

EMOTIONAL INTELLIGENCE

Essential Corporate
Leadership

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KEY TAKEAWAYS

- WHAT?
- HOW DOES?
- HOW TO?
- VALUES



Emotional intelligence is defined as a critical group of non-cognitive skills, capabilities and competencies which help individuals to control and manage their emotional response to events and pressures

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HOW DO LEADERS?

SELF

OTHERS

ORGANIZATION





LEADING SELF

Great leaders know that they are not perfect. They are aware of their strengths and weaknesses, and strive for continuous improvement.



LEADING OTHERS

Leaders know that they need other people – after all, leadership doesn't mean a lot without followership. Being personally motivated isn't enough – leaders need to unlock the potential of others.

LEADING ORGANIZATION



Successful leaders know how to inspire others. Leadership means being visionary, keeping in mind at all times the bigger picture. Leaders can articulate that big picture to others – and the best leaders help people to see their role in that big picture.

BECOME MORE EMOTIONALLY INTELLIGENT

- Be aware of your body
- Turn down the sound
- Anticipate situations you don't like.
- If you feel you're going to lose it, count to 10
- Ask for feedback.
- Twice a day listen to someone without interruption.





VALUES

It has been argued that emotional intelligence, is manipulative and underhanded

CONCLUSION



To develop your leadership skills, you don't need to be a robot and turn your emotions off, but rather to focus on interpersonal and intrapersonal skills.



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