



**Illuminating Veterinary
Women's Retreat**

Empowering women & reigniting passion.



Redefine Leadership as a Personal Journey

5/21/20

The Five Components of Emotional Intelligence at Work

| | Definition | Hallmarks |
|-----------------|---|--|
| Self-Awareness | the ability to recognize and understand your moods, emotions, and drives, as well as their effect on others | self-confidence realistic self-assessment self-deprecating sense of humor |
| Self-Regulation | the ability to control or redirect disruptive impulses and moods the propensity to suspend judgment – to think before acting | trustworthiness and integrity comfort with ambiguity openness to change |
| Motivation | a passion to work for reasons that go beyond money or status a propensity to pursue goals with energy and persistence | strong drive to achieve optimism, even in the face of failure organizational commitment |
| Empathy | the ability to understand the emotional makeup of other people skill in treating people according to their emotional reactions | expertise in building and retaining talent cross-cultural sensitivity service to clients and customers |
| Social Skill | proficiency in managing relationships and building networks an ability to find common ground and build rapport | effectiveness in leading change persuasiveness expertise in building and leading teams |

How have you shown up as a leader of your personal journey the past two months?

What was the most difficult hurdle or challenge?

Visit you are ENOUGH!

What qualities do your

Branding-LinkedIn review

What is your messaging and intent for your profile?

- 1) Do you want them to know more about you and your expertise?
- 2) Brand awareness? Leadership?
- 3) Do you want to move them to action? Open/read/purchase/engage?
- 4) Who are you targeting? A new boss? A new client? A new (you fill in the blank)?
- 5) Are you wanting to build a relationship? Build trust? Build numbers and connections?

What do you want to accomplish with your LinkedIn Profile?

Create instructions and share a short 3-5 minute video addressing your ideal client and moving to action

Confirm next round of One-on-One Coaching Sessions