



# 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](mailto: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 - Oct. 28

**Days:** Fridays

**Fees:** \$1,600\*

**Time:** 8:30 a.m. - 10:30 a.m..

**Location:** Online

*\*team savings apply*

FOR MORE INFORMATION AND TO REGISTER

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

760.750.4020 | [PROFESSIONALDEVELOPMENT@CSUSM.EDU](mailto:PROFESSIONALDEVELOPMENT@CSUSM.EDU)

**CSUSM** | EXTENDED  
LEARNING