

# LEADERSHIP DEVELOPMENT WORKSHOP: EI: A GAME CHANGER FOR WOMEN'S LEADERSHIP

Emotional Intelligence (EI) is an individual's ability to recognize, understand and manage their feelings and those of others. The key for women is to utilize this awareness to communicate one's emotions effectively while interpreting and responding to others. Both personal and professional success can be enhanced through strong EI.

Women are unique and have personal power that they are not always conscious of. Emotions guide all we do; learn the power of harnessing your EI to enrich your life and leadership skills.

**Duration:** 3 Hour Session

*All workshops can be customized to 90 min, half day, full day, multi-day and lunch N' Learn formats.*

## What Participants Learn:

- Introduction to Emotional Intelligence (EI) and the science behind it
- Explore the areas where women have higher EI and can harness and leverage it
- Review several self-awareness key strategies to strengthen women's EI

## Marshall Connects Workshops

Strong leadership development inspires high performance standards and mobilizes a commitment to the organizations vision, mission, and values. Leadership development is essential to promote ongoing learning and increase employee performance to enhance overall organization productivity. Possessing high emotional Intelligence is a key element of leadership development. Successful leaders have the ability to understand their

emotions and those of others with a high degree of empathy. Effective leaders are not only empathetic, they are self-aware, able to self-regulate, are highly motivated and have impeccable social skills. Learning the elements of emotional intelligence specific to leadership is vital to leading strong teams and highly engaged employees.

