

A woman with curly hair, wearing a light-colored blazer, is seated at a table in a meeting. She is looking towards the left of the frame with a thoughtful expression. Her hands are resting on the table, and there are papers and a tablet in front of her. The background is blurred, showing other people in a professional setting. A semi-transparent blue overlay covers the top half of the image, with white text on it.

LEADERSHIP IN CRISIS: EMOTIONS MATTER

Living As A Leader



Presented by Aleta Norris
Partner at Living As A Leader

**There is nothing like a crisis to bring
out a broad array of emotions in
everyone.**

“Roughly 50–70% of how employees perceive their organization’s climate can be traced to the actions of one person: the leader.”

- Daniel Goleman

“A crisis can exert a high impact on human needs, emotions, and behaviors. We may not be conscious of this, but our behaviors send messages to others about our own needs and emotions.”

- Gene Klann

Four Domains of Emotional Intelligence

Emotional Intelligence

Managing feelings so that they are expressed appropriately and effectively, enabling people to work together smoothly toward their common goals.

The first domain to Emotional Intelligence
is **Self-Awareness**

The second domain to Emotional
Intelligence is **Self-Control**

The third domain to Emotional Intelligence
is Social-Awareness

The fourth domain to Emotional Intelligence
is Relationship Management

Four Simple Tips to Keep in Mind

1. FOCUS ON THE POSITIVE

2. FIND A SELF CARE ROUTINE

3. MANAGE YOUR MEDIA INTAKE

4. PRIORITIZE

The challenge right now, today...

Leaders are more isolated.
Support for leaders has been disrupted.

We want to help.

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Virtual Leadership Coaching Membership

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LEADER
ONLINE®

VIRTUAL LEADERSHIP
COACHING MEMBERSHIP



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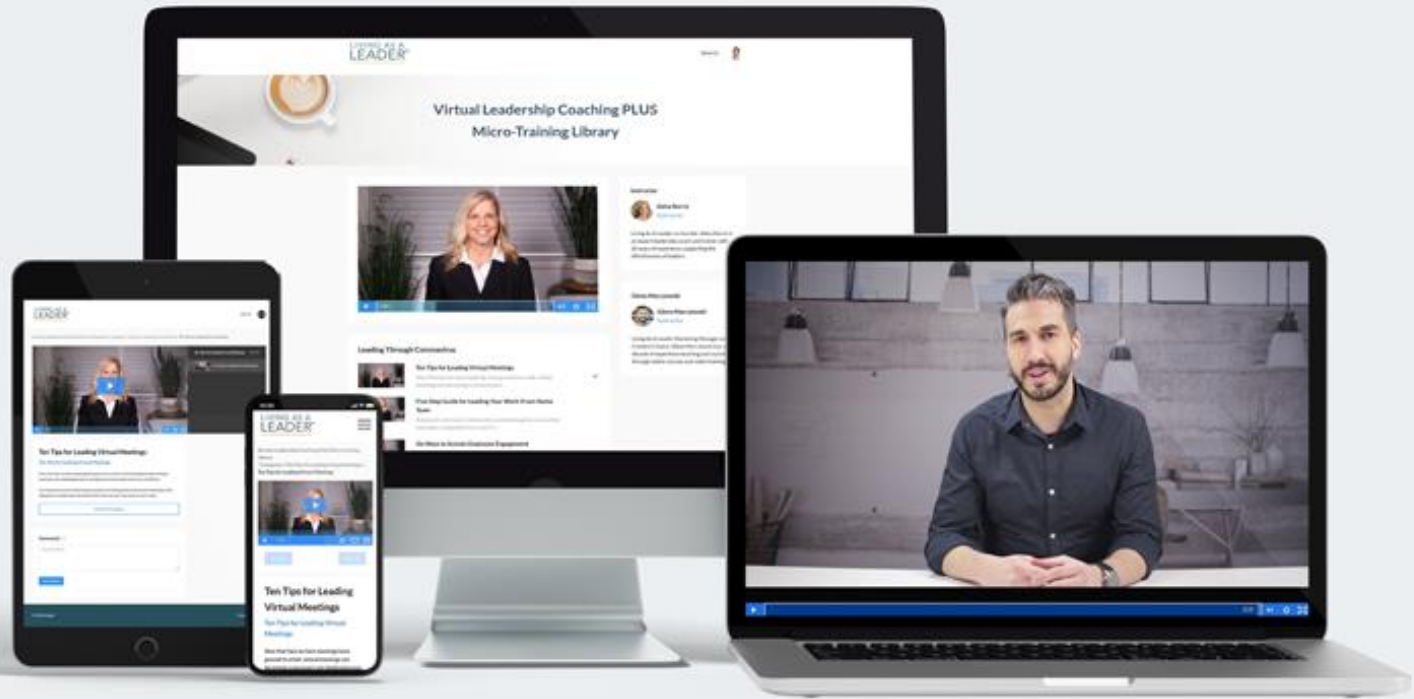
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Virtual Leadership Coaching PLUS Membership

-  Access our library of micro-training courses
-  New training added weekly
-  Topics related to coaching through Coronavirus, general leadership & self-care

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Virtual Leadership Coaching PLUS Micro-Training Library



Instructor



Aleta Norris
Instructor

Living As A Leader co-founder, Aleta Norris is an expert leadership coach and trainer with 30 years of experience supporting the effectiveness of leaders.

Glenn Marczewski



Glenn Marczewski
Instructor

Living As A Leader Marketing Manager and Content Creator, Glenn Marczewski has a decade of experience teaching and coaching through online courses and video training.

Leading Through Coronavirus



Ten Tips for Leading Virtual Meetings

Now that face-to-face meetings have ground to a halt, virtual meetings are becoming a necessary&n...



Five-Step Guide for Leading Your Work-From-Home Team

Employees who have traditionally worked alongside one another have been catapulted into a work-fr...



Six Ways to Sustain Employee Engagement

What questions do you have?

Thank you for your participation.

Let's talk about your questions.

And, in the chat box,
share what was helpful for you today.

Interested in virtual coaching?

Visit www.livingasaleaderonline.com/remote-coaching