

CRUCIAL COMPETENCE

Building Emotional & Social Leadership



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Agenda

- Review Emotional and Social Intelligence model
- Introduce specific practices
- Use what we know about the brain to create positive momentum
- Review a framework for initiating and sustaining behavioral change

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SELF
AWARENESS

SELF
MANAGEMENT

SOCIAL
AWARENESS

RELATIONSHIP
MANAGEMENT

SELF
AWARENESS

EMOTIONAL
SELF
AWARENESS



What is it?

- Tuning into your feelings
- Sensing your inner signals
- Recognizing how your feelings affect you

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MANAGEMENT

EMOTIONAL
BALANCE

ADAPTABILITY

ACHIEVEMENT
ORIENTATION

POSITIVE
OUTLOOK



What it is?

- Dealing effectively with emotions
- Recovering quickly from setbacks
- Ability to control urges and impulses

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What is it?

- Sensing how other people think
- Tuning into how they feel
- Caring about those around you

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MANAGEMENT

INFLUENCE

COACH
and
MENTOR

CONFLICT
MANAGEMENT

TEAMWORK

INSPIRATIONAL
LEADERSHIP



What is it?

- Navigating our relationships with others skillfully
- Inspiring others
- Promoting teamwork

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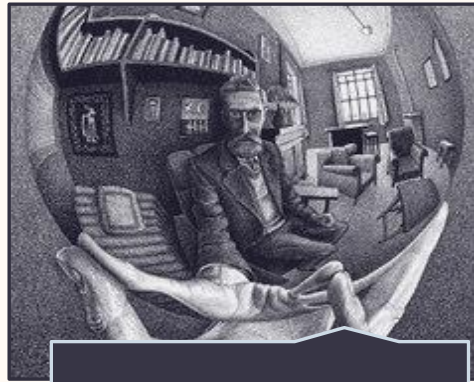
RELATIONSHIP
MANAGEMENT



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Creating Momentum: A Model for Behavioral Change



Self-Discovery



Reputation



Sense Making



Emergence

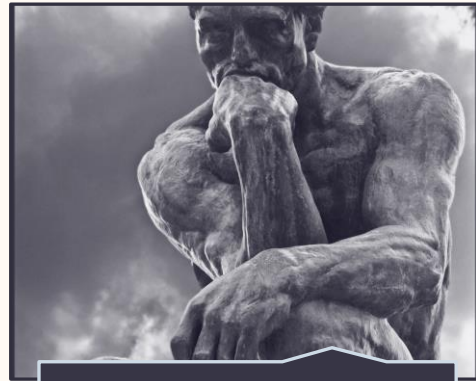
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Promoting & Sustaining Behavioral Change



Study



Reflection



Application



Support Structures

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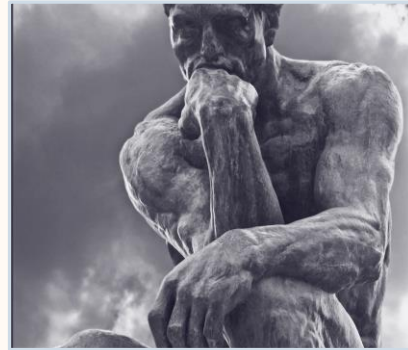
Promoting & Sustaining Behavioral Change

Study



- Learning
- Observing
- Listening
- Teaching

Reflection



- Introspection
- Journaling
- Taking Inventory
- Self-Assessing

Application



- Mindful Focus
- Experimentation
- Practice
- Applied Learning

Support Structures



- Coaching
- Peer Support
- Tools
- Ongoing Input

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