

Principals' and Deputy Principals' Conference 2023



Workshop 5: Developing Relationship Skills through our emotional intelligence & coaching skills

This workshop will briefly explore the background of Emotional Intelligence and focus on one of the competencies in the ECR – Emotional Capital Report - **Relationship Skills**. When this skill is developed and strengthened in leaders, it is proven to support and drive a highly effective team.

The workshop will explore 'Relationship Skills' in highly effective teams and the ways Principals and Deputy Principals already do this and how you can develop these skills to strengthen your team. It will explore how the coaching skills of listening; building rapport and being non-judgemental can support the strengthening of Relationship Skills. The aim is for each person to come away with some action steps personal to them.

Workshop Presenter

Jennifer Barron

Jennifer is a Teaching Principal, with 15 years' experience, at Graignamanagh Boys' NS, Kilkenny. She holds a Diploma in Life & Executive Coaching from Coach Academy Plus and is a member of Association of Coaching. Jennifer also has an interest in Emotional Intelligence in Leadership and is a certified practitioner with RocheMartin in Emotional Capital Report (ECR/ECR 360). She also works as a part-time tutor with Coach Academy Plus on their Diploma in Coaching Practice & Ethics.

Jennifer has enjoyed developing her coaching skillset over the past number of years and exploring ways to build a coaching culture within the school environment in order to make leadership roles more sustainable.