

Enhancing Emotional Intelligence

Grow in your own emotional intelligence by leveraging your MBTI®



Leadership Strategies 

WHY IT WORKS

This workshop is a fantastic introduction to emotional intelligence. Studies have shown emotional intelligence to be the single most important factor in high job performance, with links to leadership, happiness, team performance, and problem solving.

LEARN HOW TO

Perceive and respond to emotions more effectively
Understand emotional intelligence and why it is important, identify its intrapersonal and interpersonal elements, and develop strategies for enhancing your own emotional intelligence. *Requires completion of MBTI® 1: Know Thyself Workshop.

IDEAL FOR

- **Self-understanding and individual development**
- **Team building**
- **Management and leadership training**
- **Coaching**
- **Organizational development**
- **Diversity and multicultural training**
- **Problem solving**
- **Career development and exploration**
- **Academic counseling**
- **Education and curriculum development**

DURATION

Half day

FORMAT

Virtual

In-person

OBJECTIVES

- Understand the importance of emotional intelligence
- Explore how to understand and effectively manage emotions
- Identify and understand both intrapersonal and interpersonal elements of emotional intelligence
- Understand the impact of Myers-Briggs® type on perception of and response to emotions
- Develop strategies for enhancing emotional intelligence
- Create a personal action plan that encourages follow-through to enhance your emotional intelligence

AGENDA

Half day Workshop

- Welcome, Session Overview & Introductions
- What is Emotional Intelligence
- Perceiving, Understanding, and Managing Emotions
- MBTI® Refresher
- Break
- Emotional Intelligence and MBTI® Type
- Developing Strategies for Your Emotional Intelligence
- Session Close, Review, Next Steps

leadstrat.com 800.824.2850

Give us a call
when you're ready
to Level Up!



Level up. 