

Transformational Leaders provide...



Leadership is an action, not a position. – Donald McGannon



The 3 Fundamentals to Lead Transformational Change

**Emotional
Intelligence (EQ)
+ Mindfulness**



**Communication
& Messaging**

Healthy Collaboration



Emotional Intelligence (EQ) + Mindfulness

The EQ-i^{2.0} Model



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Where and how are my emotions
"Too Hot", "Too Cold"?

Blank space for reflection on emotional states.

What signals can I look, feel, and listen for to spot when their out of balance?

Blank space for reflection on signals of imbalance.

What action(s) can I take to help me get to "Just Right"?

Blank space for reflection on actions to reach balance.

Communication & Messaging



Where and how has my message or language been "Too Big" or "Too Small"?

Blank space for reflection on message size.

How can I bring more awareness to my language use or tone?

Blank space for reflection on language awareness.

What can I adjust with my words? What words can I "swap out"?

Blank space for reflection on word adjustments.



Healthy Collaboration

Where and how does my team struggle to collaborate?

Where and how does my team excel with collaboration?

How/When can I find balance between collaboration and independence?



Your Goldilocks Leadership Action Plan



- Pick ONE fundamental to focus on for the next 4 weeks
- Identify THREE things you will do to bring awareness and action

The fundamental I will focus on developing is:

From (Date): To (Date):

My three things for awareness & action: