

The PEAK of Procurement: Leveraging Emotional Intelligence for Success 2025 PEAK BREAKOUT SESSION

ELEVATING NC PROCUREMENT TOGETHER



The PEAK of Procurement: Leveraging Emotional Intelligence for Success

Jennifer Barnett

Director, Virginia Institute of Procurement



Table Discussion

What is emotional intelligence?

What is emotional intelligence NOT?



What is El NOT?

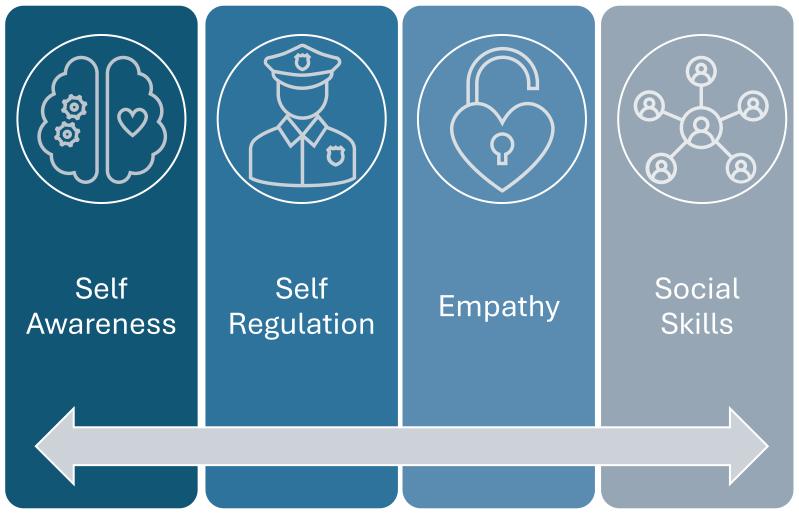
A Test

Ability to control others

Character traits



What is El?





Recognizing El

Low EQ

- Lacks confidence
- Apathetic
- Defensive
- Confrontational
- Victim Mentality
- Impulsive
- Negative
- Anxious
- Unfocused

High EQ

- Self-assured
- Non-judgmental
- Motivated
- Positive
- Aware of others
- Maintains sense of humor
- Seeks win-win



Why do we care?

Leads to greater group participation, collaboration, cooperation Results in better decisions, more creative solutions, greater efficiency

PEAK

Builds trust and group identity

The Office Angela Performance Review

Table Discussion



Think about someone you consider an effective leader one who excels at building relationships.

What attitudes, values, knowledge, and skills makes them effective?



Summary

Emotional Intelligence is a set of skills that help us understand ourselves and interact with others.

El can be learned.

Using EI skills can lead to greater collaboration and efficiency.



Questions?



