



Leading with Emotional Intelligence and Compassion

Studies have repeatedly shown that the most successful teams have a high level of collective emotional intelligence. It follows that if you are an emotionally intelligent leader that you'll be able to tap into more potential in others.

In 2020, as the world faced a pandemic, you have perhaps been concerned about colleagues' mental health and you may also have read in business journals about the need for a more compassionate approach to leadership. You may be pondering how to develop more compassion and still achieve results. Or you may even be wondering what the business rationale for compassionate leadership is.

Attend this program if you want to get an understanding of the relevance of EI and compassion in the workplace. As well as practical tools and tips on how to lead with emotional intelligence and compassion.

How do I know I should attend this workshop?

1. Are you concerned that your leadership style is not meeting the emotional needs of your team?
2. Do you struggle to show or voice empathy?
3. Would you like to understand the basic neuroscience of motivation?
4. Do you want to feel more connected to your people and to achieve more collective success?
5. Are you curious to explore the benefits and advantages of compassionate leadership?

If you answer yes to most of these five questions, then this workshop is for you.

What will I do?

You will:

- Explore the scope of leadership styles and what we have learnt about leadership recently
- Understand what compassionate leadership is and isn't
- Explore the 3Cs Model of Motivation
- Practice the Three Steps to Empathy tool
- Work through scenarios of low trust and high trust using the Maister Trust Equation

What are the outcomes?

By the end of this workshop you will:

- Know which elements are present or lacking in a working relationship with regard to establishing mutual trust
- Have language and frameworks to work with when needing to express empathy and concern
- Have a working understanding of the Wise Compassion Leadership Matrix
- Be confident articulating what it means to lead with EI and compassion; and why



- Have worked on your own action plan to develop more EI and compassion

How do I prepare?

1. Consider an idea or project that you'd like to get off the ground and be willing to be peer-coached on it.
2. Read HBR article, "Compassionate Leadership is a Necessity, but not Enough" by Hougaard, Carter & Robson

Who is iOpener?

We develop people and organizational performance through the power of happiness at work.