



PMI Training Agenda

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

Instructor(s): Traci Duez

Length: 2 days

Prework: Yes

CEUs: 1.4/see below for PDU breakdown

Level: Intermediate

Training Topic: Leadership Development

Subtopics: Program Management, Power Skills

Training 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 cocreate 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 training, you will learn step by step how to expand your EQ to grow self-leadership and team leadership skills. There will be real-world examples and discussions about critical leadership practices and principles using the mathematically based value science of axiology. You will be able to put this new knowledge to work immediately in your career and personal life to RISE; that is, Reach, Inspire, Serve, and Engage.

All learners will be asked to complete an online assessment that will be used during the training. This assessment tool adds great personalized value as the attendees will learn how to apply the principles and practices to their specific thinking and emotional habits.

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

Prework: *Each learner will be required to complete an online assessment to measure their EQ and VQs (value-judgment quotients). The assessment report is used to customize the training to enhance current thinking and emotional strengths.*

Learning Objectives:

Upon completion of this course, learners 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 and motivation styles.
- Raise their ability to confront and handle difficult situations. Comfortably handle the emotions of others.

AGENDA

DAY 1


- Why EQ Is Important and How to Develop It
 - Thoughts and emotions: The foundation of your actions and results
 - Using the TEAR model to achieve better results and outcomes
 - Your emotional vocabulary and 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 and confidence thru neuro-axiology
 - Using your VQ profile to SHIFT your thinking

DAY 2

- Reach and Inspire
 - Using DiSC to connect with your stakeholders
 - Understanding the seven key motivators to inspire and energize your team
- Serve and 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 1-hour blocks of time spent learning, teaching others, or volunteering. By attending this training, 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® / Agile*	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



**Please note that the asterisked row above applies to the PMI® Agile Certification Journey and includes DASM™, DASSM™, DAC™, and DAVSC™ certifications.*