

SeminarsWorld® Course Agenda

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Developing Your EQ to RISE (Reach, Inspire, Serve, & Engage)

Instructor(s): Traci Duez

Length: 2 days

Pre-work: Yes

CEUs: 1.4 / See below for PDU breakdown

Level: Intermediate

Primary Topic: Leadership Development

Subtopics: Motivation, Leading Project Teams

Course Description:

Your technical skills helped you secure your first promotion, but these do not guarantee your success in your leadership position, nor do they help you secure your next one. If you aspire to succeed in a leadership role, there's an emotional element you need to consider. It's what helps you successfully manage stress, collaborate and co-create with others, coach team members, confront uncomfortable situations, and deliver feedback.

Emotional intelligence (EQ) goes beyond the administrative nuts and bolts of being a great project manager. It emphasizes how your emotions affect others and how you can use that knowledge to create positive outcomes—both personally and with the people you manage.

In this seminar, Traci shows you step-by-step how to expand your emotional intelligence to grow your self-leadership and team leadership skills. She will use real-world examples and discuss critical leadership practices and principles using the mathematically based value science of axiology. Participants will be able to put their new knowledge to work immediately in their careers and their lives to RISE, that is, Reach, Inspire, Serve, and Engage.

All participants will be asked to complete an online assessment, which will be used during the seminar. This assessment tool adds great personalized value as the participant will learn how to apply the principles and practices to their specific thinking and emotional habits.

Disclaimer: By enrolling in this seminar, registrants agree to share registrant data ("Data") with instructors for the purposes of customizing course objectives and providing assessments and strategies based upon registrants' specific information.

Pre-work: Each participant will be required to complete an online assessment to measure their EQ and VQs (Value-judgment Quotients). Their assessment report is used to customize their training to enhance their current thinking and emotional STRENGTHS!

Learning Objectives:

Upon completion of this course, participants will be able to:

- Grow their emotional vocabulary
- Discover value-based decision-making techniques
- Develop a deeper emotional connection with others
- Understand and utilize communication & motivation styles
- Raise their ability to confront and handle difficult situations
- Comfortably handle the emotions of others

AGENDA

DAY 1

- Why EQ is Important & How to Develop It
 - Thoughts and emotions: The foundation of your actions & results
 - Using the TEAR model to achieve better results and outcomes
 - Your emotional vocabulary & how to strengthen it
- Your VQ (value-judgment) and EQ (emotional intelligence) Measurements
 - Understand your highest and lowest EQ measurements
 - Review your VQ profile results
- Your Internal Dialogue
 - Developing your self-leadership & confidence thru neuro-axiology
 - Using your VQ profile to SHIFT your thinking

DAY 2

- Reach & Inspire
 - Using DiSC to connect with your stakeholders
 - Understanding the 7 key motivators to inspire and energize your team
- Serve & Engage
 - Key steps to handling emotional situations
 - Discover the process for having team members own and be accountable for their work
- Moving Forward
 - Creating the greatest net value (quality of life)
 - Making a difference

Professional Development Units (PDUS) are one-hour blocks of time spent learning, teaching others, or volunteering. By attending this SeminarsWorld course, you will be able to achieve the following PDUs as learning hours to apply for PMI certification or to maintain your certification status with PMI. [View](#) how your PDUs align with the PMI Talent Triangle®.

	Technical	Leadership	Strategic	Total
CAPM / PMP / PgMP	0	14	0	14.00
PMI-ACP	0	14	0	14.00
PMI-SP	0	14	0	14.00
PMI-RMP	0	14	0	14.00
PfMP	0	14	0	14.00
PMI-PBA	0	14	0	14.00




