



HEART AND SCIENCE OF LEADERSHIP

Are you an aspiring or experienced leader? Are you contemplating a change, feeling like you have hit a plateau, planning a transition or career move, or striving to be an exceptional leader? The Heart and Science of Leadership course is for you.



EITC

The **Emotional Intelligence Training Company Inc.**
Know. Engage. Lead.

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 **EQ-i**^{2.0}
assess. predict. perform.

Unique blend of the science of emotional intelligence and action

The Heart and Science of Leadership is a different kind of leadership development experience that combines the powerful framework and science of the MHS EQ-i 2.0® Leadership model with a *learning lab* approach, critical leadership tools and facilitated conversations with peers. You will have focused opportunities to examine where you are in your leadership development, identify where you want go next, and develop the EQ leadership skills you need to get you to the next level of your leadership journey.

Authentic, innovative leadership

Leaders who join us for the Heart and Science of Leadership course have something in common. They want to handle challenging leadership situations with integrity, have relationships built on authenticity and bring innovation and insight to their teams and organizations. They want their personal values to be aligned with the values and mission of their organizational culture. And they want their work and life to be integrated and balanced. The Heart and Science of Leadership course offers you a way to develop the EQ skills that are most important for becoming an effective, innovative and authentic leader.

Results-oriented

Using your comprehensive EQ-i 2.0® leadership report as your guide, you will learn critical emotional intelligence skills such as self-regard, assertiveness, empathy, optimism and problem solving and understand how the emotions behind these EQ skills impact many of our personal and leadership processes. With the report and development plan, the EQ-i 2.0® Leadership Report gives you everything you need to translate your results into meaningful practices and actions to become an exceptional leader.

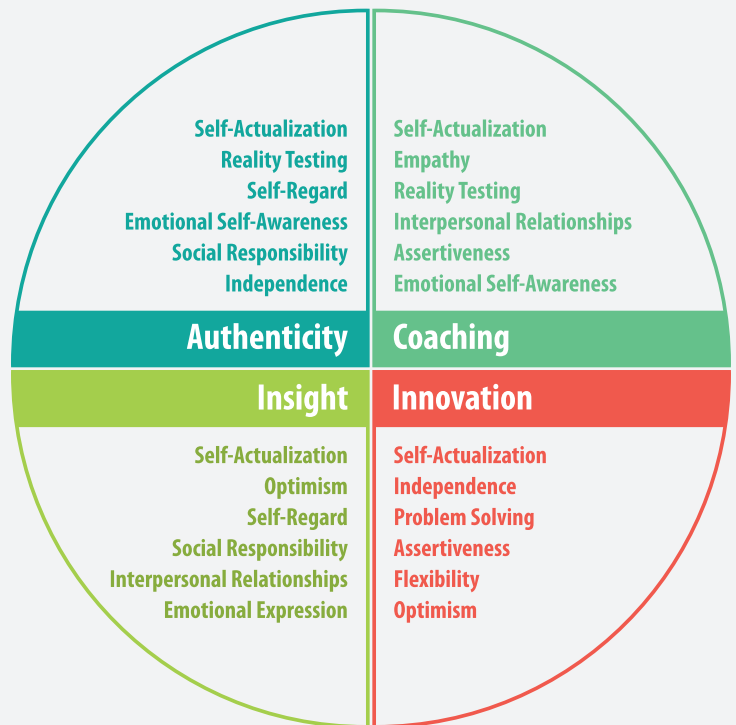
Emotionally intelligent leadership

Effective leadership is the ability to know and use emotions to inspire and influence.

Critical EQ skills are highly correlated with the four dimensions of an evidence-based transformational leadership model: **Authenticity, Coaching, Innovation, and Insight.**

EQ skills such as self-regard, self-actualization, assertiveness, stress tolerance, empathy, reality testing and problem solving are highly correlated with these four dimensions of leadership. Enhancing your EQ skills will transform you as a leader – and transform your other life roles as well.

EQ-i 2.0® Leadership Model



Leadership is more than tools and skills. The Heart and Science of Leadership gets to the essence of who we are and the strengths we have, and moves us to strengthen strategies and develop a deeper connection between emotions and competencies that will impact leadership.

**MORE INFORMATION AT
WWW.EITC.CA/LEADERSHIP**

Transformational leadership

Develop an action plan based on your EQ-i 2.0® results and the evidence-based leadership model so that you can work on the social and emotional skills you need to be a better leader.

Your personalized action plan can help you:

- + Face organizational and team challenges
- + Decide between competing priorities
- + Address values conflicts
- + Make career and life transitions
- + Influence your organizational culture
- + Access tools for change
- + Develop better work/life integration
- + Juggle roles and responsibilities at home and work
- + Find for more meaning and purpose
- + Get to the heart of the matter
- + Identify practical actions to support change
- + Access a powerful personal development opportunity

“This was so much more than I could have anticipated. I have so many ideas to work into my team/workplace. I am honoured to have participated and shared this leadership experience with this group of women.” – Anne

“Wow, I had no idea! The course exceeded my expectations. This is a deep subject and I’m glad there is follow-up to ensure progress, change and development, which isn’t easy on your own.” – Cindy

Benefits of the course

The Heart and Science of Leadership offers you a unique opportunity to develop your emotional intelligence leadership skills. You will complete your individualized EQ-i 2.0® leadership self-assessment and review your report with an EQ coach, followed by a course of intensive leadership and EQ skills development. Having gained insights into your EQ leadership strengths and challenges, you will leave the course with innovative tools, best practices in leadership and concrete development plans to ensure meaningful, individualized leadership development. You will also gain a community of other leaders who are on their leadership path and who can be a resource to you. Following the course you will schedule a follow-up EQ coaching session.

What you get

Before the course, you will:

- ✔ Complete the EQ-i 2.0® Leadership Self-Assessment
- ✔ Review your personalized EQ-i 2.0® Leadership Report and get the first of two coaching sessions

During the course, you will:

- ✔ Gain clarity and confidence through insights and new knowledge
- ✔ Have time to pause and reflect
- ✔ Find your voice as a leader
- ✔ Gain practical tools and a personalized leadership development plan
- ✔ Establish a community of like-minded leaders to share with and grow together

Following the course, you will:

- ✔ Benefit from belonging to the Heart and Science of Leadership Alumni
- ✔ Enjoy access to tools and ongoing free webinars to enhance your leadership

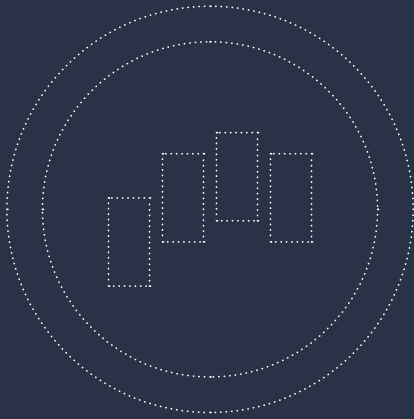
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Contact us for more information!
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www.eitrc.ca/leadership/



Experience leadership development with EITC

- 🔖 Scientifically-validated leadership approach
- 🔖 Performance improvement
- 🔖 EQ coaching
- 🔖 Self leadership
- 🔖 Depth of insight
- 🔖 Work on stuff that matters
- 🔖 New perspectives
- 🔖 Animated conversations with leadership peers
- 🔖 Alumni community

