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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 EMOTIONALLY INTELLIGENT AM I?

WITH

MERRI LEMMEX

OCTOBER 24, 2024

Emotional Intelligence has gained quite a bit of attention in the past few years as being one of the most important skills one 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 Leadercamp will focus on who you are and how you come across to others and also how you can build your emotional intelligence.

This Leadercamp will explore what others will observe in your behaviors – especially when you are under pressure or in conflict. Being self-aware is the first step in building your emotional intelligence and elevating your value in organizations and in your personal life.

PARTICIPANTS WILL LEARN

* Why is emotional intelligence important in organizations?
* How will I know how emotionally intelligent I am?
* What does emotional intelligence look like (under pressure, when angry, when stressed, etc.)?
* Am I aware of appropriate behavior in my organization?
* What are my emotional boundaries?

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 EMOTIONALLY INTELLIGENT AM I?***. 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. Why is emotional intelligence important in organizations, and how can it impact success?
2. How can you assess your own emotional intelligence, and what are some indicators that you may need to improve in this area?
3. Can you recall any examples of what emotional intelligence looks like in different situations, such as when under pressure, angry, or stressed?
4. How important is awareness of appropriate behavior in your organization, and how can you develop this awareness?
5. Have you identified your own emotional boundaries, and how can understanding these boundaries improve your emotional intelligence?
6. In what ways do you plan to apply the insights and strategies you learned in the Leadercamp to improve your emotional intelligence and leadership abilities?