



Leading with Emotional Intelligence


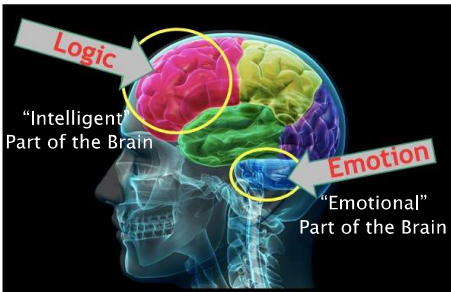


iIBA[®] International Institute of Business Analysis[™]

San Diego Chapter, March 15, 2022
with David Cory, B.Ed., M.A., C.P.C.C.

EITC | The Emotional Intelligence Training Company Inc.
Know. Engage. Lead.

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EQ-i 2.0 Model of Emotional Intelligence
*15 measurable EQ Competencies

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EITC **Self-Perception**



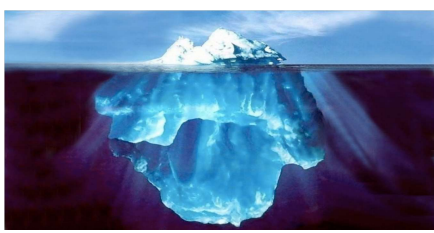
The ability to know yourself and your emotions, accept yourself the way you are and have self-confidence.

Evidence: You do what you love, you are confident and live "on purpose"

Tip: Choose to focus on your strengths

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EITC **Self Expression**



The ability to express your feelings, wants, and needs.

Evidence: Others know you; they know your boundaries; you create the foundation for trust and great relationships


Tip: Let others know you to build trust

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EITC **Interpersonal**


The ability to have meaningful connections.
 Evidence: trust, loyalty, commitment, connection, shared understanding, effective teamwork

Tip: Choose courage over comfort to deepen relationships



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EITC **Decision Making**

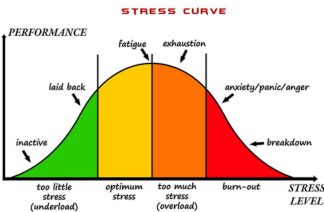


The ability to combine emotions and logic.
 Evidence: You minimize unconscious bias, avoid unnecessary delays, and make great decisions for you and others

Tip: Choose to become aware of how emotions affect your decisions

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EITC **Stress Management**



The ability to cope with daily demands and pressures of work and life.
 Evidence: You can adjust your sails to suit the wind, even in a storm

Tip: Choose self-care

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5 Tips to Improve EQ

1. Self-Perception – focus on your strengths (we all have them!)
2. Self-Expression – be known (express yourself!)
3. Interpersonal – choose courage over comfort (vulnerability leads to connection and great relationships!)
4. Decision Making – be aware of how emotion affects your decision making, e.g. procrastination, avoidance, etc.
5. Stress Management – self-care to improve your capacity to deal with stress

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- 1) Choose leadership
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