

Foundational Leadership Concepts

The Four Components of Emotional Intelligence

Self

Others

Awareness

Self-Awareness:

Understanding one's emotions and their impact on others.

Social awareness:

Being attuned to others' emotions and understanding their perspectives.

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Self-regulation:

Managing and controlling one's emotions, especially in challenging situations..

Relationship management:

Building and maintaining positive relationships, including conflict resolution.

The Four I's of Transformational Leadership

Individualised Consideration: Tailoring leadership to the specific needs of individuals.

Inspirational motivation: Providing a compelling vision and motivation for followers.

Intellectual Stimulation: Encouraging creativity and critical thinking.

Idealised Influence: Serving as a role model and earning trust and respect.

IDEO's Empathy Map

Seeing

Saying

User

Thinking Hearing

Seeing - The world from the perspective of others.

Saying/Doing: Paying attention to what people say and do.

Thinking/Feeling: Identifying the thoughts and emotions of others.

Hearing: Listening to verbal and non-verbal cues to understand what is important.

Simon Sinek's "Leaders Eat Last" Concept



Safety Circle: Creating a safe and trusting environment where team members feel secure.

Putting Others First:

Prioritising the well-being of the team over personal interests.





Sharing Successes and Failures:

Being open about both successes and failures, fostering a culture of learning.