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## Emotional Intelligence and Success: An Intensive Primer for Leadership-Minded PM's

Emotional intelligence (EI) and strong leadership go hand-in-hand. Now, more than ever, organizations need leaders capable of effectively managing a team in an environment earmarked by change. Our complex business and economic landscapes call for a comprehensive understanding of behavior. This is why leadership-minded PMs are looking to enhance their soft skills and build EI.

The human element brings unforeseen challenges that can hinder the progress of a project at any turn. EI greatly reduces these challenges by creating a framework for increasing self-awareness and gaining an understanding of each team member's strengths and weaknesses for more effective communication and execution. It is an absolutely essential component of strong project leadership. Without the ability to motivate and engage team members, even the most practiced and detail-minded leader will fail.

"Emotional Intelligence and Success: An Intensive Primer for Leadership-Minded PM's" is a one-day workshop led by Karen Tate, MBA, PMP. She draws upon her proven leadership abilities and vast experience in the discipline to offer practical insights on building emotional intelligence and utilizing it on a daily basis for improvements in every area of life. Karen is the founder and president of The Griffin Tate Group, and co-author of the PMI® best-sellers: *Project Management Memory Jogger™*, and *The Advanced Project Management Memory Jogger™*. She served on the Project Management Institute's International Board of Directors for six years.

### Workshop Takeaways

Participants will learn the critical components of EI and how they can be applied to improve social skills and social awareness to build solid relationships with project team members and key stakeholders, thereby strengthening project leadership effectiveness. This includes:

1. Identifying thinking styles and leadership styles and understanding their impact on the overall climate.
2. Understanding the elements of EI and why they are important for improved leadership.
3. Assessing individual emotional intelligence for greater self-awareness.
4. Learning practical tools, techniques, and skills to communicate, listen, and confront for improving EI.

### Workshop Agenda

- Introduction/attributes of good leaders
- Defining EI (interactive quiz)
- Characteristics of high EI and of an EI deficit
- Build out: The six leadership styles
- EI domains and competencies (self-awareness, self-management, social awareness and social skills)
- Emotional hijacking/out-of-control emotions
- Skills and techniques utilized in EI domains
- Exercises for improving EI
- And more,,,