

Welcome to Business Breathers

Positive Forward Motion in the COVID-19 Era

Maximizing Emotionally Effective Leadership in the FAST Lane©

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Positive Forward Motion



Taking businesses, careers and ideas to the next level

Like you,
I am first
and
foremost
Human



Your Energy Your Choice

This webinar will help achieve an understanding of how emotions shape who we are, how our triggers impact how we react and relate to others, and how to improve our mindfulness to foster positive and emotionally effective leadership practices in the **FAST Lane®** of COVID-19

Emotional Intelligence Definition

What is Emotional Intelligence?

What is Emotionally Effective Leadership?

Maximizing Emotionally Effective Leadership

1

Feature 3
Emotional
Intelligence
Sub-
Competencies

2

Explore FAST
Lane©
implications on
Emotionally
Effective
Leadership

3

Explore
Strengths,
Gaps &
Growth
Opportunities

Emotional Intelligence EQ-I 2.0



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Self-Awareness

Self-Awareness is the inner work that drives your outer success

Empathy

Empathy is a renewable resource - the more you give the more you receive

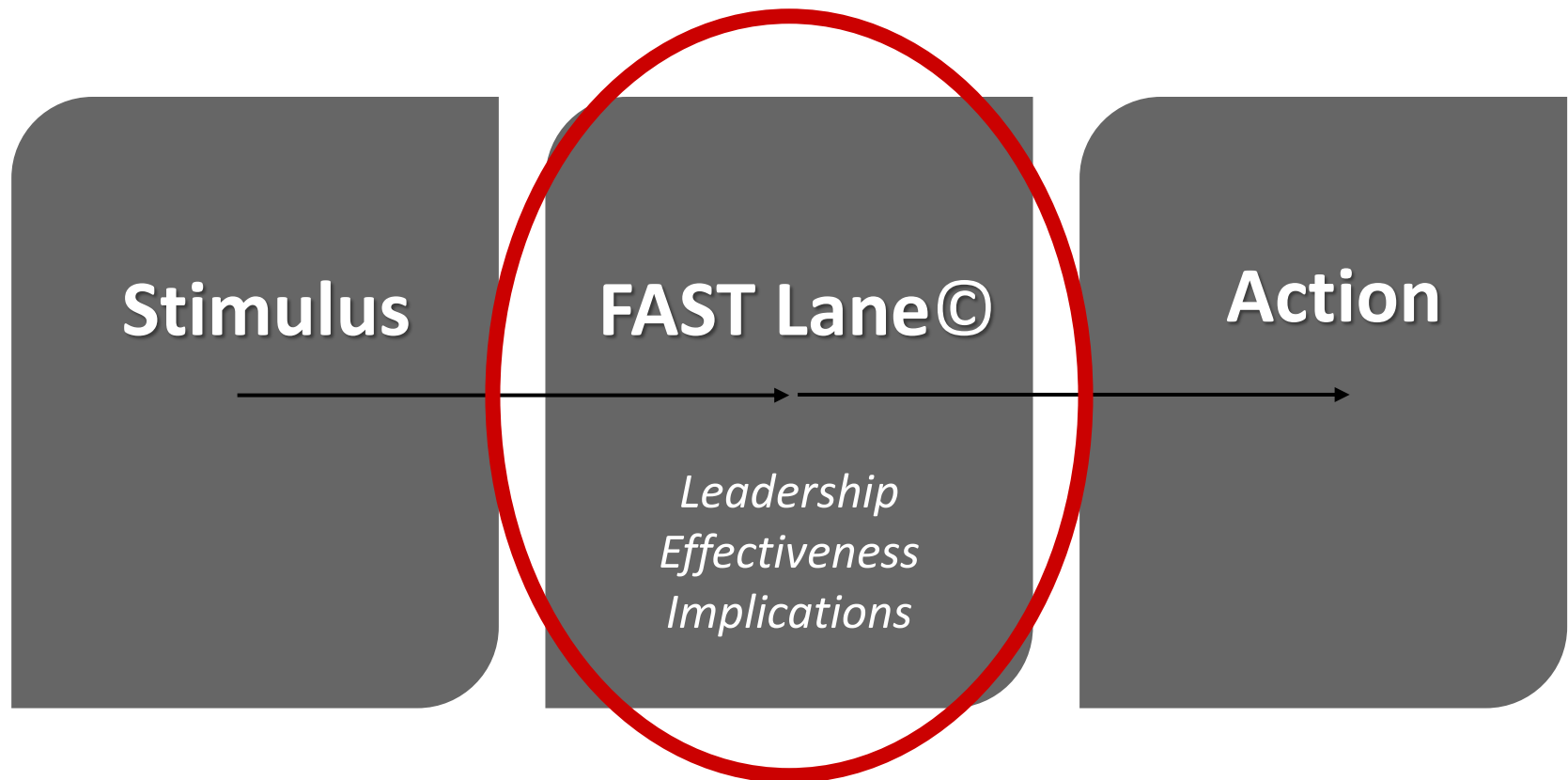
Optimism

Optimism is a mindset and a gift you give to yourself and share with others

The FAST Lane©

- Frustrations
- Assumptions
- Stress
- Triggers

Maximizing Emotionally Effective Leadership



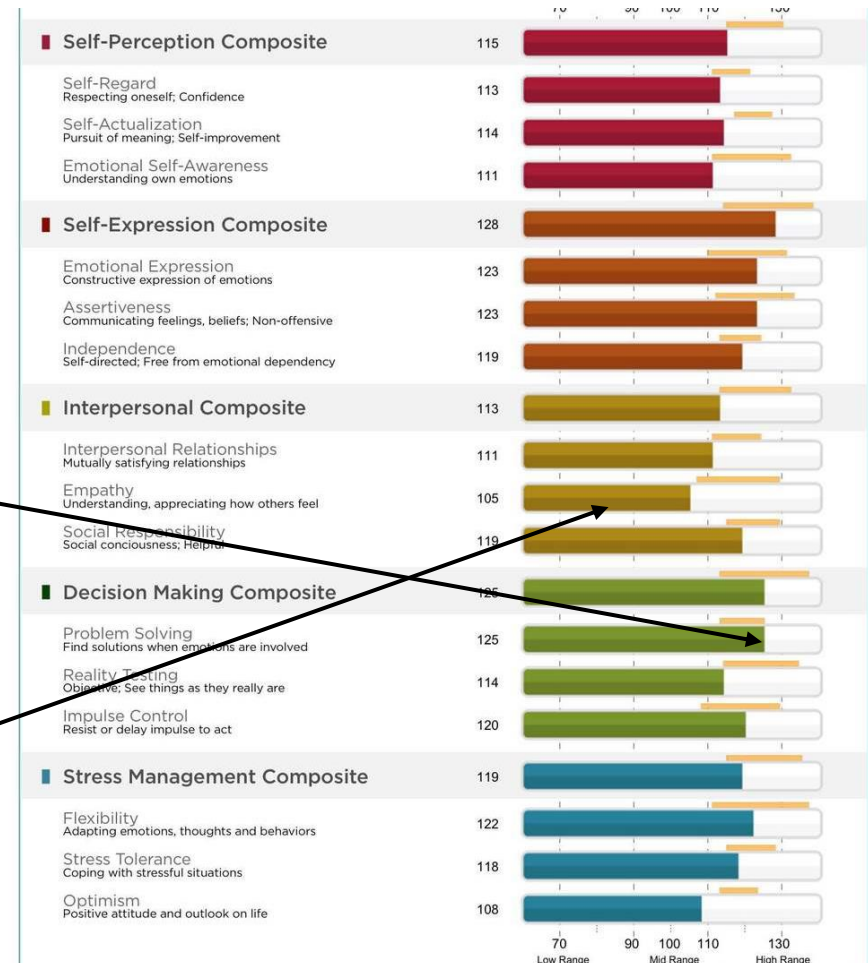
Maximizing Emotionally Effective Leadership

Growth Opportunities:

Where are you an
Emotional Intelligence
ROCKSTAR?

Keep doing this!

Where are your
Emotional Intelligence
gap areas? (*hint, we all
have them*)



GOALS: Maximizing Emotionally Effective Leadership

Next steps:

Set an initial *Emotionally Effective Leadership* goal to get you in ***Positive Forward Motion*** when YOU are in the FAST Lane©

- Example – Goal: Increased Mindfulness
 - Allocate 1 week noticing experiences where you feel emotionally Triggered into the FAST Lane©
- Example – Goal: Increased Optimism
 - Note and record *Assumptions* that cultivate or deflate your ability to be optimistic in times of leadership challenge

For the EQ-I 2.0 Overview and to review a Leadership Assessment Sample head to <https://lesleycalvin.ca/downloads>

Maximizing Emotionally Effective Leadership

STIMULUS

FAST Lane© Self-Awareness, Empathetic and Optimistic Reflection

Your Energy Your Choice

Emotionally Charged
(Reactionary)

Emotionally Effective
(Responsive)

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Emotional Intelligence (EQ)

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- **Lesley Calvin**

One of few Leadership Development Master Practitioners to administer and facilitate methodologies **recognized by Forbes** in their top 10 EQ calculations for Professionals/Leaders.



Email prodev@brocku.ca for more info!

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