

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 of an EI model.
- **Apply** strategies to increase emotional competence. **Apply** strategies to increase emotional competence.

Agenda

Time	Activity
8:15 – 8:30	Registration, Networking, and Continental Breakfast
8:30 – 9:00	Review Assignment
9:00 – 12:15	Emotional Intelligence workshop
12:15 – 12:30	Closing and assignment

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?