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# The Leader's Edge

Developing an Extraordinary  
Mindset



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## What we will cover

- The 4 Dimensions of Emotional Intelligence
- Emotional Fitness
- How We “Do” Our Emotions
- Shifting Your Emotions
- Mindfulness Practices



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# What exactly is Emotional Intelligence?



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**EI accounts for 85-90% of the difference between outstanding leaders and their more average peers.**

*Source: Resonant Leadership; Boyatzis and McKee, 2005*



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# Four Dimensions:

## 1. Self-Awareness



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# Self-Awareness:

- A. Emotional self-awareness
- B. Accurate self-assessment
- C. Self-confidence



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# Four Dimensions:

## 2. Self-Management



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# Self-Management:

- A. Emotional self control
- B. Transparency
- C. Adaptability
- D. Achievement
- E. Initiative
- F. Optimism





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# Four Dimensions:

## 3. Social Awareness



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# Social-Awareness:

- A. Empathy
- B. Organizational Awareness
- C. Service



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# Four Dimensions:

## 4. Relationship Management



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# Relationship Management:

- A. Inspirational Leadership
- B. Influence
- C. Developing Others
- D. Change Catalyst
- E. Conflict Management
- F. Building Bonds/Relationships
- G. Teamwork/Collaboration



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# Emotional Fitness



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# Your Habits of Emotion





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# How We “Do” Our Emotions



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# Three Things:





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# Shifting Your Emotional State



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# Questions to consider...



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# Where in my life am I in automatic mode?



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**How does it impact  
the overall quality of  
my life?**



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# Are you seen as a leader or a liability?



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# The Three Tools of State Change





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# The Three Tools of State Change

## 1. Focus



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# The Three Tools of State Change

## 2. Physiology/Breathing



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# The Three Tools of State Change

## 3. Language



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# Mindfulness



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# Mindfulness

being aware of our own inner experience (attuned to self),  
and paying attention to what is happening around us  
(attuned to others and the world around us).



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**We've covered a LOT of  
material today.**

**“I know this stuff.”**



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## REVIEW

The 4 Dimensions of EI are: self-awareness, self-management, social awareness, relationship management

We create our emotions through focus, meaning, and action

We can shift our emotional state quickly using the tools of state change



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# Thank you!

# Questions?





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