



Emotional Intelligence (EI) & Resilience

What role does EI play in your leadership and your career?

How can resilience help you stay positive, whatever the circumstances?

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Module 4: Emotional Intelligence & Resilience

Nowadays, Emotional Intelligence is often mentioned as an essential competence to become a successful leader. "Statistics from Harvard, Stanford, and Carnegie Foundation show that 85–87% of our success accounts from soft skills, emotional intelligence, and personal skills, yet we only pay attention to them 10% of the time."

But, what is meant exactly by Emotional Intelligence? Is it about connecting Emotions & Intelligence? How can your emotional Intelligence influence your leadership capabilities? In addition, there seem to be a strong link between a high EQ (Emotional Quotient) and strong resilience.

*"People may not remember what you said,
but they will remember how you made them feel"*

Maya Angelou

How do you describe Resilience? Do you know where this inner strength comes from and how to develop it further?

According to Oxford dictionary, Resilience means the capacity to recover quickly from difficulties, toughness or the ability of a substance. What if you saw Resilience as a magic elastic able to spring back into shape, whatever the tension or direction is?

Our entire Module 4 is dedicated to the Emotional Intelligence (EI) & Resilience Themes. There you will learn and understand why it is so important to be aware of your emotions and be able to control them, and how this impacts your personal life and your interactions with others.

Would you like to gain tips and tricks to exercise and train the fantastic muscles of your brain to reach a higher level of emotional intelligence & resilience and approach your next life challenges with serenity and inner trust?

*"Resilience is accepting your new reality,
even if it's less good than the one you had before"*

Elisabeth Edwards

What are you waiting for to develop
your emotional intelligence?

Join one of our next Leadership Programs
in Munich, Berlin and Amsterdam

or

Harmonize your management standards with
an in-house leadership program
