University of New Hampshire

University of New Hampshire Scholars' Repository

M.S. in Leadership

College of Professional Studies Granite Division

Summer 2021

Creating an Introductory Workshop for Leaders on Emotional Intelligence

Ashley Eskel Granite State College

Follow this and additional works at: https://scholars.unh.edu/ms_leadership

Recommended Citation

Eskel, Ashley, "Creating an Introductory Workshop for Leaders on Emotional Intelligence" (2021). *M.S. in Leadership.* 108.

https://scholars.unh.edu/ms_leadership/108

This Capstone is brought to you for free and open access by the College of Professional Studies Granite Division at University of New Hampshire Scholars' Repository. It has been accepted for inclusion in M.S. in Leadership by an authorized administrator of University of New Hampshire Scholars' Repository. For more information, please contact Scholarly.Communication@unh.edu.

Creating an Introductory Workshop for Leaders on Emotional Intelligence

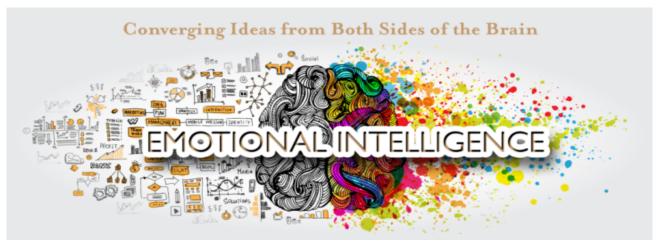
Ashley Eskel

M.S. in Leadership Summer 2021

Granite State College

Background of Project: Why El Workshop?

- Experience in training and development: Where can we improve?
- El has been a core component throughout my MSLD journey
- Current position as a corporate trainer utilizes workshops as a primary means of training delivery



https://whiteraycoaching.com/emotional-intelligence/

Literature Review Key Points

- Defining El
- Training Leaders in El
- El Tools Already In Practice
- Implications to Consider

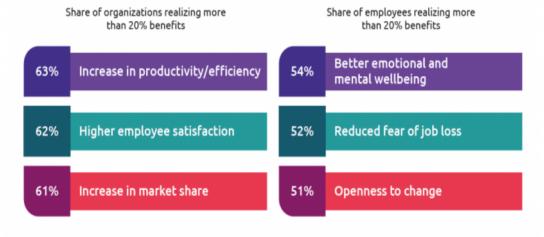


Goleman's Emotional Intelligence Model (2002)

Workshop Components and Summary

- Components
 - ✓ Course PowerPoint
 - ✓ Instructor Notes
 - ✓ Learner Guide

Emotional intelligence offers big benefits to the organization and the workforce



Sources: Capgemini Research Institute, Emotional Intelligence Research, Executive Survey, August–September 2019, N=750 executives.

Sources: Capgemini Research Institute, Emotional Intelligence Research, Employee Survey, August–September 2019, N=1,500 employees.

Questions?

Granite State College