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## **Enhancing our leadership role as AMHPs – using the Emotional Intelligence toolkit.**

### **A day workshop**

#### **Introduction**

As Approved Mental Health Professionals we are required to bring to assessments a mix of both practice and leadership skills. In addition to using our professional judgement in deciding on a course of action, we need to manage the assessment process and engage in collaborative work with a range of people involved in the assessment. When considering alternatives to admission we need to develop 'buy-in' from other stakeholders in order to ensure that the care plan can be effectively implemented.

The concept of Emotional Intelligence (EI) was developed in the 1990's by Daniel Goleman and is particularly relevant to the social work task. Through looking at the leadership role required of AMHPs through the prism of emotional intelligence, participants are encouraged to reflect on their practice in a safe but constructive environment.

#### **Learning Outcomes**

At the end of the workshop participants will have an awareness of the four key dimensions of Emotional Intelligence in relation to their practice as an AMHP:

- Relationship Management
- Social Awareness
- Self Management
- Self awareness.

Each of the above categories are considered in the context of between 3 and 6 components, For example within the section on relationship management, issues in conflict management, teamwork and collaboration are considered further. Participants are encouraged in small groups to reflect on their practice within the framework of Emotional Intelligence and to develop their own individual action plan.

**Facilitator:** Ben Bano, Telos Training. Ben has been involved in facilitating an action learning set for Senior Practitioners in Mental Health Trusts who are also AMHPs.

**Advance reading:** The following article is recommended: Morrison, T, *Emotional Intelligence, Emotion and Social Work: Context, Characteristics, Complications and Contribution*. British Journal of Social Work ( March, 2006)