

# INSPIRATIONAL LEADERSHIP:

*Leading with EQ*



MALAYSIA HR FORUM ACADEMY  
LEVEL 12, LOT 12A, MENARA PKNS PETALING JAYA,  
JALAN YONG SHOOK LIN, 46050 PETALING JAYA

RM 2,600

**100% FULLY HRDC-CLAIMABLE**





## **MODULE OVERVIEW**

You should or have not, been informed that emotional intelligence may be linked to success in all areas of the workplace. According to a study by Talent-Smart, emotional intelligence influences 58% of success across every type of job. And according to the many CEOs, the one of many behaviours that make a successful CEO can all be attributed to a high emotional intelligence level. But to understand why emotional intelligence and leadership are so closely linked, we must first understand what it is and why it makes one a better leader.

Hence, in this 2-day course, we shall expound the concept, principle and tools use, including the famous psychology personality tool, MBTI, for increasing the level of EQ for better leadership performance and business results.





## **LEARNING OBJECTIVES**

- To understand the key principles that deeply underlie the effective use of EQ by leaders.
- To expose the psychometric tool, MBTI in EQ
- To lead and inspire a team with the application of EQ in the workplace.

## **TARGETED PARTICIPANTS**

Team leaders, junior to mid-level managers or supervisors

## **METHOD OF TRAINING**

Sharing, audio-visual, skill practicing- discussing, case study, role play, & presentation

## **LEARNING OUTCOME**

To enable participants to vividly understand, the concept, principles and application of personality with EQ in leadership.

## **DURATION**

2 days







## **CONTENTS DAY 1 | 9 AM - 5 PM**

### **Module 1: Introduction of MBTI for the use of EQ**

- Setting the scene for the constructive and interesting use of a psychometric instrument – MBTI tool background & origins of the MBTI instrument.
  1. Like the saying, all of us have strengths and weaknesses but sometimes your strength could be a weakness to others and via versa. Why is it so?
  2. Explanation of type principles & concepts, and participants' self-estimate hypotheses.
  3. Understand MBTI on the 4 dichotomies and the whole Type for yourself & others.

### **Module 2: Application of MBTI in EQ**

- Review of EQ
- Definition of self-awareness, self-management, social awareness, and relationship
- Discover and explore the 4 dimensions of EQ
- Understand, use and manage your emotions by the advantage of MBTI – why do some with high EQ and some not as observed and inferred by society?
- Application of personality blind spots to avoid bad EQ
- All related activities
- Day-1 Key takeaway and end





## **CONTENTS DAY 2 | 9 AM - 5 PM**

### **Module 3: EQ & Leadership**

- What is leadership and are you really one?
- Stages of leadership
- 9 EQ qualities of the right leader, which are yours?
- Leadership style, which is yours?
- Right approaches of improving leadership EQ
- Related activities

### **Module 4: EQ in Practice**

- Identify the benefits of EQ by MBTI
- Relate EQ to the workplace using MBTI
- The choice of optimism and pessimism in view of moving forward
- Making an impact on first impressions or your personality
- Deepen your appreciation of EQ as a critical leadership competency via MBTI
- Related activities
- Skill practice, wrap up and key learning takeaway.
- Evaluation and end of module

