



*Expand your skills, invest in your team!*

## Leading Teams with Emotional Intelligence

**Date & Time:** March 8, 2023 at 8:30am to 11:30am

**Cost:** \$245 for this workshop (There are 3 more virtual workshops. Register for more than one and receive a discount for \$465 for two; \$680 for three; \$895 for all four virtual workshops)

**Location:** Virtual/Zoom

**Description:** In Leading Teams with Emotional Intelligence, participants will discover how their advanced emotional intelligence pertains to them as professionals, how they can begin to apply it to enhance their leadership capabilities, and how their leadership impacts their teams and organization.

Participants will learn extensively about the four dimensions of transformational leadership and the underlying aspects emotional intelligence plays in leading teams. The learners will refresh and practice applying their EI skills in discussions, role-plays, and demonstrations.

The workshop will not only address how emotional intelligence impacts their leadership and dive deeper into the importance of balancing one's EQ levels to maximize leadership potential. During this module, participants will be faced with activities where they need to identify how leaders are viewed by their subordinates when an imbalance of competencies is present and then apply what they have learned to focus on balancing their own EQ levels.

### **Learning Objectives:**

- Describe what transformational leadership means and identify how emotional intelligence skills fuel each of the four transformational leadership dimensions.
- Identify and understand how emotional intelligence aspects lead to derailing behaviors and learn how to stop their leadership style from being passive or avoidant.
- Gain awareness of the importance of balancing their emotional intelligence and the competencies that may need some balancing support.

***To register go to [sou.edu/professional](https://sou.edu/professional)***





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**About the Presenter:** Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm. She is a certified Emotional Intelligence and Leadership Development Expert, professional speaker, and University Professor. Carolyn’s emotional intelligence courses and modules have been adopted by top universities in North America. She has also provided comprehensive training programs to business leaders across the continent in highly regarded corporations encompassing industries such as technology, finance, manufacturing, advertising, education, healthcare, government, and foodservice. Carolyn lives and works in Vancouver, British Columbia. [www.carolynstern.com](http://www.carolynstern.com) [www.eiexperience.com](http://www.eiexperience.com)

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