



Emotionally Intelligent Leadership

In a world of increasing change and volatility, the ability to connect with others with empathy and authenticity is a defining asset of leadership.

Emotional intelligence is the ability to perceive, interpret, control, and effectively manage your emotions and the emotions of those with whom you interact. Emotional Intelligence is a key skill for leaders; those with high emotional intelligence are more likely to stay calm under pressure, to resolve conflict effectively, and to respond to colleagues with empathy.

Through this online program, you will develop your emotional intelligence strategies over a period of time. As you learn both foundational and advanced EI concepts and frameworks, you will intentionally focus on practicing tools within your work environment. Practically applying your new knowledge will build positive habits and skills to increase your effectiveness in leading yourself and your team.

Learning Objectives

Upon completion of the program you will be able to:

- Identify the key components of emotional intelligence;
- Understand and evaluate the effects of emotional intelligence in the workplace;
- Identify and regulate the emotional sub-text of workplace interactions;
- Effectively manage the impact of thoughts (rational) and feelings (affective) on decision-making;
- Recognize and apply steps to enhance self-awareness;
- Develop greater empathy when interacting with others;
- Build an emotionally intelligent team;
- Apply tools and exercises to improve emotional intelligence strategies and leverage emotions.

Dates: October 16 - December 5, 2023

Program Delivery: Online

Commitment: 10 hours

Investment: \$1,495.00

Learning Journey

A fully online program comprised of both real-time and self-directed learning, covering both foundational and advanced EI concepts and frameworks.



Program Schedule: October - December 2023*

Date	Learning Activities	Format	Commitment
Oct 16	Program Launch live webinar	Webinar	9:00 – 10:00am
Oct 16	Module 1: The Relevance of Emotions in the Workplace	Self-directed	Self-directed
Oct 23	Module 2: Fundamentals of Emotional Intelligence	Self-directed	Self-directed
Oct 23	EQ <i>i</i> Assessment	Self-directed	Self-directed
Oct 31	Building EI Competencies and Leading Self	Live online session	9:00 – 10:30am
Nov 1	1:1 Executive Coaching	1:1 mentoring	30 mins each
Nov 7	Building EI Competencies and Leading Self	Live online session	9:00 – 10:30am
Nov 7	Module 3: Insights from Neuroscience: EI and Leadership	Self-directed	Self-directed
Nov 14	Implications & Applications: Neuroscience, EI and Leadership	Live online session	9:00 – 10:30am
Dec 5	Post-program webinar	Webinar	9:00 – 10:00am

*Dates and times subject to change.

Faculty Lead

Fred Jacques PhD, Adjunct Professor, Haskayne School of Business

Fred is a leadership educator and consultant with over 30 years of experience in both the public and the private sectors. He has designed and delivered leadership development programs that incorporate best practices in seminar-style instruction, experiential exercises, 360-degree feedback and individualized coaching.

Fred is a sought-after facilitator and coach and is known for his attention to client needs and his sense of humour. Fred has a Ph.D. in Organizational Behavior from the Haskayne School of Business and an M.A. in Applied Behavioural Sciences from the Leadership Institute of Seattle at City University. He is a Certified Human Resources Professional and is accredited in the use of the Myers Briggs Type Indicator (MBTI), the EQ*i*- 2.0 and numerous other assessment tools.



Register now

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