

# EXEMPLAR

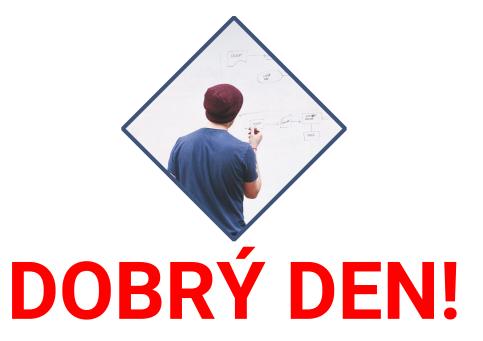
Mladí migrantští integrační leadeři

# Modul 5-Lekce 2

Leadership dovednosti ve strategiích angažovanosti













# LEADERSHIP DOVEDNOSTI





Leadership dovednosti – asociační hra









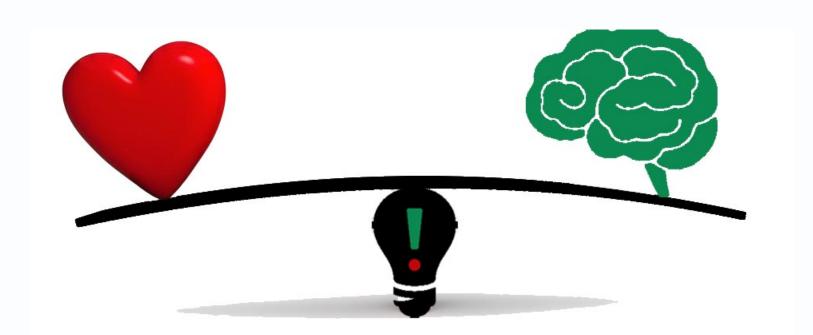
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# COMMITMENT

You're either in or you're out.
There is no such thing as life in between.

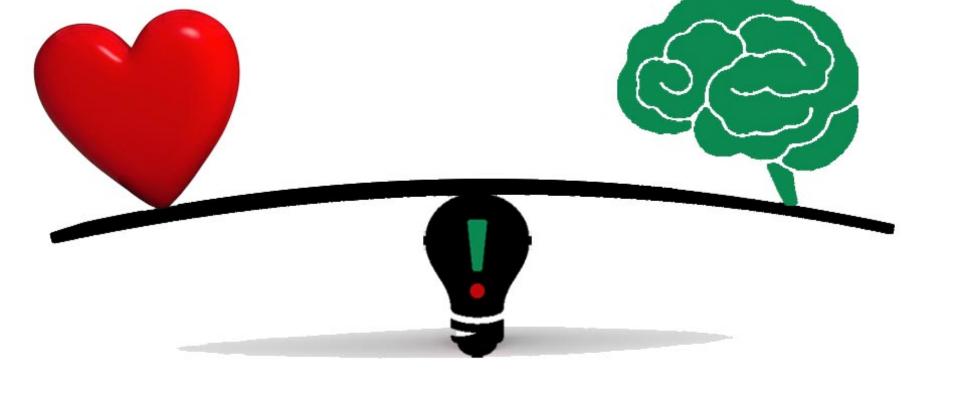
# Emoční inteligence-EQ





# Co je to emoční inteligence?





Emoční inteligence je schopnost, která umožňuje lidem porozumět emocím a efektivně řídit své emoce i emoce druhých tak, aby žili v harmonii se sebou samými i s

### **Self-awareness**

Ability to understand how we feel and how we think about this certain situation.

02

# **Self-regulation**

Accepting and controlling our emotions. Taking responsibility.

03

# **Self-motivation**

Willing to improve by committing to clear stated goals. 05

# **Social Skills**

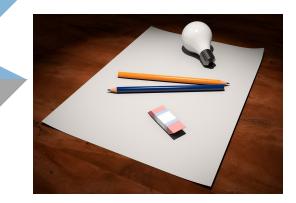
Ability to manage others' feeling and relationships effectively. Live in harmony.

04

# **Empathy**

Ability to understand the emotions of others. To put ourselves in someone's else shoes.





Váš nápad – vaše angažovanost







Networkingová aktivita-speed dating







Sebehodnocení a team building: Hra na čtyři směry







# exemplar















