



# THE AIR UNIVERSITY



The Air University  
Profession of Arms Center of Excellence  
Ira C. Eaker Center for Leadership Development  
Maxwell AFB, Alabama  
<http://www.airman.af.mil/>



# Objectives





# Quick Polls



*What do you think of when you hear the term Emotional Intelligence?*



# Small Group Discussion



Are emotions important aspects of leadership?

Why?



# Small Group Discussion





# Large Group Discussion



What did you learn?

Are emotions important aspects of leadership?

Why?





# Emotional Intelligence



**“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.”**



Drs. Travis Bradberry and Jean Greaves  
*Emotional Intelligence 2.0*







# The Four Skills of Emotional Intelligence



What I See

What I Do

Personal  
Competenc



Social  
Competence

Social  
Competence

Personal  
Competence



# Enhancing Your Emotional Intelligence





# The Four Skills of Emotional Intelligence



## SELF-AWARENESS BEHAVIORS

Recognize your own emotions and how they affect your thoughts and behaviors

Learn your strengths and weaknesses

Control your reactions by developing an awareness of how you respond in various situations

## SELF-MANAGEMENT BEHAVIORS

Watch for impulsive feelings and behaviors

Manage emotions in healthy ways

Take the initiative

Build relationships

Follow through on commitments

Adapt to changing circumstances

## HOW CAN YOU IMPROVE ON THESE SKILLS?

### SOCIAL AWARENESS BEHAVIORS

Understand the emotions, needs, and concerns of others

Be friendly and polite; build rapport

Watch body language

Use open-ended questions

Create emotional connections

Practice empathy

### RELATIONSHIP MANAGEMENT BEHAVIORS

Maintain good relationships

Manage conflict

Develop team-building skills

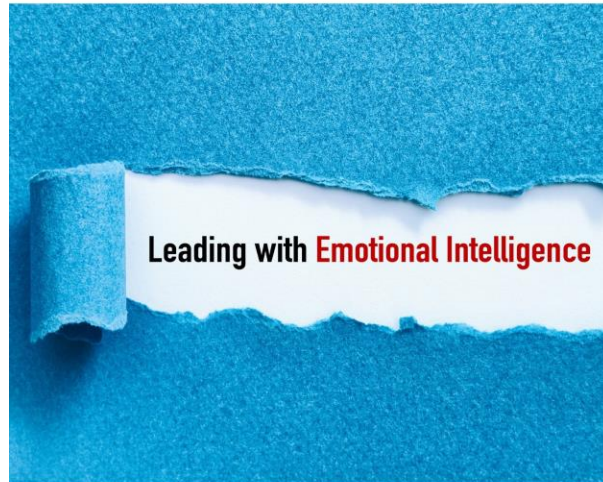


# Self-Assessment Exercise





# Objectives

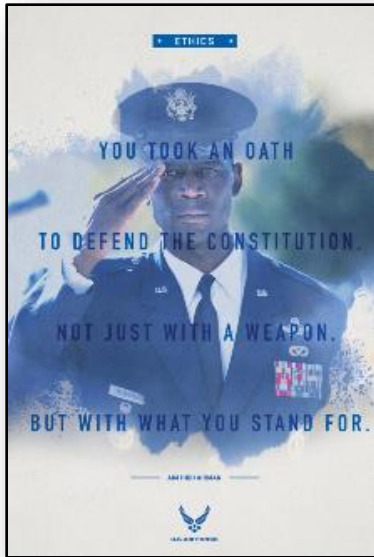




# Profession of Arms Center of Excellence (PACE)



Mission: Deliver leader development to the Force that educates, motivates and inspires Airmen and Guardians in the profession of arms and core values



## PACE Goal Areas:

- Leader development unique to service in the profession of arms
- Innovation, and use of new methods to reach our customers
- Enhancing organizational culture
- Achieving affective outcomes

PACE Director: (334) 953-5845 (DSN: 493)

Website: [www.airman.af.mil](http://www.airman.af.mil)





# Your Path to PACE



Opportunities exist for those Airmen interested in coming to PACE to support our growing mission of leader development

Lt Col Matthew Bagg:(334) 953-4976 (DSN: 493)  
[matthew.bagg@us.af.mil](mailto:matthew.bagg@us.af.mil)

CMSgt Hamp Lee III:(334) 953-1973 (DSN: 493)  
[hamp.lee@us.af.mil](mailto:hamp.lee@us.af.mil)



## Officer (6 billets; O4/5):

- Submit for consideration for Officer Instructor and Recruiting (OI&R) special duty board
- If you make the candidate list, bid for PACE positions in Talent Marketplace
- You may contact the Billet Owner; if desired the Billet Owner will bid on you in Talent Marketplace
- Assignment teams have final say on which OI&R position you receive

\* Search for OI&R PSDMs on myPers for more information

## Enlisted (2 billets; E8/9):

- E8
  - Apply for the position in the Assignment Management System (AMS)
  - If chosen, the member will be interviewed by the PACE Senior Enlisted Leader or designee prior to selection by the hiring official
- E9
  - Apply for the job advertisement in the Senior Level Career Management System (SLCMS)
  - If chosen, the member will be interviewed by the PACE Director or designee prior to selection by the hiring official