

Leadership from Any Chair with Emotional Intelligence

GoSkills online course syllabus

Skill level

Beginner

Lessons

22

Pre-requisites

No prior experience needed

Video duration

1h 20m

Estimated study time

1h 20m

Instructor

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Introduction

1 Leveraging emotional intelligence

In today's world, being able to use your emotional intelligence skills is one of the best tools you can leverage to lead a team successfully.

Leadership Origins

2 Authentic leadership

As a leader, it is important for you to understand how authentic leadership resonates well with individuals and teams.

3 Emotional intelligence and leadership

As a leader, Emotional Intelligence, or EQ, is vitally important for leaders in any chair.

4 Leading the self

As a leader, you must understand how imperative leading the self is to be able to lead others.

5 Write it, affirm it and breathe it

As a leader, cultivating and understanding self-reflection is vital for leadership longevity, literally, and proverbially.

The Self

6 Proactive self understanding

As a leader, lifelong learning is key for a proactive approach each day to cultivate better self-awareness in each moment, each day, and with each new challenge.

7 Creative flow

As a leader, you are a creative being, and creativity matters for leaders even in roles and industries that do not always require creativity.

8

Mindfulness

In leadership, mindfulness might sound abstract, but it can easily be attained through simple steps like breathing exercises and active listening.

9

Acceptance and self-love

As a leader, self-acceptance and self-love is one of the first important steps towards leading others because it is authentic, magnetic and contagious.

Mastery

10

Regulation rhythms

As a leader, just as self-awareness is key, so is self-regulation (but self-regulation must be mastery, not control).

11

Emotion and reaction

As a leader in any chair, you must consider your emotions and reactions.

12

Inspiration, breath, and staying tuned

Believe it or not, as a leader, your breath impacts your leadership skills!

Empowered Unique Voice

13

Allow, align, and affirm your unique self

As a leader, it is important to understand you are as unique as your thumbprint or DNA or your vocal folds.

14

Truth, trust and integrity

As a leader, achieving the ability to cultivate truth, trust and integrity are key for successful leadership.

Connection

15

Mindfully tuning in

As a leader, you must also explore the "other" and start to polish your mindfulness of others.

16

Collective, holistic, and systemic

As a leader in any chair, you are unique, and yet it is togetherness with others that makes you whole.

17 Systems-thinking leadership

As a leader from any chair, applying systems-thinking is important for emotionally intelligent leadership.

The Ultimate Continuum

18 Learning, communication and teams

As a leader, you must understand the importance of learning, communication, and teams because each person in a learning group brings their unique self to the greater team at large.

19 Diversity, equity and inclusion

As a leader, understanding how while diversity is incredible to achieve, it can scare people because diversity means a variety of differences.

20 Relationships and empathy

As a leader in today's globalized marketplace, your leadership requires the ability to relate with empathy.

21 Social inspiration

As a leader with new tools in your toolkit, polishing your leadership skills with a regulated rhythm, you can begin to pivot into a world of opportunity to inspire groups, large and small.

Conclusion

22 Leading from any chair

Thanks for watching this course!

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