles & Solutions
8. Applying What You've Learned

### **Learning Objectives:**

1. Create a baseline of understanding the power of EI
2. Explore the evolution of EI with emphasis on current research
3. Build clarity around the critical link to leadership success
4. Provide insight into current capacity and related development opportunities
5. Explore the critical link between self-regulation and influence
6. Learn and practice techniques for increasing EI capacity
7. Explore obstacles to achieving success
8. Build a roadmap for further development