Leadership Development Program  
Lawrence Street Center, Terrace Room, 2nd Floor  
Denver CO  
February 18, 2016  
Emotional Intelligence

Learning Objectives

- **Define** Emotional Intelligence (EI).
- **Explain** the business case for developing EI and **Recall** areas of the brain involved in EI.
- **Describe** the four elements of an EI model.
- **Apply** strategies to increase emotional competence. **Apply** strategies to increase emotional competence.

**Agenda**

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<th>Time</th>
<th>Activity</th>
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<tr>
<td>8:15 – 8:30</td>
<td>Registration, Networking, and Continental Breakfast</td>
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<td>8:30 – 9:00</td>
<td>Review Assignment</td>
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<tr>
<td>9:00 – 12:15</td>
<td>Emotional Intelligence workshop</td>
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<td>12:15 – 12:30</td>
<td>Closing and assignment</td>
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Leadership Development Program website
http://www.cu.edu/employee-services/leadership/ldp

Driving and Parking Directions

**Assignment**

Read the first two articles from the book, *HBR 10 Must Reads: On Managing Yourself*.
1. “How Will You Measure Your Life?” by Clayton M. Christensen
2. “Managing Oneself” by Peter F. Drucker

Take time to reflect on the questions posed by Peter Drucker in his article:
- What are my strengths?
- How do I work?
- What are my values?
- Where do I belong?
- What can I contribute?