

Our entire lineup of Leadership & Professional Development courses includes free post-class content, such as eBooks, quick videos, personal & team assessments, as well as tools & templates—all designed to help students continue their journey to ongoing success.

Below is an example of what content is included for the course, Expanding Your Emotional Intelligence.

Expanding Your Emotional Intelligence | 3 Days

Reinforcement Videos

- Emotional Intelligence featuring Stewart Levine
- What Brain Research Says About Leadership *featuring David Rock*
- Tools for Developing Emotional and Social Intelligence *featuring Sheila Madden*
- Understanding Emotional Alignment *featuring Marcia Reynolds*
- Understanding Emotional Intelligence *featuring Marcia Reynolds*
- Develop Your EQ *featuring Glen Senk*
- Comfort Zone Is the Enemy of EQ *featuring Jen Shirkani*
- The Five Attributes of Emotional Intelligence *featuring Clarissa Peterson*
- The Need for Emotional and Social Intelligence in Global Leaders *featuring Sheila Madden*
- What is EQ? *featuring Jen Shirkani*
- Lead with Authenticity *featuring Liz Mellon*
- How High Performing Leaders Perform *featuring Howard M. Guttman*
- How to Inspire Trust *featuring Heidi Grant Halvorson*
- Relationship Management: Don't Win the Battle to Lose the War *featuring Travis Bradberry*
- Characteristics of High EQ Leaders *featuring Travis Bradberry*

Book Summaries

- **Good Leaders Ask Great Questions** by John C. Maxwell
- **Working with Emotional Intelligence** by Daniel Goleman

Blueprints

- Building the Right Management Team by Robert Pallari, Thomas Beeman and Mark Hamdan
- Using Personality Tests to Hire Employees and Reorganize Your HR Structure by Doug Bryant, Kelley Dobbs, Anthony J. Vegliante and Donald M. Davis

Leader-led Activities

- The Value of Emotions Discussion Guide
- Needs for Emotional Intelligence Facilitation Guide
- Relational Competencies Facilitation Guide
- Personal Competencies Application Guide

Tools

- Research Highlights
- Value and Challenge of Emotions
- Needs for Emotional Competence
- Management Team
- Development Process
- Personal Development Activities
- Self talk Obstacles
- Relational Development Activities

Self Assessments

- Personal Domain
- Relational Domain

Business Impact

- Business Impact: Managing the Stress of Organizational Change

Challenge

- Challenge: The Emotionally Intelligent Leader

Test

- Leadership Advantage Test Yourself: The Emotionally Intelligent Leader

Fast Track

- Leadership Advantage: The Emotionally Intelligent Leader 3.0

Case Study

- Events and Emotions
- Personal Emotional Competence
- Relational Emotional Competence

more →

Expanding Your Emotional Intelligence | 3 Days

Activities

- Emotional Challenges

Key Concepts

- Key Concept: Highlights from Emotional Intelligence Research
- Key Concept: The Value of Emotions
- Key Concept: Emotional Intelligence: Science vs. Skepticism
- Key Concept: Emotions and Business
- Key Concept: Emotional Intelligence and Emotional Competence
- Key Concept: Emotional Competence: The Personal Domain
- Key Concept: The Relational Domain
- Key Concept: The Development Process
- Key Concept: Developing Emotional Competency through Self awareness and Self regulation
- Key Concept: Obstacles to Developing Personal Competencies
- Key Concept: Developing Your Relational Competency

e-Books

- **The EQ Difference: A Powerful Plan for Putting Emotional Intelligence to Work**
- **Emotional Intelligence Coaching: Improving Performance for Leaders; Coaches and the individual**
- **Transparency: How leaders Create a Culture of Candor**

Videos/Courses

- Emotional Intelligence: Applying EI at Work
- Emotional Intelligence 2.0: Taking Your Game to the Next Level
- Leadership Essentials: Leading with Emotional Intelligence
- Leadership Essentials: Leading with Emotional Intelligence
- Leveraging Emotional Intelligence
- Emotional Intelligence: Building Self Management Skills
- Emotional Intelligence: Being Aware of the Emotions of Others
- Emotional Intelligence: Owning Your Emotions