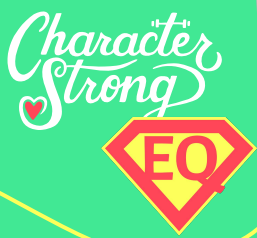


# **Emotional Intelligence: The Superpower for Women in Leadership**

*January 7, 2022 Schedule*

- 8:30 - Welcome, connections, objectives, intro to EQ
- 9:00 - 9:20 - Break-out rooms ("great leaders")
- 9:20 - 9:30 - Share & discuss
- 9:30 - 9:45 - Break
- 9:45 - 10:40 - EQ in Leadership, EQ self-assessment
- 10:40 - 11:10 - Components of EQ & strategies for growth
- 11:10 - 11:25 - Break out rooms (strategies for growth)
- 11:25-11:45 - Share & discuss, set goals, reflect



# Emotional Intelligence: The Superpower for Women in Leadership

## Notes

What is EQ?

Benefits of EQ

Leadership Traits I Admire

Assessment Results: Strengths, Areas of Growth, Surprises

One WORD:

### EQ Notes

Self-Awareness & Self-Management	Motivation	Empathy	Social Skills
EQ Goals: Habits, Action Steps, and Accountability			