

# 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:

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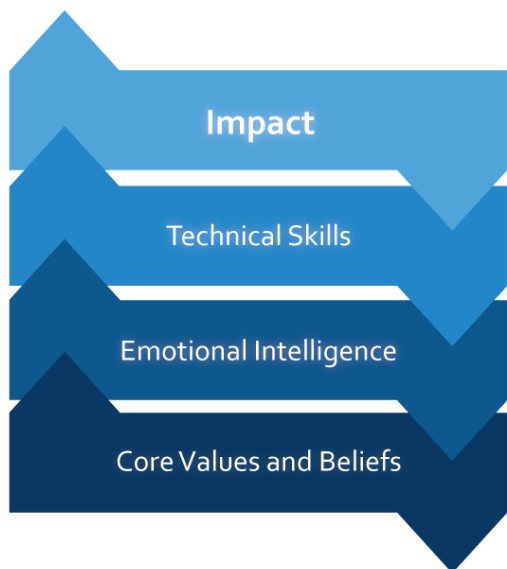
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## LEADERSHIP EFFECTIVENESS FRAMEWORK

### Core Values and Beliefs:

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### Emotional Intelligence:

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### "Technical" Skills:

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### Mental Models:

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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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