Leadership and Kindness
October 19, 2020 from 2:00-3:00PM

Presented by the LEAD Office and Mason Chooses Kindness
Agenda

01 Warm-Up
Background about LEAD + Mason Chooses Kindness

02 Pre-Discussion
Get to know everyone!

03 Videos
Explore more about the topic

04 Discussion
Critically engage with content and reflect

05 Wrap-Up
Thanks and evaluation
About LEAD

- **VISION:** More effective, ethical leaders for the world
- **MISSION:** LEAD believes that everyone has the potential to be a leader. We provide leadership training, resources, services, and recognition to empower students to create positive change
About Mason Chooses Kindness

- **VISION:** As Mason Patriots, we change the world one small act of kindness at a time
- **MISSION:** Create and sustain an infectious kindness revolution at Mason
- **INITIATIVE PILLARS:** Education and Awareness; Positive Connections; Creativity; Courageous Advocacy; Compassion; Well-Being

https://kindness.gmu.edu/
Outcomes

- Empower and inspire students to make positive change
- Challenge the systems of oppression that exist
- Encourage students to lead more effectively and ethically
Introductions

- Name
- Role (study year, major, staff position, etc.)
- Favorite Thanksgiving dish
- One thing you are thankful for
Leading with Emotional Intelligence in the Workplace
Breakout Groups!

Reflect on a moment where you felt like you witnessed an incident that exhibited or did not exhibit emotional intelligence.

How did this make you feel? What went well or what could have improved the situation?
Empathetic Listening through Collaboration
Discussion

● How do you see emotional intelligence within your work/school environment?
● What does emotional intelligence mean to you?
● How do you think it impacts your everyday life?
● What are some tools to practice emotional intelligence?
Tools for Emotional Intelligence

1. Self-awareness
2. Self-regulation
3. Motivation
4. Empathy
5. Social Skills

What do these tools mean to you?
How is kindness incorporated within each tool?
THANKS!

Please fill out our short evaluation and let us know your feedback!


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lead is dreaming big this year!! big things are coming your way!!

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The LEAD Office at George Mason University