



Emotional Autonomy for Leaders

Description

Join us for an interactive program that dives into the usefulness of emotions and their value in the workplace.

This program is designed to provide you with the time, structure and skills to build emotional autonomy (a subset of emotional intelligence). Emotional autonomy means accepting all emotions and using them to understand the specific triggers that drive reactive, habitual behavior and decision-making that undermines wellness and leadership effectiveness. As a result, you learn how to pause so that you can respond deliberately to people and issues that come up at work, which amplifies your sense of self-determination and leadership effectiveness at the same time.

Being deliberately responsive is especially beneficial in times of fast-paced change and growing uncertainty.

This program is a subset of the Human-Centric Leading model.

Who Should Attend

Leaders and change-makers who want to expand their ability to guide their own and others' emotions at work for improved workplace flow and effectiveness.

Goals

1. Build your emotional intelligence for increased leadership insight and effectiveness.
2. Increase your emotional awareness and the triggers that drive your habitual reactions.
3. Learn how to use your emotions as data to respond mindfully instead of react habitually.
4. Identify strategies that calm you when you're agitated so you respond wisely to challenges and turn them to opportunities.

Key Outcomes

One: You'll be more **self-aware** of your emotional self and the triggers that activate reactive, habitual actions and decision-making that undermine your emotional equilibrium and leadership efficacy.

Two: You'll be able to **use emotions as data** to detach from emotional overwhelm and reactivity so that you respond to challenges consciously to amplify your leadership efficacy.

Three: You'll better **understand other peoples' emotions** and be more capable to de-escalate people-related issues, solve problems and facilitate more constructive work interactions and outcomes.

Four: You'll have a solid strategy to get and stay **more calm and grounded** amidst a VUCA workplace and more broadly, our VUCA world; VUCA = volatility, uncertainty, complexity and ambiguity.

Fee

\$265 per person including a playbook

Same fee for in-person or virtual delivery

Contact

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Program Agenda

First Session	Second Session	Third Session	Fourth Session
Discover Your Emotional Landscape During this session, you will come to learn more about emotions and how they provide insight that can be used for a more calm and balanced life. In addition, you'll come to know your own emotional dynamics and how your perspective of them adds to joy or stress. With your increased self-awareness, you can then make decisions as to the next steps to take that expand your emotional autonomy as part of your broader emotional intelligence.	Learn to Use Emotions as Data You'll learn a simple, 3-step method that helps you make sense of emotions without getting hooked by them. Using it helps you become more self-aware, show up at work from your highest mindset and solve team-related tension with more success. Plus, using emotions as data boosts your capacity to deal with your emotions as well as others' in ways that focus on the issues at hand while mitigating emotional intensity.	Transform Existing Challenges You practice using emotions as data with 1-2 personal challenges to improve your life/work. As you practice, you'll become more skilled in responding deliberately to triggers instead of reacting habitually (and then later regretting what you've said or done!). Doing so broadens your emotional autonomy including the leadership skills that heighten your sense of control that boosts your impact.	Create an Inspiring Action Plan You have space to ask questions, learn from other participants' wisdom and become aware of common obstacles that can block your journey toward emotional autonomy. In knowing those, you decide how to circumvents those blocks. Doing that produces insight that anchors your learning. It also cements your action plan so that you feel inspired to implement it after the program is complete.

Program Approach

This program is designed and led by Eleni Pallas. It is delivered in one 4-hour workshop or one-hour sessions over 4 consecutive weeks. It's designed to be interactive and practical, including discussion and exercises with break-out groups that facilitate self-awareness and "aha" moments and peer learning to optimize the group's collective intelligence. If delivered over 4 weeks, between-session exercises, reading, videos and peer collaboration are available for anyone interested, even though not essential to benefit from this program.

Individual coaching is available under separate cover for deeper attention to specific needs and goals.

Facilitator Bio: Eleni Pallas



Eleni coaches and educates organizational leaders and team players. She has an MBA from GWU with honors and coaching certification from the ICF (PCC level) with 30 years of global leadership experience. While teaching executives at UC Berkeley, Eleni developed an antidote to recurring workplace problems called Human-Centric Leading. It's a way to transform process-centric workplaces that generate burnout to human-centric workplaces where people come first and can do great work from their best selves. She coaches, teaches, writes and speaks about ways to reclaim our humanity in the workplace. All of her programs are based on Human-Centric Leading and promote the masterful ability to respond deliberately to people and situations (vs react habitually) to amplify your sense of control, contribution and impact.