

The Emotionally Intelligent Leader

Managing Emotions in Business

It's not how smart you are, but how you are smart. This essential guide to understanding your emotions and how they can make you more effective at work is delivered by an individual who has been there and done it and has the stories to back it up.

Discover the importance of EQ alongside IQ and how great leaders often have more EQ than IQ. Learn the skills required to improve your emotional intelligence within the workplace to bring your colleagues along with you.

Having a better understanding of your EQ also gives you more impact and gravitas within the workplace. Discover tools and techniques used by the great leaders to help them bring colleagues and employees with them. Delivered by somebody who has been there and done it.

Topics Covered

- **History of EI and relationship to traditional Leadership development thinking**
- **Why this is different, what this is and what it is not**
- **The model of EI**
- **I'm Ok, you're Ok**
- **Inter and Intra personal Intelligence**
- **Examples of profiles and how they can be used to develop leaders**



The workshops will also cover aspects of good emotions and bad emotions, when to recognise them. This workshop is designed for middle and senior managers.

Emotional intelligence assessments are also carried out to help individuals understand where they fit and help them recognise areas for development. Optional assessments involve additional cost and individual feedback for each person involved.

Colin Hudson



With over 20 years senior executive experience in Operations and General Management in the UK and Northern Europe, Colin is an enthusiastic and dynamic leader with a focus on results.

Colin's experience is with large corporates include time with British Gas where he held board level post for 3 years, he also has international experience in Europe. In his corporate roles he has managed extensive operational activities with up to 4000 staff.

Colin believes that today's managers do not get enough support in understanding their role and the responsibility they have to their organisation. His passion is for people and the delivery of business results through the engagement and commitment of the staff within a business. It is this attention to staff, valuing their role and contribution to an organisation that turns average organisations into high performers.

Change is a fundamental facet of today's corporate world, and the ability to drive change and lead others to new outcomes is what differentiates. Today's management task is to find new ways to address age old problems and to meet new challenges as they arise.

Colin offers his experience and vision, coupled with a common sense, no nonsense approach.