

LEADERSHIP DEVELOPMENT

EMOTIONAL INTELLIGENCE PART 1: THE 7 SUPERPOWERS OF WOMEN



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DISCUSSIONS AND INSIGHT

TRANSFORMATIONAL LEADERSHIP

This style of leadership is highly desirable among employees! Transformational leadership focuses on empathy, relationships, listening skills, teamwork, and collaboration. Women can leverage these natural skills for maximum leadership impact.

DIVERGENT PROBLEM SOLVING

This approach considers impact, not only on self, but all stakeholders before making a decision vs. convergent thinking, which focuses on solving problems quickly. Divergent problem solving may take longer, but the chance of having to repeat problem solve is less. Determine which approach is best for the given situation. Typically, both approaches are needed to solve problems, and both are valid and valuable.

COMMUNICATION SKILLS

Women draw on emotion during communication and tend to recall and articulate memories because they are linked to emotion. Women also tend to pick up on non-verbal cues more during communication. To further enhance communication skills, focus on verbal articulation, pay attention to non-verbal cues, and listen with intent to learn.

EMPATHY

Women tend to rate very high in empathy, but this trait is shown to be the most lacking leadership trait in most organizations. To show more empathy, consider your audience when framing messages, select an appropriate means of communication, and consider other's feelings when making decisions. Although the outcome may be the same, the delivery counts!

INTERPERSONAL RELATIONSHIPS

Women tend to have larger networks than men, but men tend to utilize their networks for mutual benefit. As women gain more confidence in the value they bring to the table, they will leverage their relationships more. Confidence & assertiveness can be improved with awareness, focus, and practice.

INTUITION

Women pick up on non-verbal cues very well and can often sense tension and other emotional cues between others with their awareness of what is being communicated under the surface. To enhance intuition, don't assume that others see what you see, don't discount what you notice, and listen to your "inner voice".

GRIT & RESILIENCE

Women are the engines of the world! They are able to endure and keep on going, despite obstacles. Women can leverage this superpower by being authentically female!

KEY TAKEAWAYS

- BE CONFIDENT IN YOUR SKILLSETS AND COMPETENCIES
- KNOW THAT YOUR VISION IS HIGHLY RELEVANT
- REMEMBER TO LEVERAGE YOUR NETWORK
- HELP UPLIFT OTHER WOMEN!

Stay Tuned!

February 21st @ 8am PT

Emotional Intelligence Part 2: The 7 Superpowers of Men

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