



## THE LEADERSHIP SERIES

EMOTIONAL INTELLIGENCE ENHANCEMENT  
ONE DAY PROGRAMS

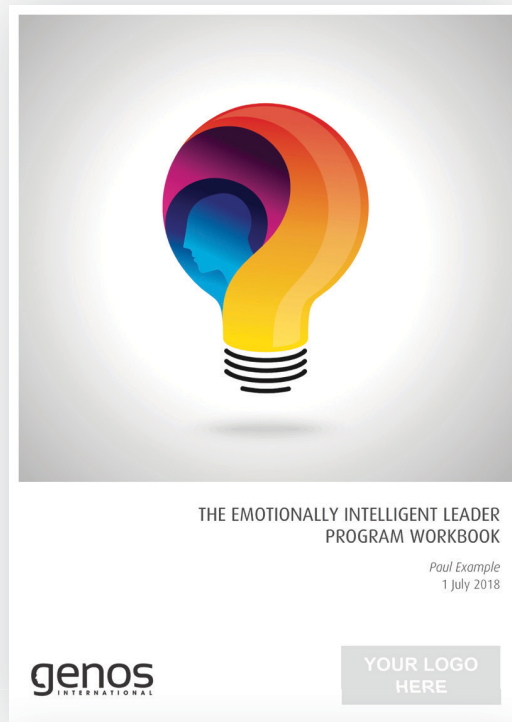
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## EMOTIONALLY INTELLIGENT LEADERSHIP

Leadership is fundamentally about facilitating high performance, thereby motivating others to do things effectively and efficiently. Emotional intelligence is a key attribute that helps leaders achieve this function. There is a wealth of literature detailing the impact emotion has on individuals' performance. This research has shown, for example, that people perform their best at work when they feel involved in purposeful work that develops who they are, and when they feel valued, cared for, consulted, respected, informed and understood.



### THE EMOTIONALLY INTELLIGENT LEADER

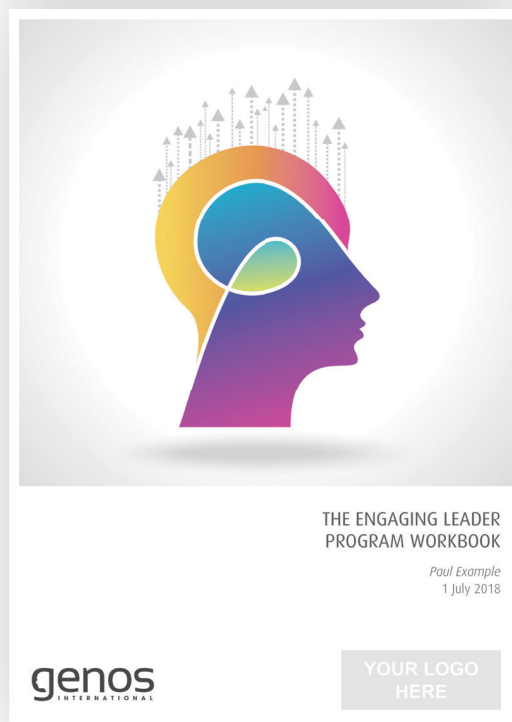
Research has shown that people often perform their worst when they feel unproductive feelings, such as feeling overly worried, frustrated, concerned, stressed, inadequate and fearful. During this program, you will improve your understanding of emotions and emotional intelligence. You will also explore and practise tools and techniques for applying emotional intelligence in leadership, and creating high performance in others on that basis. In this program we:

- explore the neuroscience of emotions and emotional intelligence,
- examine tools and techniques for effectively asking for, and responding to, feedback,
- explore techniques for developing self and other awareness,
- examine how we can use reactive and proactive techniques to build our resilience and effectively manage strong emotions, and
- explore an approach for facilitating engagement discussions with staff members.

### THE ENGAGING LEADER

This program has been designed to help you enhance levels of motivation, commitment and engagement in your team. In this program we:

- discuss what employee engagement is, how it's typically measured and why it's important to organisational performance,
- examine feedback on engaging leadership competencies and determine leadership behaviours you could demonstrate to enhance staff motivation and engagement, and
- practise applying models and techniques for enhancing individual staff motivation and engagement at work.



## 180° EI LEADERSHIP FEEDBACK ASSESSMENT

As pre-work to the program, leaders complete the Genos Emotionally Intelligent Leadership Assessment. During the program, leaders are provided with their Feedback Report, a Development Tips workbook and expert led debrief and action planning methodologies to help them leverage strengths and address development opportunities.



### THE RESILIENT LEADER PROGRAM WORKBOOK

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1 July 2018

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### THE MINDFUL LEADER PROGRAM WORKBOOK

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## THE RESILIENT LEADER

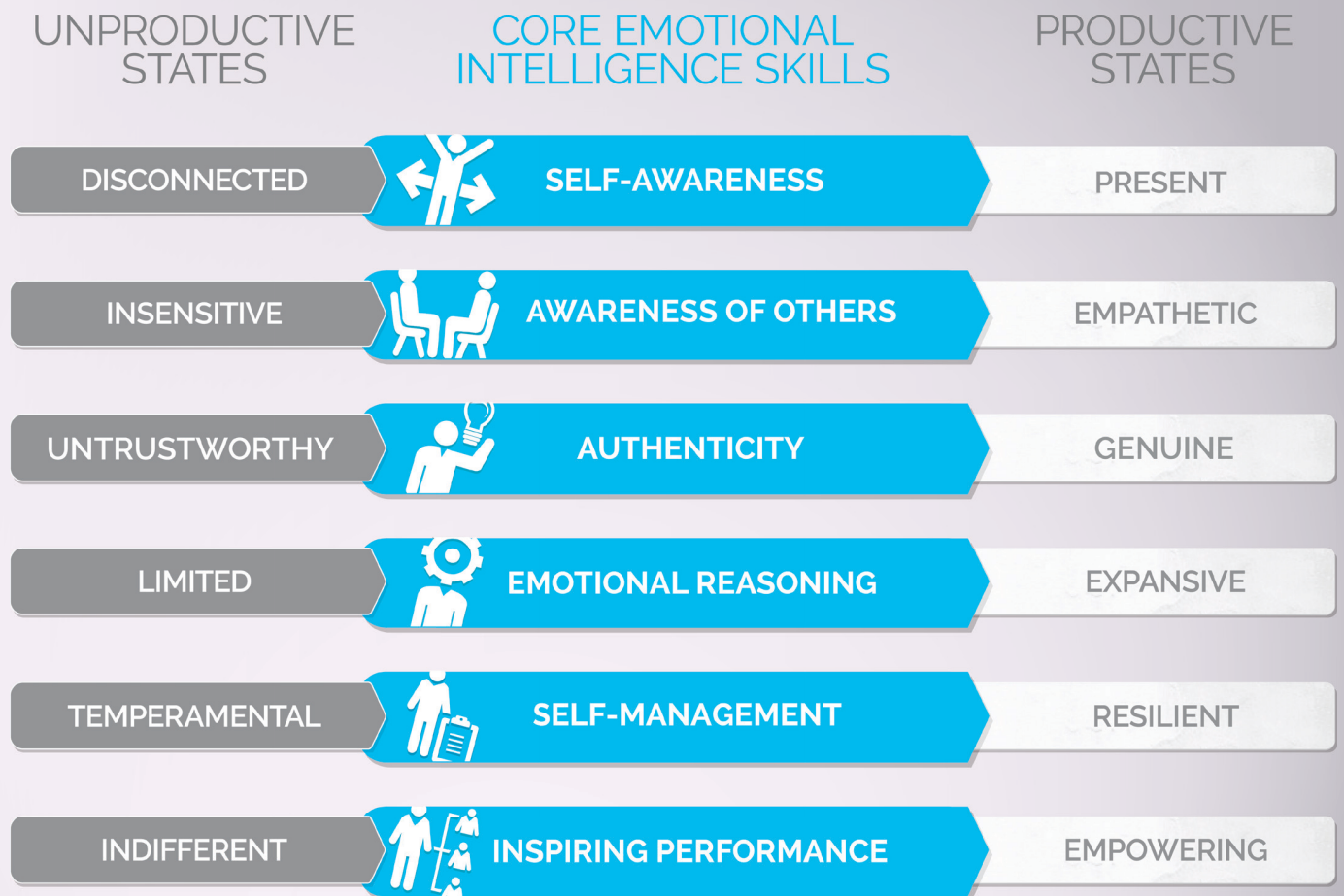
Research has shown that leaders who practise mindfulness, and apply mindfulness techniques to their leadership of others, are better equipped to cope with everyday leadership challenges and create high performance in others. During this program you will improve your understanding of resiliency, explore and practise tools and techniques for developing your resiliency in the workplace, and action-plan ways to enhance your personal wellbeing and the wellbeing of your team. In this program we:

- examine the neuroscience of emotions and emotional intelligence,
- study our emotional intelligence assessment results and how to boost them, and
- practise tools and techniques to build our own and others' resilience.

## THE MINDFUL LEADER

Research has shown that leaders who practise mindfulness, and apply mindfulness techniques to their leadership of others, are better equipped to cope with everyday leadership challenges and create high performance in others. During this program, you will improve your understanding of emotions and emotional intelligence. You will also explore and practise tools and techniques for applying mindfulness as a means to improve the quality of your leadership. In this program we:

- explore the science of emotions and emotional intelligence,
- examine the Genos model of emotional intelligence,
- review feedback about our emotionally intelligent leadership behaviour, and
- explore and practise a set of mindfulness techniques as the gateway to enhancing your emotional intelligence and leadership effectiveness.



What would it mean to your leaders to be more of the leader on the right of our model and less of the leader, that we can all be at times, on the left?