

# ClearRock

## Leading with Empathy and Compassion

There is deep concern about the emotional well-being of people working in a COVID-19 world. Never has there been a greater need for leaders to be at their best. Leaders are called to make courageous decisions while communicating with calm, candor and compassion.

In this program, leaders will work with a trusted coach to explore how their emotions influence the way they perceive and express themselves, develop and maintain interpersonal relationships, make decisions and manage stress. They will deepen their emotional intelligence, which will allow them to think, feel and act with greater self-awareness and organizational impact.

### Objectives

- Gain meaningful insights through assessment and feedback
- Identify strengths, blind spots and potential derailers
- Implement and refine strategies for immediate action and advancement

### Process

- 6 Zoom coaching meetings
- EQ-i 2.0® emotional intelligence assessment

