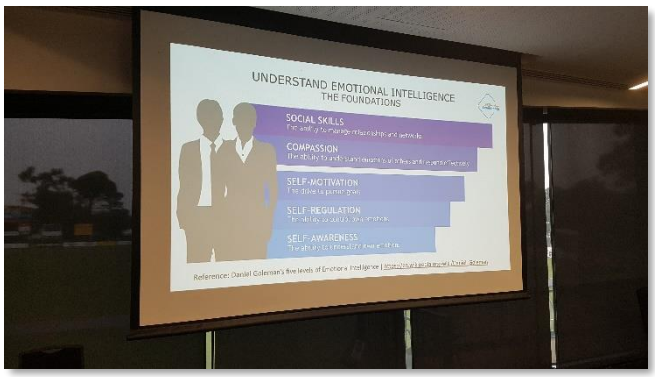
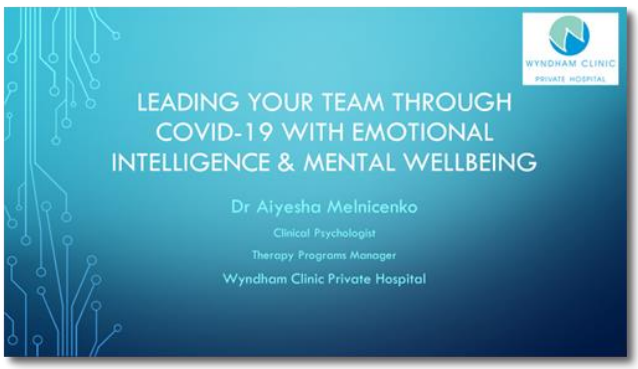
FLOW PROGRAM
HEART-ICULATING EMOTIONAL INTELLIGENCE

Committee for Wyndham and PROfound Leadership are excited to provide you with a further update of our Future Leaders of the West (FLOW) program which took place on Thursday, 21st May at Chirnsides by the River.

It was a full day event that was delivered face-to-face and online simultaneously under strict COVID-19 guidelines.



This month, we focused on the 5 domains of Emotional Intelligence (EI) and learned why EI trumps IQ when you move up the organisational ladder. We focused on EI competencies for success such as:
resilience, positivity, interpersonal skills, communication, social perception, influence and cooperation.



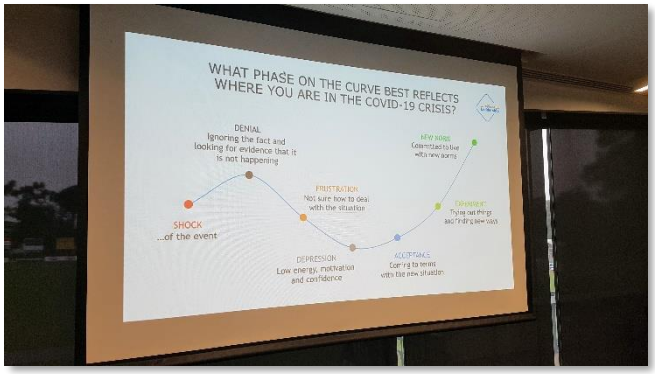
We had the privilege to welcome registered Clinical Psychologist Dr. Aiyesha Melnicenko as our guest speaker. Aiyesha, who is very passionate about mental health recovery and empowering people to attend to their emotional wellbeing to build rich, meaningful lives, shared fantastic insights into
Emotional Intelligence & Mental Wellbeing and how to lead our teams through COVID-19.

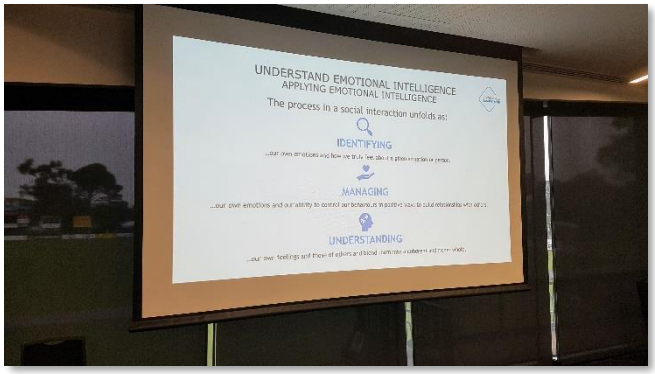
Here are a few key messages from our session:

- ☑ A negative mind will never give you a positive life.
- ☑ Consider EI when hiring, promoting and developing talents, not just credentials.
- ☑ If connection and communication go down, so does creation.
- ☑ The quality of your life is determined by your ability to connect with your authentic self. This implies congruence and alignment by clearly articulating your thoughts and HEART-iculating your emotions.
- ☑ Character and identities are a collective of our thoughts, feelings and behaviours.
- ☑ We need to separate the person from their behaviours to find their positive intentions to positively influence individuals in our team and workplace. It is more useful to look at their behaviour as a function of their unmet needs than as a function of their basic decency as a person.
- ☑ We are all value fulfilling machines and always jump at the chance to do more of the actions that generate the feeling we crave, without logic.

Establishing a lot of self-awareness was followed by a number of simple yet powerful leadership strategies:

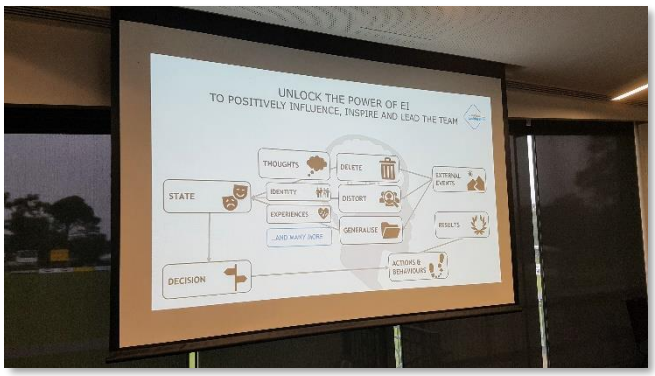
- ☑ Understanding Emotional Intelligence – The foundation
  - Applying EI

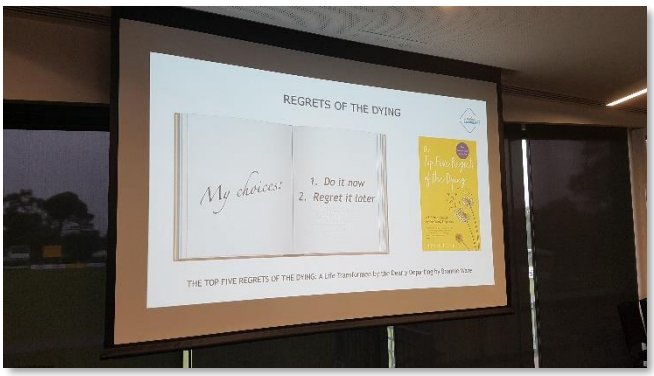




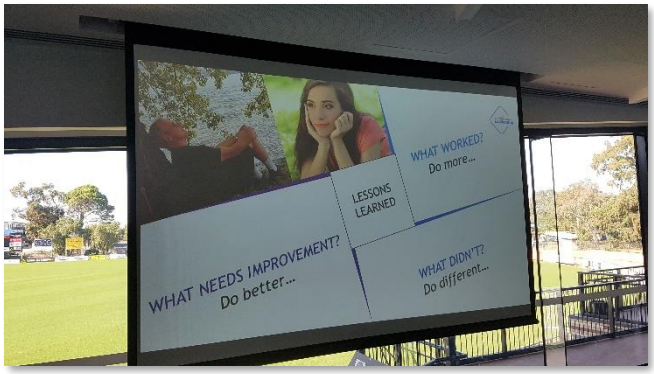
- ☑ Improve emotional self-mastery
  - Scaling from the inside out
  - Emotional triggers and how to manage them effectively
  - Smart and powerful decision making
  - Emotional reasoning process
  - Overcoming procrastination

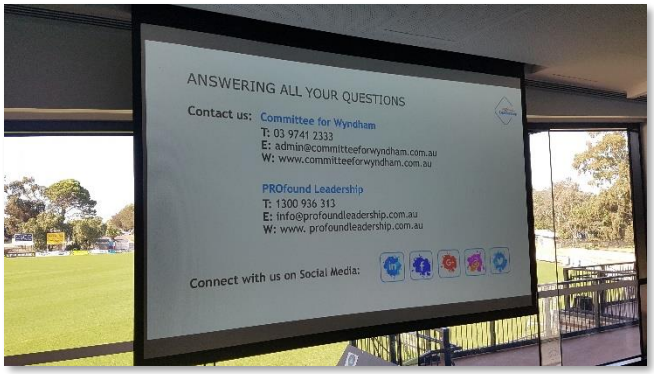
- ☑ Unlock the power of EI to positively influence, inspire & lead others
  - Characters and identity building
  - The Value of values





Stay tuned for more insights from our next scheduled session on the topic of "Effective Communication".





If you have any questions about the FLOW program or are interested in the next FLOW program, please contact us. We are only a click or phone call away.

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