



LEADING WITH EMOTIONAL INTELLIGENCE

FIND YOUR STRENGTHS

Identify strengths and development areas through robust self-reflection and planning

IMMEDIATELY APPLICABLE

Gain strategies and resources that you can start using immediately in your current role

BECOME A BETTER LEADER

Improve your leadership skills by learning how to listen better, reframe your thoughts and more

[CSUSM.EDU/EL/EI](https://www.csusm.edu/el/ei)

760.750.4020 | PROFESSIONALDEVELOPMENT@CSUSM.EDU

EMOTIONAL INTELLIGENCE

AT CAL STATE SAN MARCOS

PROGRAM OVERVIEW

Emotional intelligence (EI) accounts for more than 50% of workplace success. Leaders at all levels are required to connect with others and inspire action to achieve results. Key requirements to leading successfully are self-awareness, strong interpersonal skills, staying present and focused in the midst of uncertainty and resiliency. You will receive a personalized EQ-I 2.0 in this program to help guide your self-development. This course will provide practical tools and strategies to motivate and engage your team, deepen collaborative relationships, and help you act in authentic ways to increase your leadership effectiveness.

COURSE AUDIENCE

This program is ideal for leaders who have at least one direct report or who lead cross-functional teams and have responsibilities for influencing others. The program targets mid-to-director level leaders and who have a foundation in managing others.

COURSE OBJECTIVES

- Understand the key areas of emotional intelligence and how it relates to leadership
- Obtain a baseline EI through the EQ-I 2.0, a leading assessment tool
- Identify strengths and development areas through robust self-reflection and planning
- Uncover habitual ways of thinking and being as well as self-limiting patterns
- Reframe your thoughts and perspectives for positive relationships
- Increase your emotional flexibility and ways of listening

COURSE TOPICS

- Fundamentals of Emotional Intelligence – Why it Matters
- Assessing Your Emotional Intelligence – Establishing a Baseline and Plan
- Increasing Self-Awareness and Demonstrating Authenticity
- Building Social-Awareness & Interpersonal Effectiveness
- Enhancing Team Leadership, Collaboration & Performance
- Developing Others, Coaching & Leading as a Way of Being

COURSE SCHEDULE

Dates: Sept. 23 - Nov. 4 (no class Oct. 28)

Days: Fridays

Fees: \$1,600*

Time: 8:30 a.m. - 11:30 a.m.

Location: Online

**team savings apply*

FOR MORE INFORMATION AND TO REGISTER

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