



INSTITUTE for HEALTH and HUMAN POTENTIAL

Leadership 2.0 – The Science Behind Great Leaders

What do highly effective leaders do differently? Is there a science to great leadership? The answer is yes and the key is learning the science of managing emotions. According to a recent Harvard study, Emotional Intelligence (EQ) is the greatest driver of success in Leadership. Leadership 2.0 focuses on the science of managing emotions more intelligently to lead more effectively.

The session provides individuals with the following learning opportunities:

- *Increased awareness of the drivers of high performance and the key concepts of emotional intelligence*
- *Understand the brain science of emotions that drive our behavior*
- *Increase Self-Awareness through self-assessment and interactive exercises, to identify the gaps between our intention and the impact we have on others*
- *Learn strategies to Increase self management and self control during times of adversity, conflict and change*

What separates companies and individuals who get to the next level from those who cannot is the ability to intelligently manage emotions. These abilities – known as EQ – count for twice as much as IQ and technical skills combined in determining who will be a star. This session draws from cutting-edge research and IHHP's work with Olympic medalists, professional athletes and high performing sales teams around the globe.

About Bill Benjamin:

Bill is an experienced executive who has an in-depth understanding of what drives behavior and great performance in organizations. He is the CEO of the Institute for Health & Human Potential, a successful multi-national business, recently named one of the Fastest Growing Companies as part of PROFIT Magazine's 'Fast 100' ranking. Bill's training includes advanced degrees in Mathematics and Computer Science. What audiences like about Bill is how genuine he is on stage, and his passion and enthusiasm for becoming a better leader.

Bill has presented to highly discerning audiences with great success. His clients include, NAS, the U.S. Army, Pfizer, HBO, The Federal Reserve Bank, Johnson & Johnson, BlueCross BlueShield, and many more.

About IHHP:

The Institute for Health and Human Potential is a research and learning organization that uses Emotional Intelligence to leverage performance and leadership. We do this based on a blended learning approach which includes keynotes, selection and development tools, training programs, coaching and e-learning to create lasting behavior change.