



SELF DRIVEN LEADERSHIP WORKSHOP



Introduction

The journey to mastery begins within. While technical skills and knowledge are vital, true leadership hinges on a deeper power: Emotional Intelligence (EI).

In any thriving organisation, Self Driven Leadership is essential. Teamwork, effective communication, and emotional management are vital. Elevating these elements through emotional intelligence development is key to fostering impactful relationships and success at both individual and organisational levels.

PROGRAM OUTCOME

Participating in a Self Leadership workshop can bring numerous benefits, empowering individuals to understand themselves better and enhance their leadership skills

- ▶ **Enhanced Self-Awareness:** Understand personal emotions, triggers, and behaviors deeply.
- ▶ **Better Conflict Resolution:** Acquire strategies to handle conflicts constructively by understanding emotions.
- ▶ **Improved Emotional Regulation:** Learn techniques for better self-control in diverse situations.
- ▶ **Heightened Resilience:** Build resilience in stressful situations using emotional intelligence.
- ▶ **Effective Communication:** Hone skills to express emotions clearly for improved relationships.
- ▶ **Enhanced Decision-Making:** Improve decisions by considering emotional cues and their impact.
- ▶ **Increased Empathy:** Develop empathy for stronger connections and better teamwork.
- ▶ **Increased Influence:** Gain positive influence by managing emotions effectively.

WHY IS EI IMPORTANT?

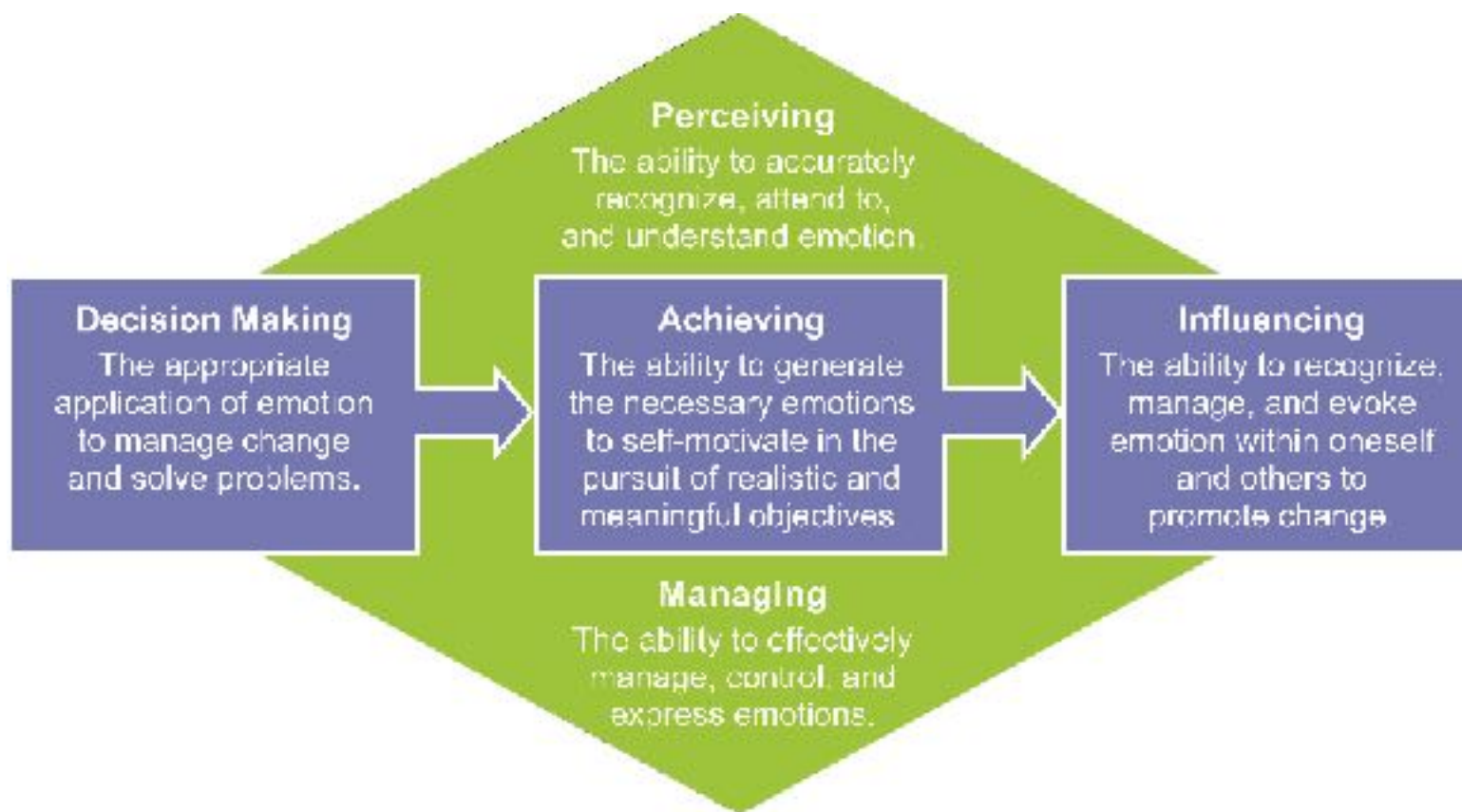
Emotional intelligence means understanding and managing feelings in yourself and others. Referred to as "social intelligence," these skills complement an individual's cognitive and technical abilities

- ▶ Emotional intelligence (EI) surpasses other predictors in determining workplace success.
- ▶ Over a decade of research consistently proves that higher EI leads to better performance.
- ▶ While IQ and technical skills matter initially, in a job, EI becomes a stronger indicator of success.
- ▶ Understanding and managing emotions are key to exceptional performance.
- ▶ Training can enhance EI, identifying strengths and areas for growth.
- ▶ EI predicts work success, even for highly intelligent or technically skilled individuals.
- ▶ Lack of EI can hinder effective leadership and lead to career setbacks.

THIS PROGRAM IS SUITABLE FOR:

Every level of the organisation, spanning from new hires to senior managers.

Emotional Intelligence Skill Assessment



“The EISA was developed to quickly and accurately measure one’s emotional intelligence and provide a framework for Self Driven Leadership. ”

PROGRAM OBJECTIVE

Self-driven leaders use emotional intelligence to navigate challenges and inspire teams. Emotional intelligence is key for effective leadership.

Recognising strengths and areas to improve emotionally is important. The Emotional Intelligence Skills Assessment (EISA) helps in this. It sparks discussions and guides personal growth. The assessment and workshop encourage conversations on important emotional and social skills, helping individuals grow and teams work better together.



Participants learn about their emotional and social functioning and understand how these factors can impact work performance through the five EISA factors:

- ▶ **Perceiving**
- ▶ **Managing**
- ▶ **Decision Making**
- ▶ **Achieving**
- ▶ **Influencing**

The assessment measures each of the five EISA factors, offering scores that reveal the proficiency of necessary EI abilities. By engaging in tailored workbook exercises and workshop sessions, participants grasp their skill sets, enabling them to create personalised plans for improving their performance.

Workshop agenda

Duration : One day + 1on1 Coaching Debrief

Part I : Introduction and Overview

Part II : What is Self Driven Leadership and Emotional Intelligence. Why Is It Important at Work?

Break

Part III : The Five Factors of Self Driven Leadership

Lunch

Part IV : Perceiving

Part V : Managing

Part VI : Decision Making

Break

Part VII : Achieving

Part VIII : Influencing

Part IX : Understanding Your Results

Part X : Developing Your Emotional and Social Skills

Part XI : Wrap-Up

End of workshop

COURSE DETAIL

Investment

- IDR 4.5 MIO (Four Million Five Hundred Rupiah) per participant

Includes :

- Extensive Workbook
- Personal EISA report
- 1 on 1 coaching debrief session
- Pre-course reading materials
- 1-day program (8.30am - 5pm)
- Venue and F&B
- Extensive course materials and resources
- Ongoing support by EQ-Indonesia

For further program details,
feel free to reach out to us at:
info@eq-indonesia.com