

# Leading & Managing with Emotional Intelligence



TEXAS A&M UNIVERSITY  
Engineering



Texas A&M Engineering  
Experiment Station

## Why today's leaders need EQ more than ever?

Research shows that Emotional Intelligence can be twice as important as IQ and technical skills in determining who will become a top performer. Enhancing Emotional Intelligence (EI or EQ) skills can have a transformative impact on you as a leader – and can transform your other life roles as well. This workshop explores the concept of Emotional Intelligence and its application organizationally, as well as personally. We will discuss how Emotional Intelligence can be used for leadership development, personal development, career development, and workplace planning and building high-performance teams. Unlike IQ, EQ can be learned, developed and improved with well-designed development programs, feedback and coaching through a cluster of skills and competencies that has a great effect on leadership effectiveness.

## Course outline

### Pre-Workshop

- EQ-I 2.0 Online Assessment

### Day 1

- Emotional Intelligence Model
- Neuroscience
- EQ-I 2.0 Assessment Debrief
- Emotions
- Self-Awareness
- Mindfulness
- Team Dynamics

### Day 2

- Self-Management
- Stress Management
- Social-Awareness
- Communication
- Empathy

### Pre-Workshop

- An hour one-on-one coaching

## Benefits to the organization

- Improve your performance by strengthening your management skills
- Manage your team, your boss, and your colleagues more effectively
- Develop a management style that suits your unique personality
- Handle difficult management situations with greater certainty in your decisions

## Who should attend?

Professionals who wish to develop and enhance their intra and interpersonal skills to maximize their performance as well as personal and business success by increasing emotion management and self-understanding through EI skills.

## Delivery method

Face-to-face, 16-hour module

## Education Credits

1.6 Continuing Education Units (CEU)  
16 Professional Development Units (PDU)

## Outcomes

### Participants will:

- Increase your strength and flexibility as an influential leader
- Connect and engage with greater confidence and presence
- Lead with greater purpose and proactivity
- Gain key awareness and influence abilities
- Greater happiness and well-being

### Organizations will:

- Increase productivity
- Lower attrition rates
- Retain talented people
- Improve working culture
- Gain greater buy-in and proactive attitudes

**Find an offering near you!**