

SCOUT SPORT CLUBS OPENING UP TO ALL GIRLS' PARTICIPATION

Emotional Intelligence and Leadership

MOOC – Seminar 6

Carlos Prieto, in brief

- **Former pro-athlete. 20 years experience in high-level competitions**
- **Two university degrees and a Master's degree**
- **Athletes Inspire Children NGO president**
- **Expert by the European Handball Federation (EHF)**
- **PE teacher**



1. Intro

- **Aim: search for improvement and expansion of capacities**
- **Improvement of coaches' management capacity and female athletes' performance.**
- **Emotional Intelligence (EI) as a frame of reference and as an inclusion tool in sport.**
- **Leadership for a positive young development coaching method**

2. Emotional Intelligence (EI)

- **The ability to understand and manage your own emotions, as well as recognize and influence the emotions of those around you**
- **It is a key element in the development of competences that plays a fundamental role in girls' performance.**
- **The Pillars of EI**
 - **Self-awareness. Recognize our feelings**
 - **Self-regulation. Personal accountability and control**
 - **Social awareness. Empathy**
 - **Relationship management. to manage social interactions successfully**

3. Leadership

- **“The action of leading a group of people or an organization”**
- **Leadership Styles (Daniel Goleman):**
 - **Commanding. Orders, critical situations, low-skilled teams**
 - **Visionary. Inspiring, communication skills,**
 - **Democratic. Participative, slow to make decisions**
 - **Coaching. High commitment, strong connections**
 - **Affiliative. Personal bonds, avoid misunderstandings**
 - **Pacesetting. Performance and results, role model**

Thank you very much

The reading manual will be your partner during the training process, please refer to it when you have doubts and implement the tools that we provide you with.



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