

These LXs can be customized to allow participants to consider and evolve their leadership habits and style to both personal and professional situations. This workshop emphasizes how to understand and enhance emotional intelligence and personal effectiveness. This LX includes pre-work that involves EQ testing and 360-degree personality feedback. Individual debriefs and coaching are available before and after the LX. The following topics can be included:

- Emotional intelligence
 - Defining emotional intelligence and why it must become a primary focus to develop as an adult
 - Understanding self-awareness and how to manage your emotions
 - Distinguishing personal values versus organizational values and how to harness and leverage both
 - Learning how to be socially aware and lead with empathy
 - Considering how to create better professional connections and relationships
- Communication and conflict management: How to communicate effectively to teams and resolve conflict
- Your leadership brand: How to define your brand, develop your plan, and inspire your team
- Personal leadership: How to be the best version of yourself and inspire others

EQ 2.0 Appraisal

Score	Meaning
90-100	A STRENGTH TO CAPITALIZE ON
80-89	A STRENGTH TO BUILD ON
70-79	WITH A LITTLE IMPROVEMENT, THIS COULD BE A STRENGTH
60-69	SOMETHING YOU SHOULD WORK ON
59 AND BELOW	A CONCERN YOU MUST ADDRESS

Personal Competencies	Social Competencies
Self-Awareness Score _____	Social Awareness Score _____
Self-Management Score _____	Relationship Management Score _____

I'm most surprised by my _____ score.

I'm least surprised by my _____ score.

The following are some highlights and key things I've learned about my emotional intelligence strengths and opportunities in both personal competence and social competence:

