

LEADING WITH EMOTIONAL INTELLIGENCE

TRANSFORM
PERSONAL PRESENCE,
RELATIONSHIPS,
AND ORGANIZATION
CULTURE USING
EMOTIONAL
INTELLIGENCE AND
MINDFULNESS



Like many professional and technical capacities, there is a science and skill behind what makes great leaders successful. But true leadership, the kind that makes a positive difference, requires far more than an expertise of facts and theories. It requires the art of moment-to-moment presence. It requires mental focus, clarity, and agility. It requires full engagement with who you are and what you bring to your situation.

Through authentic presence, great leaders inspire, motivate, and instill commitment. They have a presence others feel. They are attuned to their own needs, desires, and goals, and they attend to those of others. Through this, they energize and mobilize the efforts of those around them and maximize their impact for positive results. In short, they are mindful and emotionally intelligent.

Sign up and walk forward with a clear picture of how to bring your most successful leadership stance to life.



THE EXPERIENCE

Leading with Emotional Intelligence is a two-day experiential and highly interactive learning lab designed to equip leaders with what they need to energize, mobilize, and inspire. Through interactive activities participants learn to use emotional intelligence (EI) as a core leadership skill to create high performance environments, improve relationships, and maximize their personal effectiveness and leadership brand. In short, they increase their ability to be present in each moment to make more impactful choices. As a part of this learning lab, participants take a comprehensive emotional intelligence assessment and get individualized information on how to improve their ability to achieve results, propel relationships, and positively impact their broader organization.

Studies have shown emotional intelligence to be responsible for up to 60% of a leader's success.

Over two days leaders will experience:

- **Your leadership ripple:** Engage in interactive discussions and activities to expand your understanding of your impact on others and the ripple you create organization-wide.
- **Measurement:** Gain a quantitative view of your abilities by taking the EQ-i 2.0 Emotional Intelligence assessment.
- **Mindfulness practice:** Build your internal and external awareness and learn to pause strategically through five mental training exercises. Walk forward with simple ways to embed these practices into your daily habits.
- **Rigorous personal practice using choice:** Engage in multi-media, small group discussions to explore the emotionally intelligent choices of the best leaders.
- **Coaching:** Receive a one-hour, one-on-one session with an executive coach to dive deeply into your personal results and action plan.

DAY 1 AGENDA

- Discover your best leader
- Neuroscience and mindfulness
- Leadership Presence™ model and application
- Building internal awareness: Triggers, habits, and emotional resonance

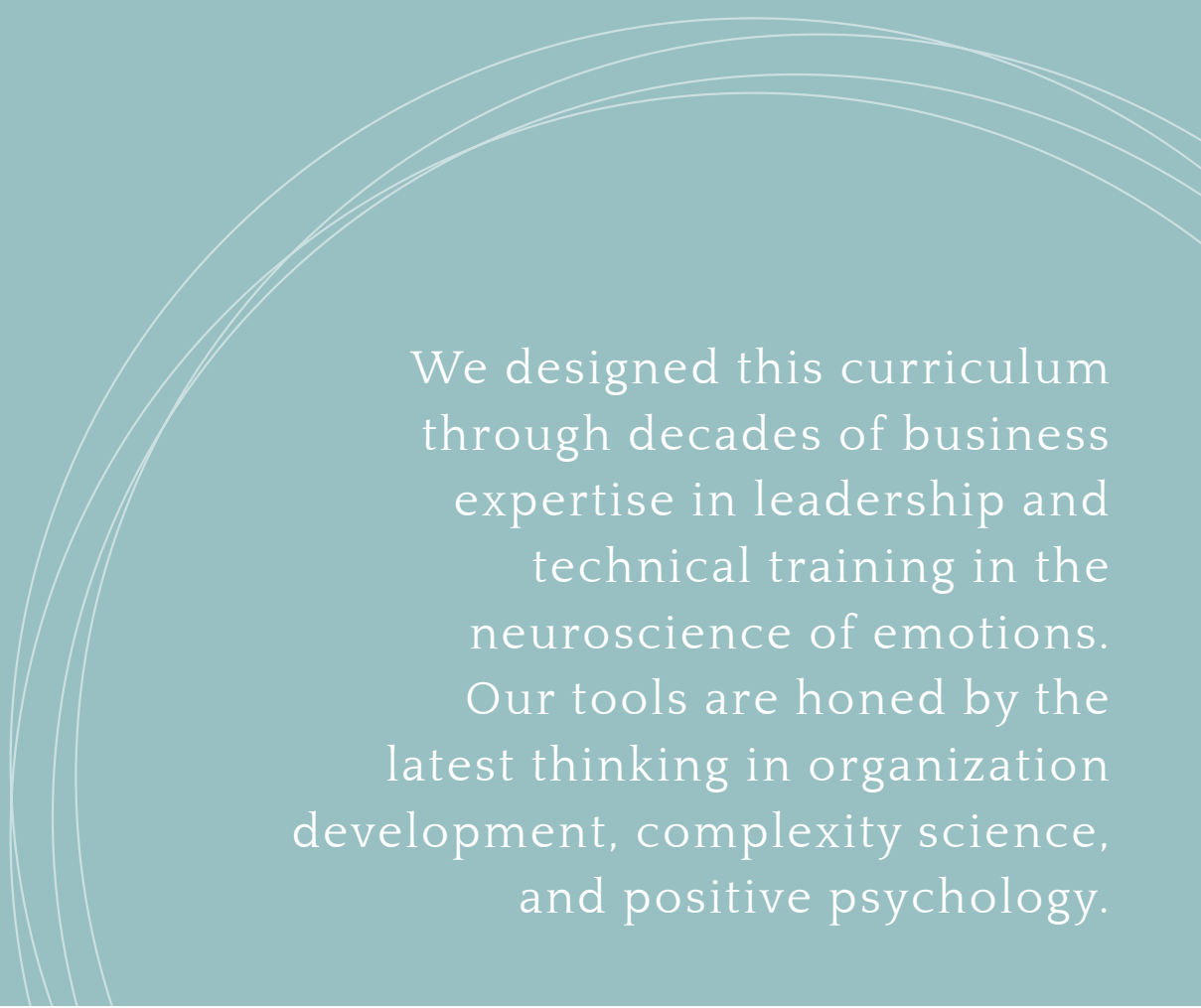
DAY 2 AGENDA

- Building external awareness
- Building choice awareness
- Integration and application
- Personal commitments

LEARNING OUTCOMES

This learning lab gives you the ability to...

- Deeply understand your best, innate leadership qualities
- See how your choices matter and ripple organization-wide
- Practice mindfulness and mental training
- Unpack your attitude and self-talk to ensure they enable the best of your leadership
- Build and mobilize positive relationships with others
- Leverage mindfulness to upend ineffective behaviors, relationships, and outcomes
- Make the four choices of great leaders



We designed this curriculum through decades of business expertise in leadership and technical training in the neuroscience of emotions. Our tools are honed by the latest thinking in organization development, complexity science, and positive psychology.

OUR DIFFERENTIATORS



Our curriculum is research-based and practical.

We designed this program to fit the reality leaders face on a day-to-day basis. Our content combines the latest in neuroscience and positive psychology, but we make it applicable, accessible, and meaningful.



We leverage context, relationships, and results.

Leading with strong presence requires making choices to adapt to context, build relationships, and seize new results. It requires the mental focus and clarity that comes from practice and training. This program supports leaders in doing this through understanding and leveraging their core strengths to adapt to context and achieve the results and relationships they want.



We support participants in realizing deep change.

Unlocking inner leadership capacity is a deep and personal change journey. Our facilitators stretch and challenge leaders with compassion and help them cultivate the mindset they need to succeed. We equip participants to unlock deeply held patterns of behavior and tap into their best leadership capacity to create a clear vision that grounds them, even in the most difficult situations.



"I am leaving with a deeper understanding of my own behavior and more options for handling challenging situations."

OUR CRED\$

5,000+

leaders, managers, and
individuals supported

4.9/5

program
effectiveness

**UNLOCK YOUR CLARITY,
CREATIVITY, AND FOCUS TO LEAD.**
CONTACT US TODAY.



ChangeFusion helps organizations achieve change, define strategy, shift culture, and build the capacity of their leaders and people. We do it with hard-hitting business acumen, heart, soul, and style.

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