

THE EMOTIONALLY EFFECTIVE LEADER

Workbook



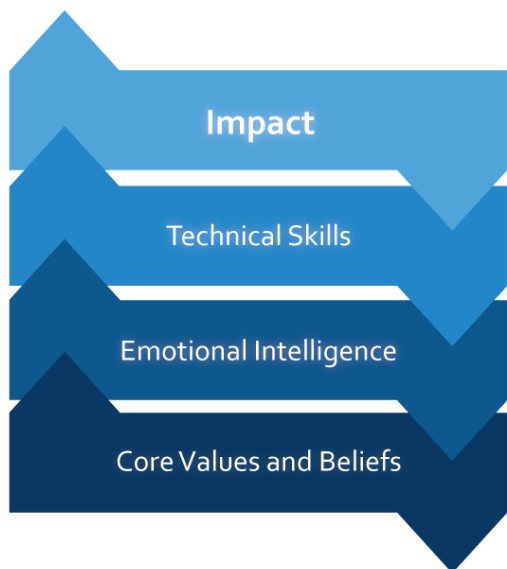
INTRODUCTION

Welcome to the Emotionally Effective Leader course! This workbook is intended to supplement your in-session experience, giving you key information, theories, and ideas around emotionally effective leadership. It also provides you with a record of your reflection, learning, and notes.

Key Learning Goals:

- Explore the concepts of supervision, management, and leadership
- Understand more about your personal view on leadership
- Explore emotional intelligence as it relates to leadership
- Receive your personalized EQ-i 2.0 Leadership Report
- Identify areas for EI development and related activities

Notes:



LEADERSHIP EFFECTIVENESS FRAMEWORK

Core Values and Beliefs:

Emotional Intelligence:

"Technical" Skills:

Mental Models:

Whether you think you can, or whether you think you can't, you are right.

– Henry Ford



CHARACTERISTICS OF GREAT LEADERS

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Notes:
