



Exercise: Let's Discover Something About Ourselves...

- Complete your individual ore file
- Select the word that nost describes you at work
- There are no right or wrong answers
- No one will see your selections

Your Behavior Style Profile

• Which "you" was your fecus at he time you completed the preale?

• External conditions and situations exist at the present time that may impact your current response

Avoid labels

Tasks vs. People

More, better, faster

Caruble, connucent

L keable

asks

People

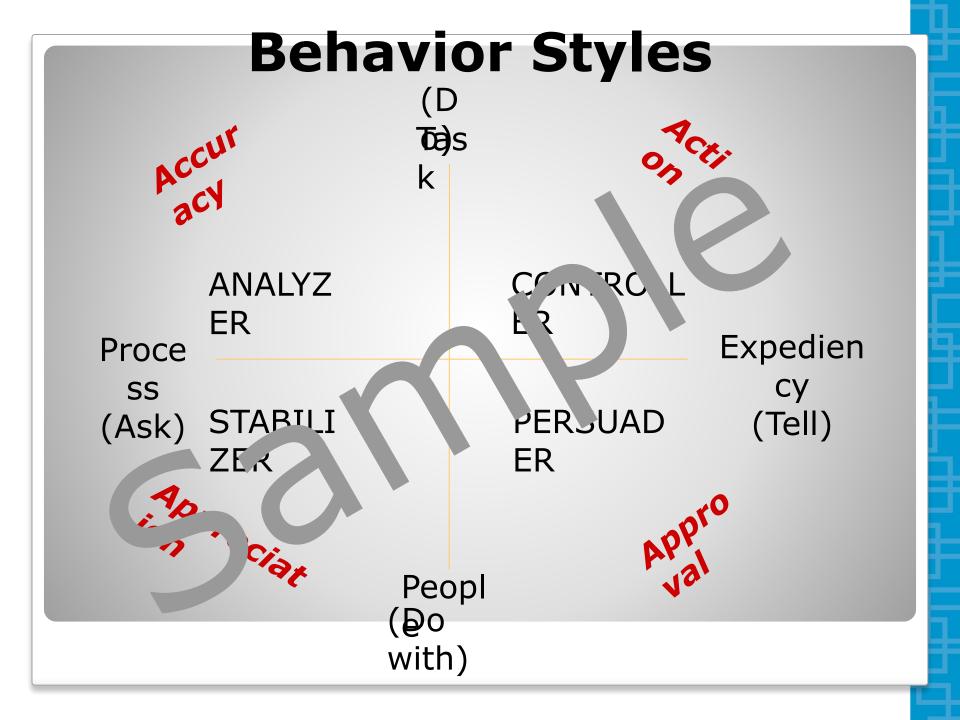
Process vs. Expediency

Thorough, comprehensive, need to make one RIGHT decision

Fast, gut, quick



Expediency



Creating Your Profile

Step One Tally your results

Step Two Complete page 5 (Ba. G. 30h)

Step Three Complete page 7 (\$.yle Combination.)

Ster Fou Find your combinations (Pages 8-1) or pg. 16 for Overbalance)

Step Five Group yourselves by style

Discussion

- Review your style as summarized on he Quick Reference Card and dis rus with your style group
- Do these descript ans ing rue for you?
- To they make sonse to you? Do they construct reproaches that you appreciate or to which you respond positively?

ANALYZERS

- Tendency toward perfectionicm
- Decisions and information provide \ are usually accurate and thoughtful
- Deal with facts. de la, logic d'étails
- Sometimes slow to make decisions
- · way apprar avealy cautious and not good
- Feelings and emotions kept inside



Industrious Critical
Persistent Indecisive
Serious Stuffy
Exacting Picky
Orderly Morausta

Analyzers in Teams...

Contributions

- Perceived as thorough, and, 'ical and accurate, above all tise
- Focus on getting things runt (emphasis on "task" rather in "prop.")

Limitations

- Can ov rai alyze thi igs that don't war air the tter on (a alysi -paralysi.)
- Co. cern or getting it right can slow or eeze the team's progress
- On be perceived as aloof and have an excessive concern with perfection that can stifle creativity in the group

Fear

Unwarranted personal criticism

With Analyzers...

DO

Prepare in advance

Be accurate

Be direct

List pros and cons

Present specifics

Be persistent

Use tirg able for tions

Pre /ide tangible prac cal

evic

T'NOC

Be disorgani. 3d c r. essy

Be cast info man - I d

Rus, decisi n-n king

i vil to folloy through

We the time

Leave things to chance

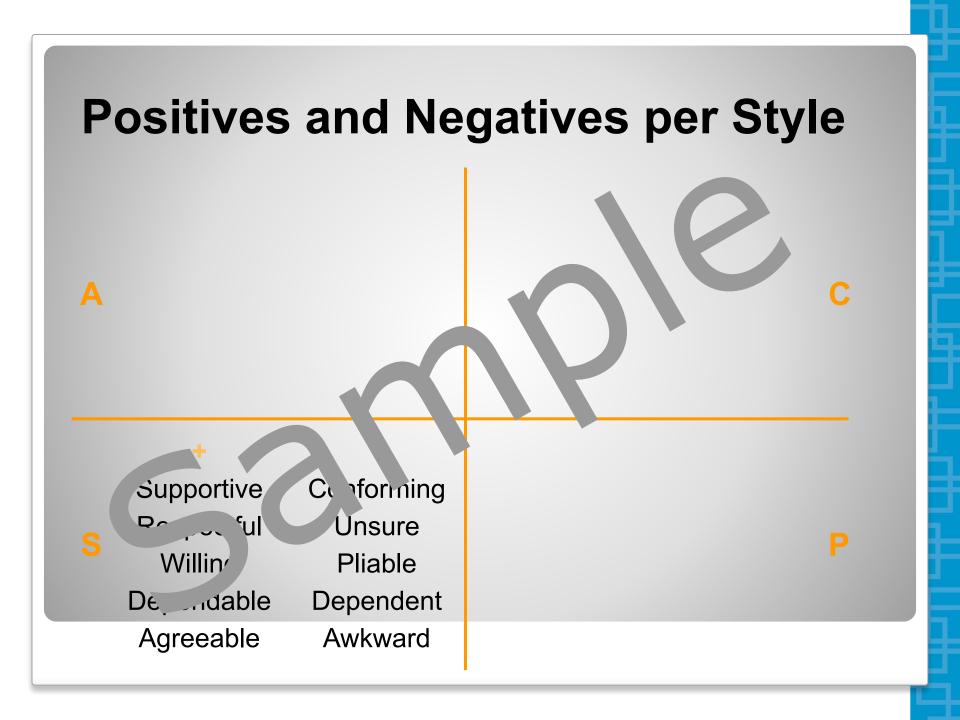
Threaten or cajole

Use opinions as evidence

Be manipulative

STABILIZERS

- "Warm and fuzzies"
- People and friendships are very in portant
- Good at juggling multiple tasks
- · Concerned about eenings of others
- Dependable
- · 'greeable, is sinclined to speak their
- Can ret hurt feelings or be offended easily



Stabilizers in Teams	
Contributions	 Often viewed by team members as a good team player Empathetic and servitive to the needs of others Likes harmony in tean
Limitations	 Can be indeclave, unwring to confront directly and recist of ange Becase of heir sed to maintain team hamons, the lown needs may be suppressed. Over time, this can cause esentment and a degree of ressive-aggressiveness Not inclined to celebrate their accomplishments, yet they can become frustrated and perhaps resentful if their contributions go unnoticed too long
Fear	 Confusion, chaos, and change

With Stabilizers...

DO

Start with a personal comment Show sincere interest in them as people

Listen and be responsive

Be casual and non-threa ?

Ask "how" questions

Watch for hurt leelings

Pro ide assurar les

T'NOC

Rush into bu ines

Stick c 'anti to L 'air ss

Force them be bond quickly

Lede and g

De ate octs & figures

Be abrupt

Be patronizing

Decide for them

CONTROLLERS

- Strong, decisive and results- riented
- Provide strong guidance for ot, er.
- May appear pushy at tirles
- Demanding of betath ms was and others
- Highly self-crit cal
- Vith the shif-chat



Strong-wille Cushy
Indepositent
Factical Tough
Desisive Dominating
Efficient Harsh

Controllers in Teams...

Contributio ns

- Able to make decision when no one else wan s to
- Is not afraid to confront tough issues
- Embraces hange a a person chillen e

Limitations

- Can be parce yed as overly binichated, a mbative, a rogant, impatient, and like change for change's sake
- May overextend him/herself due to competing priorities and become inefficient

Fear

Losing control

With Controllers...

DO

Be specific & brief

Stick to business

Be prepared

Present facts clearly

Ask "what" questions

Provide alternative solu ons

Take in the will fant

TINOC

Ramble or waste mu

Be disc __nize \or. or.

Lea loop les r be unclear

k rl. toric I questions

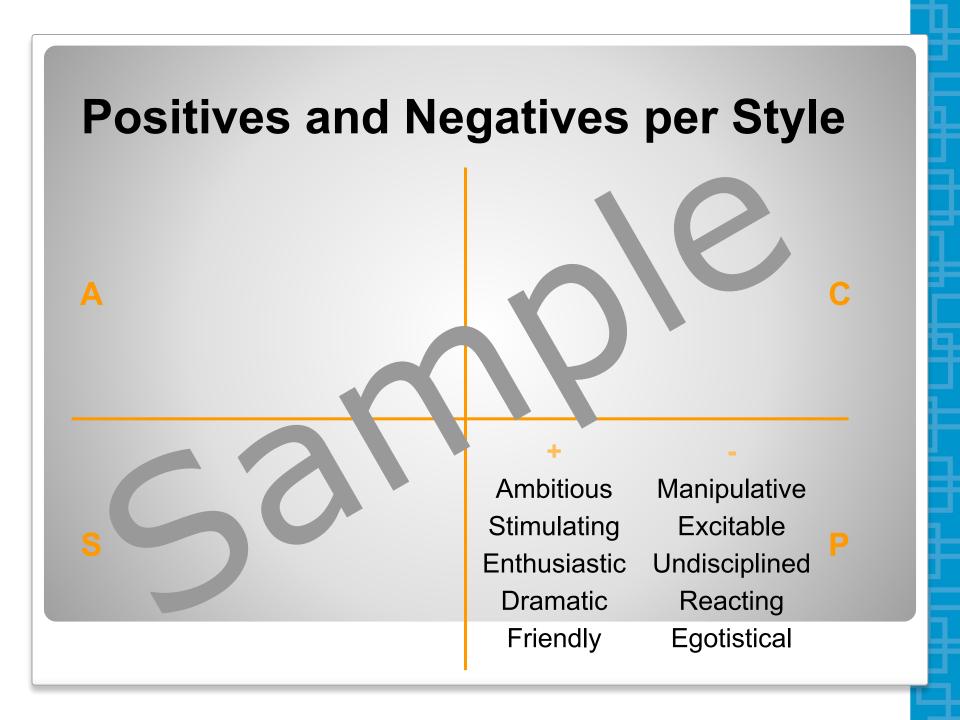
Mare decisions for them

Speculate

Be directive

PERSUADERS

- Like to get others involved in activiaes
- Highly creative and enthusiast
- Operate primarily by introducing
- Party people; like to rave a cood time
- Little tolerance for those with a are not expressing
- zasily bried or distracted
- Linicu to keep on task



Persuaders in Teams...

Contributions

- Has great enthusiasm for working with others
- Inspires and motival is c bris
- Always available to o her
- Gives positive reechac reasily to others

Limitations

- Car by perceived as disorganized and superficial in their approach to talks and people
- Ca. overdo emotional expression

Fear

Being blamed or disliked

With Persuaders...

DO

Be fast-moving, entertaining
Leave time for socializing
Talk about their goals
Deal with the "big" picture
Ask for their opinions & i.ea.
Provide examples from eople
they be! ve a a important.
Off a incentives of reverses

TONT

Legislate

Be cold hof, Intigate ped

Prest for solutions

Pal with details

Be hogh atic

Talk down to them

Constructive Feedback

You are an expert on

- Other people's behavior
- Your feelings

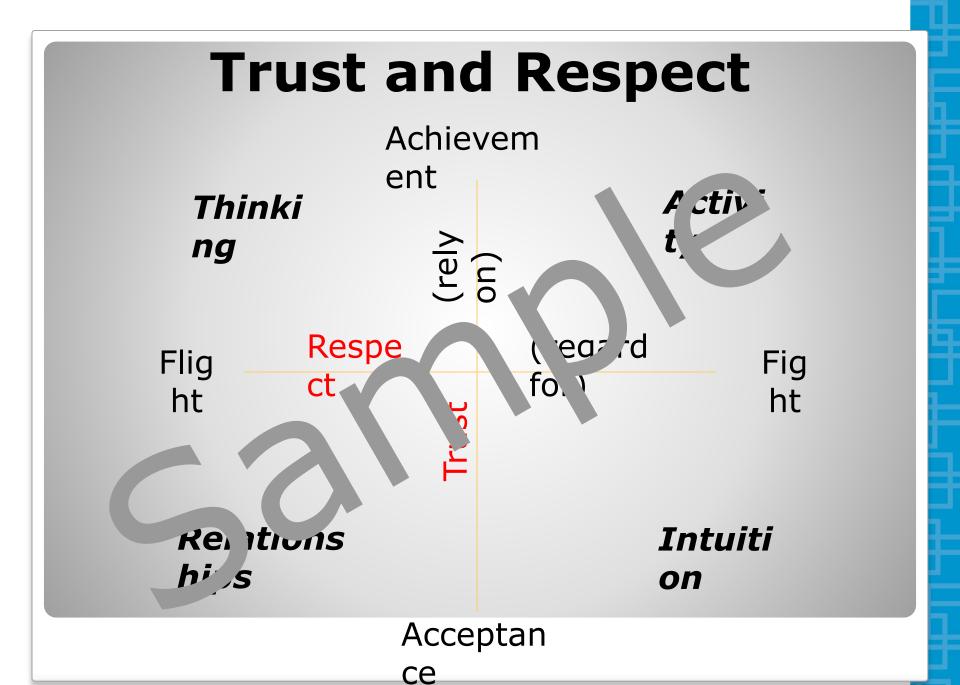
You are NOT an expert in

- Your ben vice
 - Other leo le's feelings

Philosophy of a Good Communicator

Assume 100% of the reconsibility for understanding what the other person real s.

Assume 15.7% of the responsibility for making sure that the person you are communicating with *understands you*.



Style Flex

Flexibility:

The ability to meet another pursor's style needs & satisfy parsonal style needs as well.

Being flexible means to:

Situationally, purposefully & temporally anodify behavior on one or both dimensions.

Why Increase Flexibility?

- You want to understand how chers see you.
- You value being more effective vith thers.
- You are willing to obtain a more realistic picture of your impact.
- You pay attent on ware & pick up clues.
- You allow ac quate time to learn how to

Impact of **Tension** on Behavior

How does tension impact our behavior?

Do all styles reac the same way?

What happens when we can't get rid of the tension?

Variables impacting TENSION-REACTION

There are two important variables hat off sence what you will do under tens on:

CORE

- Family of Origin
- Cultural Nor 115
- Pusonal Belius Stema
- · Vorld W

SITUATIONAL

- What is happening?
- Who is the person involved?
- Who else is present or involved?
- Where is this happening?
- What is my current energy level?

Situational Responses - Initially

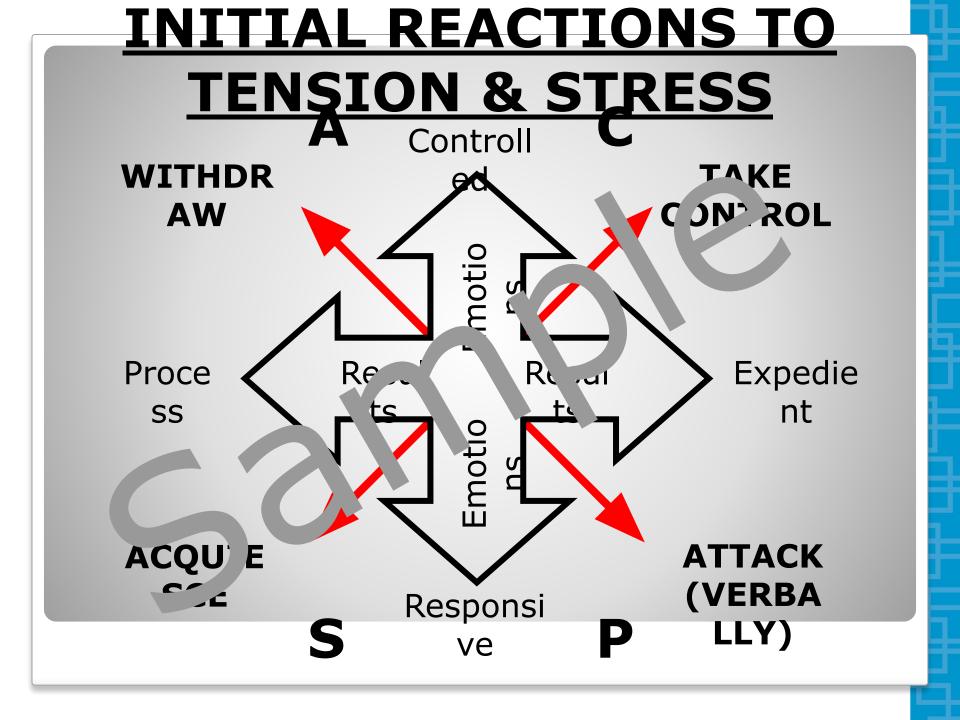
WITHDRAW

TAKE CONTROL

VERBALATTACK

S

ACQUIESCE

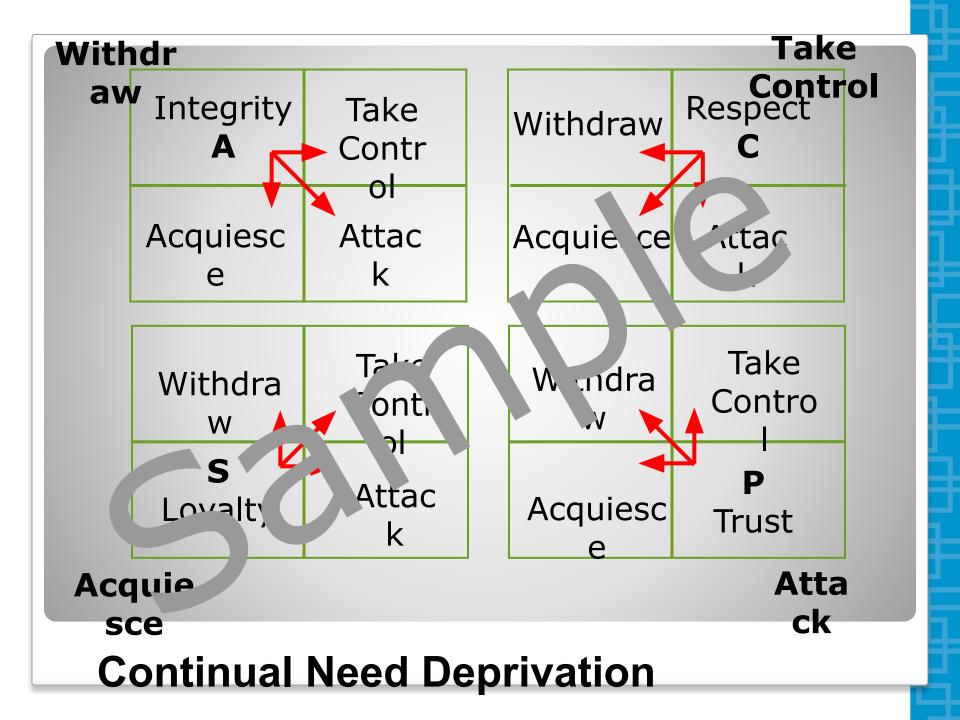


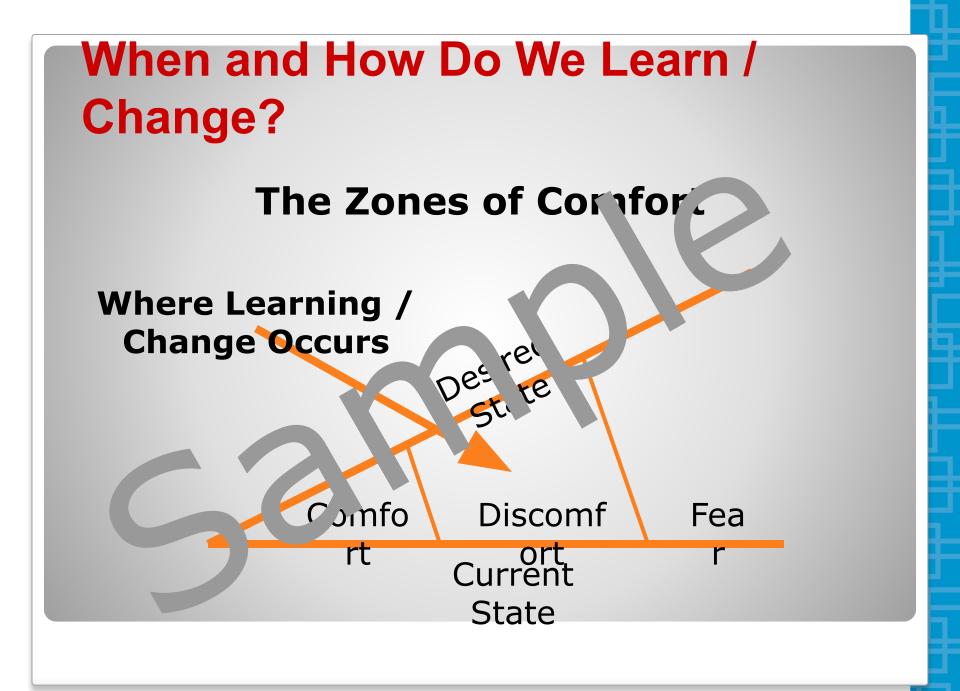
Tension - Reaction Behavior

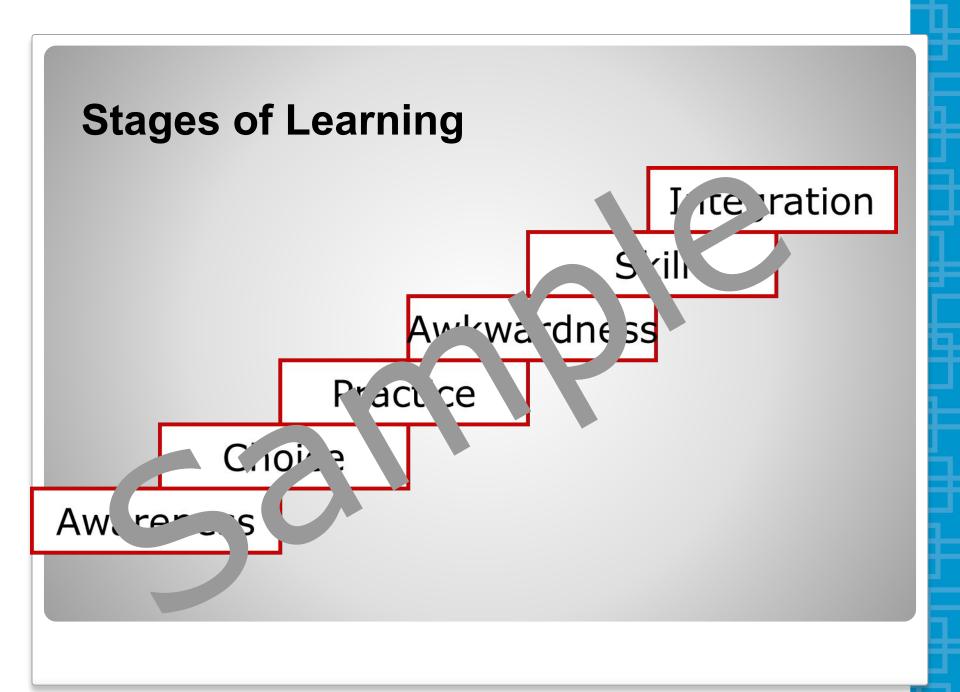
Nitpick Leave Prove they are "right" Pull away Withhold emotio' Wait too long to act Teli otile. AI sid Give | & get even Vorry emotionally

Explosion Narion Narion

Verbal attack
Talk about everything
Cry
"Dump" it & forget it
Overreact emotionally



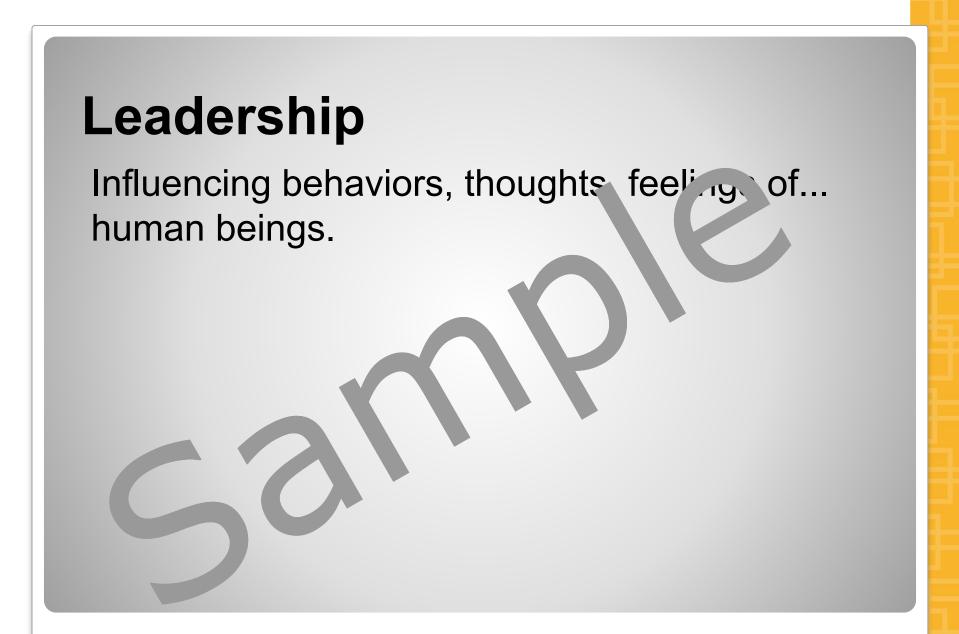




Suggested Reading

- People Styles at Work: Making Rad
 Relationships Good and Good Relationships
 Better. Robert Bolton and Dorothy Crower Bolton
- Social Style/Management tyle: De eloping Productive Work Refations ips Robert Bolton and Dorothy Grover Volton
- Personal Ciles & Eff ctive Performance
 Lake Your Sile Vork for You. David W. Merrill,
 Ph.D. Roler L. Reid, M.A.
- How to Speak and Listen Effectively. Harvey A. Robbins





Leadership

 "Leadership is one of the... le st understood phenomena on ear \"."
 Jame Με Gregor Burns

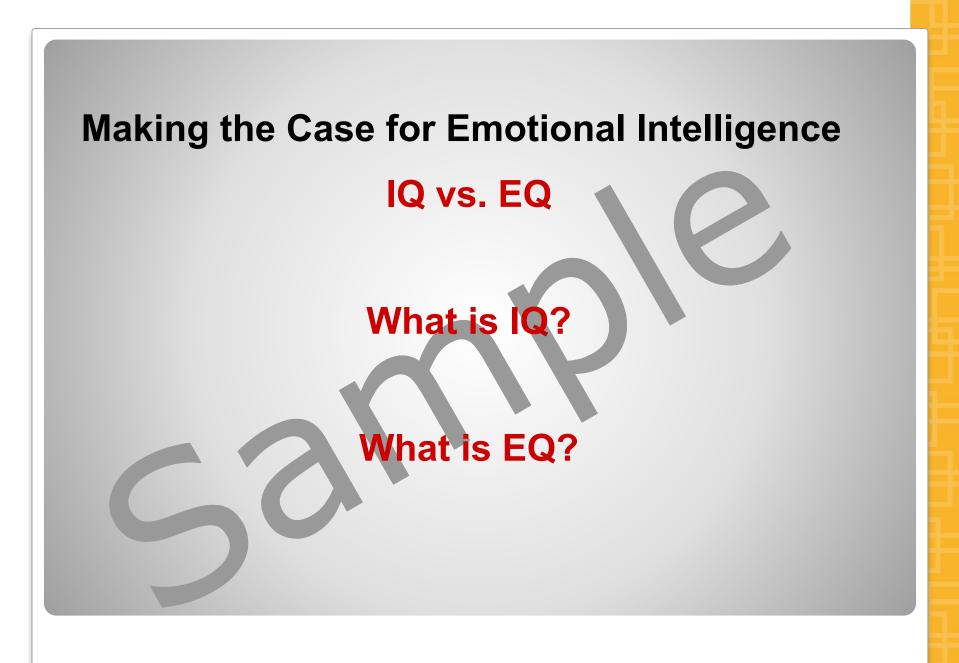
"...Leade Chip as Leen the subject of an atraordinary an ount of dogmatically stated

Chester Barnard

Building A Leader

- Physical vitality & stamina
- Intelligence
- Practical judgment
- Vision
- Situational competence (the knowledge a leader has of the task at hand)
- Ambition
- Skill in understanding & dealing with people (including followers/ constituents)
 Sample is in PDF

- Organized
- Capacity to inspire others
- High ethical standards
- Willingness to take risks
- Charisma / magnetism
- Oratorical skills as a public speaker
- Adaptability, flexibility of approach
- Willingness to accept responsibility
 It in the Bundle you will receive



I.Q. (Intelligence Quotient)

A number that shows the rating of a person's intelligence. It is found by dividing the mental age, as shown in tests, by the actual age (16 is the largest age used) and multiplying it by 100.

Intelligence Test

Any test used to measure mental development. Most intelligence tests include tasks involving memory, reasoning, definitions, numerical ability, and recalling facts.

Descriptions

Cognitive capacities;

Technical expertise; Educated;

Know-how; Intellect; Smarts;

Skills; Book-learning.

IQ (the quotient component) tends not to change much past our teen years.



Why?

What Then Is EI?

E. I. (as defined by World Book) –
 the ability to understand oneself and to empathize with others.

"The phrase 'emotional intelligence' was coined... to describe qualities like understanding one's own feelings" and 'the regulation of emotion in a way that enhances living."

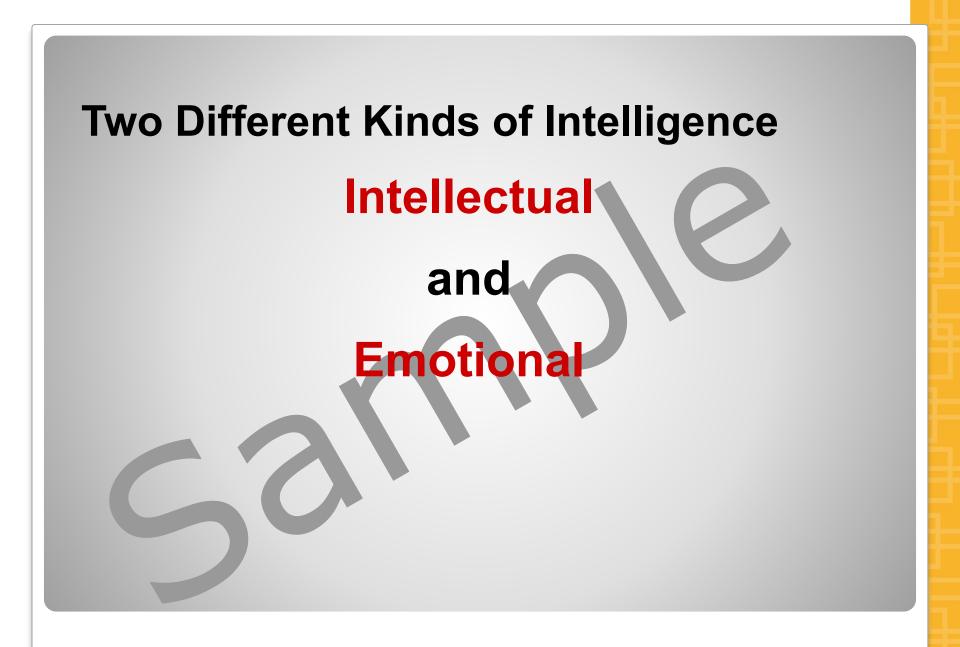
Descriptions

Character; Personality; Soft skills; Socially capable; Self-confident; Good communicator.

"IQ gets you the interview – EQ gets you the job."

Misconceptions

EI does not merely mean "being nice." Nor does it mean allowing free rein to your feelings or "letting it all hang out."



Research Findings

Neuroscience Research

Finding that intellect is based solely on the workings of the neo-cortex (the rational brain), the more recently evolved layers at the top of the brain. Emotional centers - lower in the brain, closer to the brainstem, in the more ancient sub-cortex or limbic system (the emotional brain). These two different parts of the brain learn differently. Emotional centers result in skills grounded in our evolutionary heritage for survival and adaptation.

Gender Differences?

Women tend to be more aware of their emotions, show more empathy and are adept interpersonally.

Men tend to be more self-confident and optimistic, adapt more easily, and handle stress better.

However, on the whole, men and women are generally equal in total emotional intelligence.

is in PDF but in the Bundle you will receive E

L D - - - I DDT

Further Research

- Work focused around the nature and types of emotional competencies have evolved current thinking around expanding the personal and social nature of emotional intelligence.
- Emotional intelligence can be learned and is enhanced with experiences – maturing.

Survey of Job Descriptions

Position* IQ EQ

Clerical

Supervisory

Managerial

President

Survey of Attendees Responses to Question of "Job challenges"

IQ

IQ/EQ

EQ

IQ – Need cognitive skills or competencies to address challenge.

EQ – Need emotional skills or competencies to address

Chase PDF but in the Bundle you will receive Editable

The Emotional Competence Framework

Personal Competence

Social Competence

Your Styles: Your Competencies

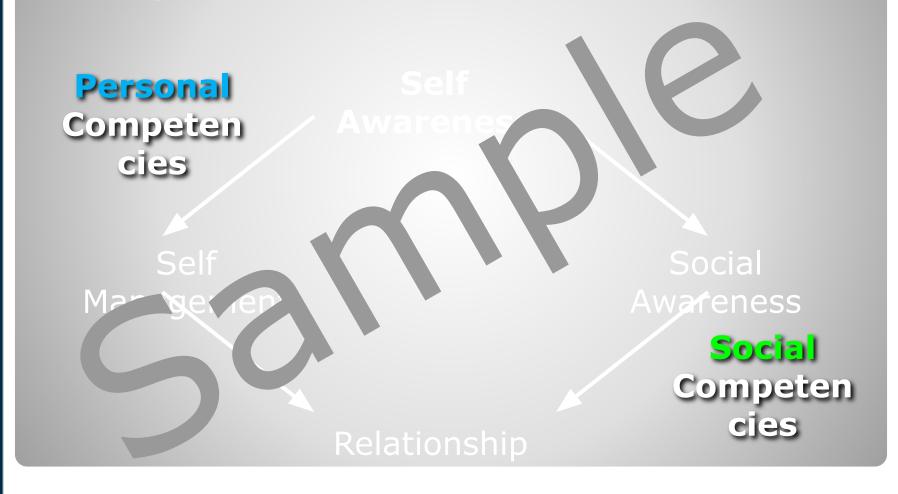
 Given what you now know about your behavior style...

A (

6 | F

... how does your behavior style inform your personal & social competencies?

Four Domains of Emotional Intelligence







The Good and The Bad Exercise



EXERCISE

- Think of a leader for whom or with whom you worked - one that you would gladly work with or for again.
- Think of a person in a leadership position that you try to avoid, or left you drained, or hoping for more.

Describe each person? How did they make you feel?

The Good - Descriptions

Good Retail Experience

- Friendly
- Approachable
- Good Listener
- Caring
- Knowledgeable
- Took Time
- Reflective
- Concerned
- Responsive

- Above & Beyond
- Self Confident
- Took Ownership
- Cheerful
- Helpful
- Insightful
- Accommodating
- Personable

Good Boss

- Visionary
- Humorous
- Kind
- Appreciative
- Good communicator
- Clear, precise (communication)
- Hard worker
- Empathetic

- Good team builder
- Positive
- Ethical
- Results-oriente d (vs. process)

The Bad - Descriptions

Bad Retail Experience

- Rude
- Headstrong
- Insensitive
- Closed
- Unhelpful
- Unprofessional
- Unconcerned
- **Untrained**

- Incompetent
- Unethical
- Lazy / Bored
- Blame others
- Smarmy
- Arrogant
- Condescending
- Non-responsive

Bad Boss

- Disrespectful
- Belligerent
- Demeaning
- Moody
- Negative
- Unethical
- Incompetent
- Discouraging

- Self-absorbed
 - Inconsistent direction
- Vindictive
- Ego-maniac
- Prideful
- Manipulative
- Paranoid

The Good - Feelings

Good Retail Experience

- Satisfied
- You were important
- Valued
- Customer for life
- Relieved
- Pleasant
- Open
- Grateful

- Impressed
- Worthy
- Validated
- Happy
- Equal
- Encouraged
- Hopeful
- Special

Good Boss

- Empowered
- Enthusiastic
- Valued
- Energized
- Hopeful
- Confident
- Safe
- Relaxed
- Mutual admiration
- Respected
- Motivated to excel

Sample is in PDF but in the Bundle you will receive Editable

Contant Doord DDT

The Bad - Feelings

Bad Retail Experience

- Angry
- Ignored
- Devalued
- Unimportant
- Vengeful
- Helpless
- Unsatisfied
- Disrespected
- <u>Unsafe /</u>
 <u>Vulnerable</u>
- Used & Abused

- Frustrated
- Victimized
- Disappointed
- Discontent
- Stressed
- Distressed
- In shock
- Disbelief
- Drained
- Hopeless

Bad Boss

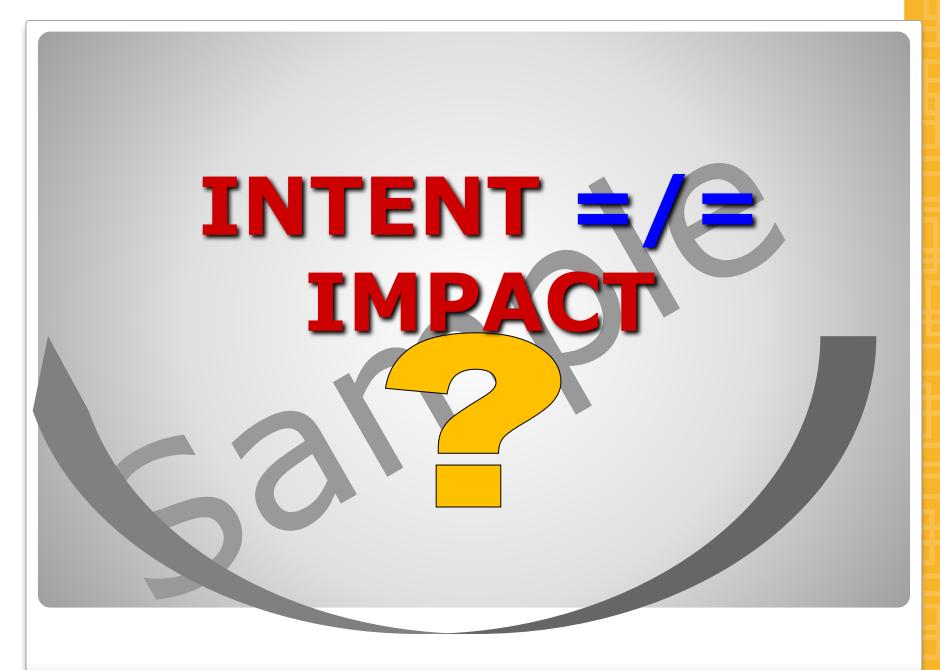
- <u>Little, small,</u> <u>demeaned</u>
- Hopeless
- Stupid
- Drained
- Very Stressed
- Angry
- Fearful
- Depressed

- Unappreciated
- **Incompetent**
- Rebellious
- Withdrawn
- Uncooperative
- Unproductive
- Eager to sabotage

Sample is in PDF but in the Bundle you will receive Editable

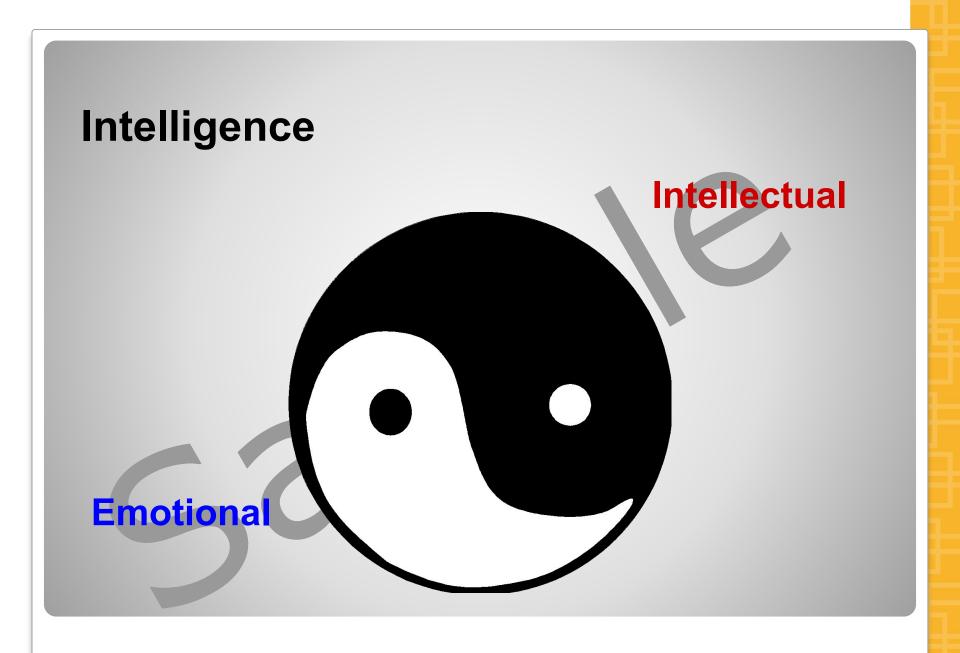
Contant Doord DDT





Intent vs. Impact

- People with highly-developed EI are aware of their IMPACT.
- They are acutely aware that the impact that behavior has on others can be different from what you intend or expect.
- People respond to you based upon what they perceive about your behavior, not what you think they perceive.



Suggested Reading

- Goleman, D., (1995). **Emotional intelligence: Why it can matter more than IQ.** New York: Bantam.
- Goleman, D. (1998). **Working with emotional intelligence.** New York, NY: Bantam.
- Goleman, D. (2000). **Leadership that gets results.** Harvard Business Review March-April, 82-83.
- Goleman, D., Boyatzis, R., McKee, A. (2002). **Primal leadership: Learning to lead with emotional intelligence.** Boston, MA: Harvard Business School Press.
- Sterrett, E.A. (2000). The manager's pocket guide to emotional intelligence. Amherst, MA: HRD Press.



The Walgreen 1 Experience

Food for Thought

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

Frank Outlaw

Concluding Thoughts

Here is Edward Bear, coming downstairs now, bump, bump, bump on the back of his head behind Christopher Robin.



Concluding Thoughts

It is, as far as Edward knows, the only way of coming downstairs.



Sample is in PDF but in the Bundle you will receive Ed

Contant Doord DDT

Concluding Thoughts

But sometimes,
he feels that there is another way,
if only he could stop
bumping for a
moment, and think
about it.



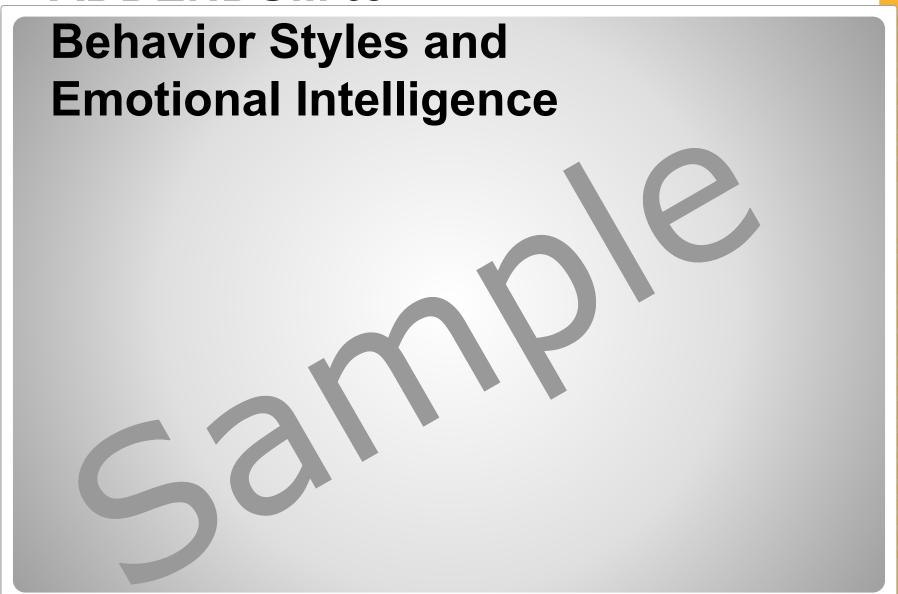
Sample is in PDF but in the Bundle you w

Contact Doord DDT

Balanced Leadership: The Role of Behavior Styles and Emotional Intelligence

Thank you!

ADDENDUM to



Sample is in PDF but in the Bundle you will receive Editable

Potentially Toxic Relationships

Natural tensions occur between individuals whose orientations are dramatically ifferent from one another.

Analyzer an 'Porsolader Con' oller an 'Subilizer



Potentially Compatible Relationships

Controller and Analyz J

Analyzer and Stabiliter

Stabilizer and Fars ader

Controller and Prsuader



Behavior Styles: Trust

- For this discussion, "trust" means

 I can rely on you for repeated patterns of expected behavior.
 - There is perceived authenticity; you are real, you are genuine.
 - There is a perceived pattern in behavior.
 - I must believe you CARE.

The TRUST Continuum

T R U

Maybe 6 Conditional

Trustworthy

Unconditional

Untrustworthy

Distrust

Skeptical

Behavior Styles: Respect

- While trust ties to the chemistry part of a relationship, "respect" ties to the talents and skills a person brings to the relationship.
 - It is tied to the fact that you are good at doing something.
 - I have a high "regard for" your ability to use your talents and skills.

The RESPECT Continuum

RESPE

Maybe 7

Disrespect

No Respect

not Respect

Oue Respect

Respectful

Admire

CT

Emotional Intelligence Considerations

- How can we strengthen competencies that are currently less developed?
- How does this information shape the way we guide and interact with others?
- How does our understanding of behavior styles impact our EI?
- How can we use this information to be better leaders in our work? In the community?

Developing Your Emotional Intelligence

Acting With Integrity

- Difficult choices occur
- Align choices with core values
- Negative impact from being "out of alignment"

Understanding the Applicability of EI

- Gifted individuals who are exceptionally bright can also be remarkably ineffective and unproductive
- Consider your own area of expertise- which components are intellectual and which are emotional? (Banking, Public Administration, Education, Service Providers, Engineering, Community Development, etc)
- Behaviors are learned and can be "unlearned"

Another View

Per Daniel Goleman...

EI refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships.

and

EI is the "ability to motivate oneself and persist in the face of frustrations, to control and delay gratification, to regulate one's moods, to empathize and to hope." (p. 34)

The Case for Emotional Intelligence

- US Air Force Recruiter Selection
 - Most successful recruiters scored significantly higher in EI competencies
 - Using EI to select recruiters increased USAF ability to predict successful recruiters by nearly three-fold
 - Immediate gain was a savings of \$3 million annually.

The Case for Emotional Intelligence

- L'Oreal sales agents selected on the basis of El competencies
 - Significantly outsold sales people selected using old procedures.
 - Sold \$91,370 more than other agents for a net revenue increase of over \$2.5 million.
 - Had 63% less turnover during their first year.

The Case for Emotional Intelligence

- After supervisors in a manufacturing plant received EI training...
 - Lost time accidents were reduced by 50%
 - Formal grievances were reduced from an average of 15 per year to 3 per year
 - The plant exceeded productivity goals by \$250,000

PERSONAL COMPETENCE

Self-Awareness

Knowing one's internal states, preferences, resources and intuitions.

Emotional Awareness
Accurate Self-assessment
Self-confidence

PERSONAL COMPETENCE Self Management

Self-Regulation

Managing one's internal states, preferences and resources.

Self-control
Trustworthiness
Conscientiousness
Adaptability
Innovation

Motivation

Emotional tendencies that guide or facilitate reaching goals.

Achievement Drive Commitment Initiative Optimism

SOCIAL COMPETENCE

Empathy

Awareness of others' feelings, needs and concerns.

Understanding Others
Developing Others
Service Orientation
Leveraging Diversity
Political Awareness

SOCIAL COMPETENCE

Social Skills

Adeptness at inducing desirable results from others.

Influence
Communication
Conflict Management
Leadership
Change Catalyst
Building Bonds

Communication is...

- Understanding between and among people
- An interdependent process
- Not necessarily agreement
- Constant. You cannot NOT communicate.
 We constantly communicate, and we constantly receive communication from others.

Basic Principles of Communication

- 90% of interpersonal communication takes place on the unconscious level.
- People judge you by your behavior, not your intent.
- People are motivated by <u>their</u> needs, not yours.

Communicating Through Filters

valu es

> assumpti ons

memor ies

> intere sts

attitud es



strong feelings

expectati ons

past experience

prejud ice

physical environment

How We Communicate

- What people can see
- What people can hear
- What we actually say

Communication is in the mind of the recipient. You're just making noise if the other person doesn't hear you.

Effective Communicators...

- Understand how communication occurs
- Understand their own communication behavior style
- Learn to diagnose the communication needs of others
- Develop listening skills
- Communicate with others in a way that is sensitive to and aware of their needs

Easier said than done, huh?

Wouldn't it be great if you could...

- Understand how your preferred style of working comes across to other people?
- "Read" other people's behavior so you'll know the best way to work with them?
- Find common ground with people while maintaining your individuality and integrity?
- Adjust your behavior in small ways that dramatically improve results among different styles?
- Relate effectively—no matter how others react to you?

People Styles at Work: Making Bad Relationships Good and Good Relationships Better. Robert Bolton and Dorothy Grover Bolton.



"Trust me Mort – no electronic-communications superhighway, no matter how vast and sophisticated, will ever replace the art of the schmooze."

Effective Communication Techniques

- Use feedback
- Choose appropriate (and perhaps multiple) channels
 - Email, phone, one-on-one?
 - Amount of information and timing?
- Be sensitive to the receiver
- Be aware of observable behaviors and symbolic meanings
- Use simple language
- Use repetition

How to Speak and Listen Effectively, Harvey A. Robbins.

Most Common Poor Listening Habits



- Not paying attention
- "Pseudolistening"
- Listening but not hearing
- Rehearsing
- Interrupting
- Hearing what is expected
- Feeling defensive

Developing Positive Listening Habits



- Paying attention
- Listening for the whole message
- Hearing before evaluating
- Paraphrasing what was heard

25 Activities for Teams, Pfeiffer & Company

Key points to take away

- N Think about your communication/behavioral style
- National Think about how you apply that style in dealing with others, particularly those with other styles
- Nemember that communication is more than words
- N Assume real responsibility for your communication
- N If you want to get different results, YOU have to do things differently.

Active Listening

- Minimize distractions
- Reduce physical barriers
- Avoid or limit interruptions
- Detect the central idea
- Control your emotions
- Evaluate the message
- Be aware of your physical position and nonverbal behavior
- Allow silence
- Ask probing and occasional questions
- Acknowledge and respond using paraphrasing, perception checking and summarizing

Giving Constructive Feedback

- 1. "When you . . ." Start with a "When you . . ." statement that describes the behavior without judgment, exaggeration, labeling, attribution, or motives. Just state the facts as specifically as possible.
- Tell how their behavior affects you. If you need more than a word or two to describe the feeling, it's probably just some variation of joy, sorrow, anger, concern or fear.
- 3. "Because I..." Now say why you are affected that way. Describe the connection between the facts you observed and the feelings they provoke in you.

Giving Constructive Feedback

4. Pause for discussion Let the other person respond.

5.

6.

7.

"I would like...." Describe the change you want the other person to consider...

"Because...." ...and why you think the change will alleviate the problem.

"What do you think?..." Listen to the other person's response. Be prepared to discuss options and reach consensus on a solution.

Sholtes, Peter R., *The Team Handbook*, Joiner Associates (1988)

Example: Giving Constructive Feedback

1. "When you..."

"When you are late for team meetings,

2. "I feel..."

I get angry...

3. "Because I..."

... because I think it is wasting the time of all the other team members and we are never able to get through all of the agenda items."

- 4. (Pause for discussion)
- 5. "I would like..."

"I would like you to consider finding some way of planning your schedule that lets you get to these team meetings on time."

6. "Because..."

"Because that way we can be more productive at the team meetings and we can all keep to our tight schedules."

7. "What do you think?"