



The essential leadership skillset for  
2020 and beyond



**LEADING WITH EMOTIONAL  
INTELLIGENCE**

**#eiromania**

## WHAT IS IT?

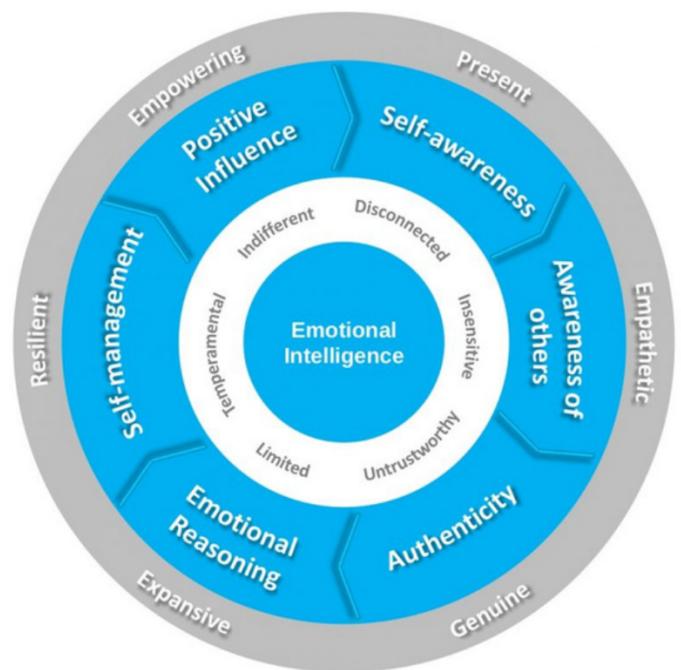
Leading with emotional intelligence is a virtual facilitator-led leadership learning program, based on emotional intelligence and social neuroscience, that boosts essential leadership skills for 2020 and beyond: Self-awareness, Empathy, Authenticity, Well-being, Influence.

Is a complete and modular programme, offering a mix of training, feedback and coaching solutions for teams and individuals – covering all aspects of an EI leader - the authentic leader, the emotionally intelligent leader, the expansive leader, the aware leader, the resilient leader and the empowering leader

## THE EMOTIONALLY INTELLIGENT LEADER

### Module 1

- Explore the social neuroscience of emotions
- Determine the link between emotions, decision making, behaviour and performance
- Review the importance of emotionally intelligent leadership behaviour for your leadership context
- Receive feedback on how well you demonstrate emotionally intelligent leadership behaviour
- Develop a point in time, context-specific action plant



# THE AWARE LEADER

## Module 2

- Develop self-awareness, a better understanding of yourself, your triggers and default behaviours
- Enhance your understanding of others and how to flex your leadership style to better connect, communicate and influence different personality types
- Learn about the social neuroscience of empathy and how to demonstrate more empathy in your leadership and management of others



# THE AUTHENTIC LEADER

## Module 3

- Create a culture of open, robust, healthy debate
- Respond effectively when challenged
- Express your thoughts, feelings and perspectives with confidence and finesse
- Better manage performance related issues through clear, authentic and open dialogue



# THE EXPANSIVE LEADER

## Module 4

- Explore the science of emotional reasoning and how it trumps IQ in leading transformational change
- Develop the skills and behaviours associated with emotional reasoning to improve how you:
  - explain the rationale behind decisions made
  - involve team members in decisions that affect their work
  - support team members to navigate through change and transition
  - take the bigger picture into account when decision-making
  - make more ethical decisions.



# THE RESILIENT LEADER

## Module 5

- Explore the science of stress and resilience
- Understand the responsibilities leaders have to create a mentally healthy workplace environment for others
- Identify different Thinking, Physical, Relationship and Environmental strategies to boost your own resilience and that of your team
- Enhance your capacity to positively influence the way others feel



# THE EMPOWERING LEADER

## Module 6

- Explore the science of human motivation and engagement.
- Apply a model for improving the motivation and engagement of your team
- Provide more constructive feedback on behaviour and performance
- Better facilitate team member development and career advancement discussions



## PROGRAMME STRUCTURE

- ✓ There will be 6 interactive, facilitator-led sessions in total (one session per week)
- ✓ Each session lasts one hour and a half, with further individual and pair assignments in between the online sessions
- ✓ Recordings will be made available for any participant who could not attend at the scheduled time



# VIRTUAL FACILITATOR-LED LEARNING DESIGN PRINCIPLES

- ✓ VILT modules have a facilitator to ensure consistent engagement with participants
- ✓ Participants are not passive, modules are experiential and use the full functionality of the video conference platform to ensure participant interaction. This includes breakout rooms, chat, Q&A, polls, whiteboards, pointing, highlighting, participant discussion and word clouding.
- ✓ Small group work in breakout rooms creates involvement and ownership
- ✓ Prework, workbook and collateral artefacts are integrated into the modules
- ✓ For best participant experience a minimum of 8 and maximum of 26 participants is recommended

## HOW MUCH IS IT?

One to one experience: 650 Euro + VAT/ person (includes a Leadership EI assessment)

Group experience: 2-5 participants: 30% discount/person;

More than 5 participants: 50% discount/person

## CONTACT

Book your place now at [contact@eiromania.com](mailto:contact@eiromania.com)

Ask any questions directly from the workshop facilitator,  
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