



LEADING WITH EMOTIONAL INTELLIGENCE
with Brenda Bailey-Hughes
\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

LEADING WITH EMOTIONAL INTELLIGENCE

Enhancing your emotional intelligence is crucial for achieving success at any stage of life or in your career. It empowers you not only to navigate your own emotions but also to connect with others on a deeper level, making you a more effective leader, mentor, and coach.

In this program, Brenda Bailey-Hughes clearly defines emotional intelligence, delving into its various components and exploring how it can significantly impact your ability to manage your emotions and foster stronger, more meaningful relationships.

Participants will engage in various activities and discussions to appreciate and understand different perspectives, which is essential in today's diverse work environments. They will learn to balance empathy with accountability, enabling support for others while maintaining high standards for themselves. Active listening will be emphasized to help fully understand and respond to the needs of those around them. Additionally, you'll learn to respond effectively to verbal and nonverbal cues, enhancing your communication skills and building rapport with colleagues, clients, and friends.

This program provides the tools to boost your emotional intelligence and overall effectiveness in both personal and professional settings.

BRENDA BAILEY-HUGHES

Brenda Bailey-Hughes, MA, is an award-winning faculty member at the Kelley School of Business where she teaches business communication and leadership courses. Prior to joining the Kelley School, Brenda spent nearly a decade in human resources specializing in managerial training, mediation, and organizational development. She is a sought-after speaker and coach who frequently presents at conferences on over a dozen topics including influence, powerful presentations, leadership through the lens of emotional intelligence, customer service, and change strategies for personal growth.

TOPICS COVERED

FOUNDATIONS OF EMOTIONAL INTELLIGENCE

UNDERSTAND THE FOUR COMPONENTS: SELF-AWARENESS, SELF-MANAGEMENT, SOCIAL AWARENESS, AND RELATIONSHIP MANAGEMENT.

RECOGNIZE HOW EMOTIONAL INTELLIGENCE IMPACTS LEADERSHIP AND WORKPLACE DYNAMICS.

IDENTIFY STRATEGIES TO ENHANCE EMOTIONAL INTELLIGENCE FOR PERSONAL AND PROFESSIONAL SUCCESS.

SELF-AWARENESS AND SELF-MANAGEMENT

DEVELOP AWARENESS OF EMOTIONAL TRIGGERS AND THEIR INFLUENCE ON DECISION-MAKING.

LEARN TECHNIQUES TO REGULATE EMOTIONS AND MAINTAIN COMPOSURE UNDER STRESS.

CULTIVATE RESILIENCE AND ADAPTABILITY TO NAVIGATE CHALLENGES EFFECTIVELY.

EMPATHY

STRENGTHEN ACTIVE LISTENING SKILLS TO IMPROVE COMMUNICATION AND TRUST.

RECOGNIZE AND INTERPRET VERBAL AND NONVERBAL EMOTIONAL CUES.

FOSTER EMPATHY TO UNDERSTAND AND CONNECT WITH DIVERSE PERSPECTIVES.

BUILDING STRONG RELATIONSHIPS THROUGH EMOTIONAL INTELLIGENCE

BALANCE EMPATHY WITH ACCOUNTABILITY TO CREATE HIGH-PERFORMING TEAMS.

MANAGE DIFFICULT CONVERSATIONS AND CONFLICTS WITH EMOTIONAL INTELLIGENCE.

BUILD LASTING PROFESSIONAL RELATIONSHIPS THROUGH TRUST AND AUTHENTICITY.

APPLYING EMOTIONAL INTELLIGENCE FOR LEADERSHIP SUCCESS

LEVERAGE EMOTIONAL INTELLIGENCE TO INSPIRE AND MOTIVATE OTHERS.

DEVELOP AN EMOTIONALLY INTELLIGENT TEAM CULTURE.

IMPLEMENT DAILY PRACTICES TO ENHANCE EMOTIONAL INTELLIGENCE OVER TIME.

FOR REGISTRATION PLEASE CONTACT: **Mark Jesty** - IMS Regional Director - Toronto
Phone: +1 (905) 449-8787 Email: toronto@ims-online.com Website:
<https://ims-online.com/leadership-development/Toronto/26>