Overview:

In today’s world it takes more than a high intelligence and solid technical and functional skills to be a successful, inspiring leader. It takes self-awareness, self-control, empathy, influence and the ability to build collaborative relationships. We call these behaviors Emotional Intelligence. They are the personal and social competencies that differentiate star performers from average ones.

Emotional Intelligence (EI) enables you to reflect on your own behaviors, learn new skills to enhance your own leadership, identify links between EI competencies and your organizations and come away with two or three ideas for immediate application.

Description:

As individual contributor, manager or leader, we move others through their emotions. Emotions are contagious! This workshop will assist you in becoming more self-aware and provide insight into how emotions affect performance. You will learn new ideas on self-regulation and how to align “you intent with your impact”.

You will discover how to develop and demonstrate empathy to sense others feelings and perspectives. All of these behaviors lead to managing your relationships more effectively leading to higher levels of engagement, customer experience, performance and bringing out the best in others.

Audience:

Professionals at all levels who want to be in-tune with their own emotions and the emotions of others, and manage their own emotions and their relationships with others.

Learnings:

- Become familiar with the Emotional Intelligence (EI) model and competencies
- Take a look at your own self-awareness and the impact you have on others
- Develop skills to recognize “triggers” that impact your self-control
- Build your capabilities to demonstrate social awareness through empathy
• Enhance your ability to influence others, as individuals or teams
• Create a positive environment through language and behaviors where others will choose to be

Facilitator:

Lauris is a Xavier Leadership Center facilitator with over 33 years of hands-on experience in business development, positive cultural transformation, executive coaching and talent management.

She brings a real-world leadership perspective having managed multiple retail operations, led a Corporate University and led an Organization Development division at a Fortune 500 financial services company.

Lauris’ clients are at diverse points in their careers. She partners with her clients on addressing emotional intelligence development, leader readiness and assimilation, high potential development, C-suite succession planning, leadership team performance and organizational culture change.

Lauris received her BS in Education from Edgecliff College, now Xavier University. She received her MS, Positive Organization Development and Change from Case Western Reserve University. She earned her coaching certificate from Case Western, and is certified to administer the Hay Group; ESCI Emotional and Social Competency Survey. She also is certified to administer Kolb Learning Styles; Kouzes and Posner LPI, Leadership Practices Inventory; and EI World’s Team Emotional Intelligence Survey.

She co-authored an article with Richard E. Boyatzis, Melvin L. Smith and Ellen Van Oosten in Organizational Dynamics 42(1):17-24 March 2013.