

LEADERSHIP ESSENTIALS

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Session Three Tuesday, December 10, 2019

"Emotional Intelligence, EQ or EI"

To pre-register for Leadership Essentials Class of 2021 [CLICK HERE!](#)

The Leadership Essentials cohort of 2020 engaged in the December 2019 session focused on Emotional Intelligence on December 10, 2019. EQ or EI is the ability to recognize, understand and manage our own emotions and recognize, understand and influence the emotions of others. In practical terms, this means being aware that emotions can drive our behavior and impact people (positively and negatively), and learning how to manage those emotions – both our own and others – especially when under pressure. The session was led by “Coach” Linda Cobb, Leadership Brevard alumni class 2000 and a successful executive coach and leadership development trainer.

“Leadership’s biggest challenge is people. Life’s biggest challenge is change. Fortunately, there are predictable principles that guide both. My job as a coach is to share those.”

– Linda Cobb

EQ is one of the six leadership competencies that leaders need to have awareness of and the session resonated with class participants.

In their words –

From today’s session, what was the most valuable “take away”?

- Real life examples and “I’d prefer _____” skit that helped us talk through issues/confronting.
- It really made me think about my relationships at work. I really was impressed with the content
- I understand the importance of energy, empathy and patience.
- To consider how others think.
- You manage thoughts not people. Change how you see the other person.

This is the action I’ll take with that new knowledge...

- I will work on my relationships and view of peers
- Try to be more self-aware and catch myself before my typical thoughts/energy starts
- Be mindful of how and what words are used to convey, instructions or comments.
- I will apply it in my workplace.
- Grow my peer relationships and learn what they need.
- Be careful of energy/way of being, build relationships.
- Useful in meetings.



The next session of Leadership Essentials is January 21st and will focus on ‘Your Professional Brand’ as the topic. As a bonus of the program, complimentary headshots will be taken for the participants.