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| ABOUTMERRI LEMMEXMerri has over 35 years in the training industry, beginning with the development of technical training programs and expanding to include design, development and delivery of regulatory training and management skills courses.Her clients include Corel Systems, the Canadian Medical Protective Association, Duke University, GlaxoSmith Kline and neuroLanguage. Merri’s experience has focused on the high-tech industry, clinical research and medical organizations, and government departments at all levels.In addition, she has owned and operated three businesses, and is an experienced manager in training and personnel management of large organizations. Merri has spoken at over 20 conferences within Canada. Merri holds a master’s in Business Administration degree with a concentration in Project Management. |





LEADERCAMP

EMOTIONAL INTELLIGENCE SERIES

HOW CAN I BECOME MORE
EMOTIONALLY INTELLIGENT?

WITH

MERRI LEMMEX

NOVEMBER 19, 2024

Emotional Intelligence has gained quite a bit of attention in the past few years as being one of the most important skills you can have to achieve success in organizations, but how will you know how emotionally intelligent you are?

Emotional Intelligence focuses on both your personal competence and your competence in social situations. This two-part Leadercamp series will focus on who you are and how you come across to others, and also how you can build your emotional intelligence.

Join us in Part Two of the *Emotional Intelligence Series*, “How Can I Become More Emotionally Intelligent?” to learn how you can improve your emotional intelligence, make working with others easier, and elevate your influence in organizations and your personal life.

PARTICIPANTS WILL EXPLORE THESE QUESTIONS:

* How can you know how you come across to others?
* How can you better manage yourself?
* How can you become more empathetic both personally and organizationally?
* Do you have clear emotional boundaries, and if not, how can you develop them?
* What other skills should you focus on to become more emotionally intelligent?

PREPARING FOR
THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about the presenter, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you've learned.

## About This Guide

This guide will help you prepare for and facilitate the program ***EMOTIONAL INTELLIGENCE SERIES - HOW CAN I BECOME MORE EMOTIONALLY INTELLIGENT?*** The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

## The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

## Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, clink on the Zoom link for the Leadercamp so that it's ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

## For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

APPLY WHAT
YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

1. How will you know if you have improved your emotional intelligence after attending this Leadercamp?
2. In what ways can you apply the strategies and practices you learned in this Leadercamp to better manage yourself?
3. How can you become more empathetic, both in your personal life and within your organization?
4. Can you identify any areas where you need to set clear emotional boundaries, and if so, what steps will you take to develop them?
5. What was the most valuable insight you gained from this Leadercamp, and how do you plan to apply it in your personal or professional life?
6. How can you share the knowledge you gained from this Leadercamp with your colleagues or team to help them grow and succeed?