

## Leading with Emotional Intelligence

Horizon Point Consulting, Inc.

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Research shows that individuals with high emotional intelligence are more successful. In both their personal and professional lives. By gaining insight into the relationship between emotional intelligence and effective leadership, leaders can understand how to better connect with employees and understand how to build successful relationships.

In this workshop participants will:

- Explore the four skills of emotional intelligence and how each skill impacts overall emotional intelligence
- Discuss research and data around why emotional intelligence is important in leadership and the impact it can have on an organization
- Assess and examine their emotional quotient
- Discuss strategies to improve emotional intelligence and increase their emotional quotient

The course follows an interactive format that caters to various learning styles and includes behavioral-based application and action planning. The workshop can be facilitated in half-day or full-day sessions.

