









What is Leadership?

"Leadership means that a group, large or small, is willing to trust authority to a person who has demonstrated ability, wisdom and competence". Walt Disney



A person's ability to influence others so that they look enthusiastically in order for them to achieve certain goals without the use of formal authority (for the position held).

Elements of Leadership:

- Leader and followers
- Influence (power) of the leader
- Contributes to achieving the objectives of the group
- ✓ Not all business managers are
- ✓ The company can have leaders without formal authority.
- ✓ The leader is chosen by those who follow him.

7



Decalogue of a Good Boss

He has self-control and manage emotional intelligence.

What is Emotional Intelligence?

It is a skill set (series of knowledge, skills, abilities and attitudes to do things effectively) related to the ability to adequately manage their own emotions and those of others.



8





What is Emotional Intelligence?

5 blocks of emotional competencies:

- **Emotional Awareness:** ability to become aware of their own emotions and those of others.
- Emotional Regulation: ability to manage their own and others emotions appropriately. Emotional Autonomy: wide competition that includes self-esteem, self-confidence, self-motivation, positive attitude towards life, responsibility, ability to critically analyze social norms, ability to seek help and resources, critically evaluate received messages, ability to cope with adverse situations ...
- **Socio-emotional skills:** ability to maintain good relations with others. (Assertiveness, empathy, listening, ..)
- **Life skills and emotional wellbeing**: appropriate and responsible behavior to meet the challenges facing us, which allows us to organize our life in a healthy and balanced way, facilitating experiences of satisfaction and wellbeing.

9



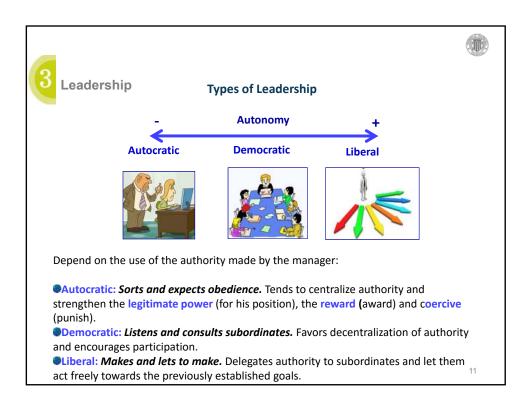


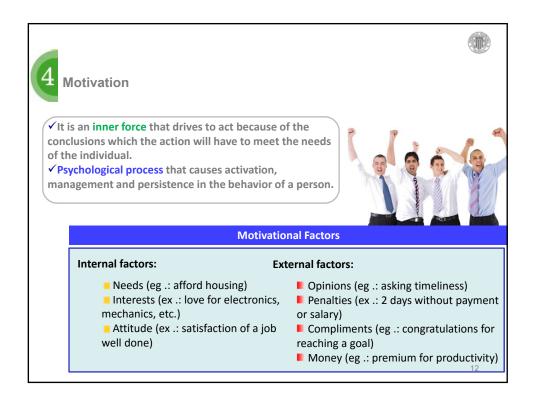
Confidance and Security

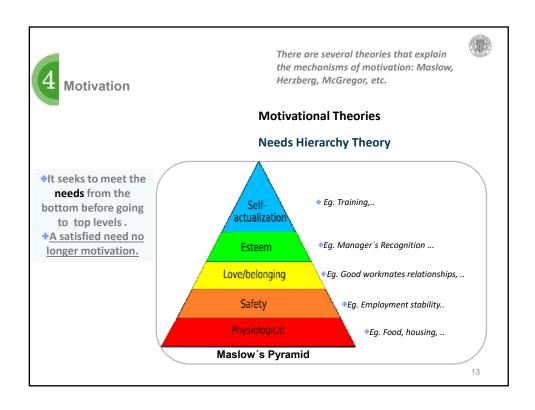


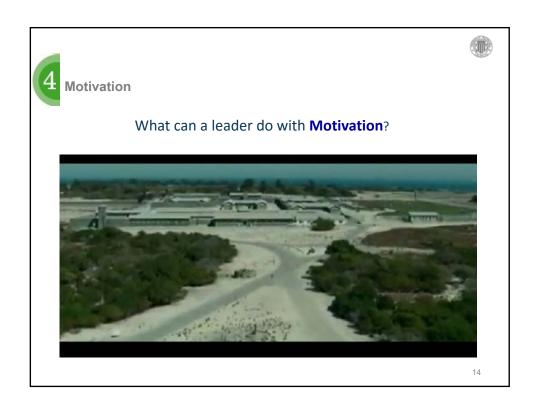
We will form a row, take each others waist and close your eyes. The guide will take you on the right path avoiding obstacles that arise, throught codes and nonverbal signs. If he touches your right arm, one step to your right and if he touches your left arm, one step to your left.

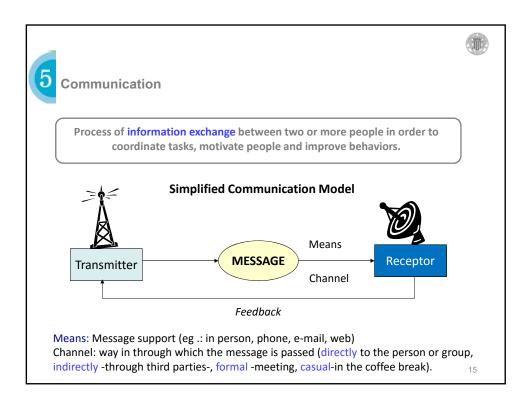
10



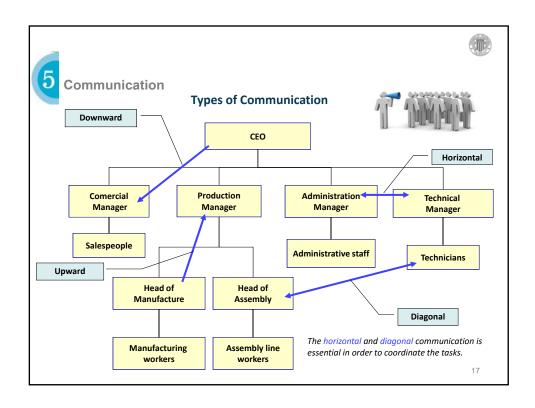


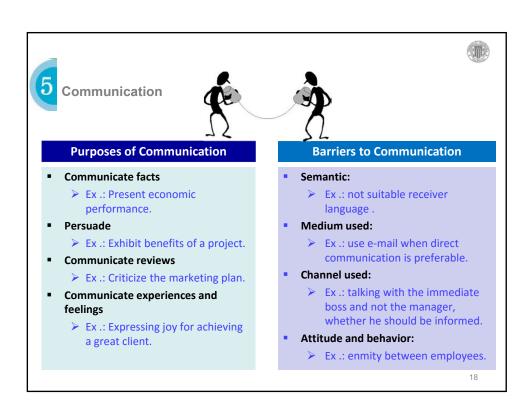














Kinetics: Gestures



<u>HANDS:</u> The Communication of the hands is heavily used by humans.

- Palms:
 - <u>Palms up:</u> is a non-threatening gesture that denotes submission.
 - Palms down: the person acquires authority.
 - Palmas closed pointing with the finger: it is one of the gestures that can heavily irritate the listener, especially if you follow the rhythm of the words.
 - Palms out: are associated with honesty, truth, loyalty and deference.
- Intertwined fingers translates a frustration gesture.
- When kept supported the fingers of one hand against the other, forming an **arc**, shows that this person has great confidence in itself, shows superiority and knowledge of a topic.
- Another gesture of superiority is pick the hands behind the back; on the contrary, putting them on your hips results highly aggressive.





5

Kinetics: Gestures





Gestures of seduction

- (1)Straighten the tie
- (2)Touching or fixing your hair
- (3)Thumbs in the belt
- (4) Exhibition of dolls
- (5) Ripple hips

20

