

CHILD LEADERSHIP



“

A Leader is not only
Intelligent, but
Emotionally Intelligent

”

4 Pillers of Leadership

Communication- A Leader listens and communicates with people.

Dealing with people- A Leader is always with people. He needs to be comfortable in a group & social settings.

Decision Making - Understanding what is Right and Wrong and making decisions comes at the core of Leadership.

Macro and Micro perspective -
A Leader has a global vision but also knows the details.



Why EQ for Leadership?

Emotional Intelligence (EQ) is the ability to perceive, understand, & manage Emotions to communicate effectively, empathise with others, overcome challenges & defuse conflict.

A profound understanding of human beings in all their aspects helps children not only in their academics, but also in work, relationship, and family life too!

Today, leaders are sought not only by their university diplomas but by their capacity to successfully apply EQ-related skills when it comes to a variety of relationships and situations.

EQ need to be Learned, Developed, and Practiced just like a child develops Intelligence Quotient (IQ) by learning in Schools and Universities

***Anger &
Aggression***

***Lack of Confidence
Low Self Esteem***

***Virtual Escapism
(Addiction to
Gadgets)***

***Complex of
Superiority
& Inferiority***

Impatience

***Signs of
Low EQ***

***Unhealthy
Food Habits***

Rebel Behaviour

***Shyness
Loneliness***

***Lack of
Concentration
& Focus***

***Attention Seeking
Hyper Sensitive***

ANGER & AGGRESSION

Repressed Emotions in Child can erupt like a volcano

Scolding & Punishment is not always the Solution

NEVER physically punish the child.
It is better to teach the consequences of what they are doing.

Listen Deeply with Compassion & Explain with Love



LACK OF LISTENING

Wrong Coding of saying YES & NO
can send mixed signals to child

Something which is not right (for
example, playing violent video games)
should be a firm NO

When you say NO,
explain the WHY behind it

What is Right needs to be **REPEATED**
before its codified in the Child.



WHEN YOU EAT, JUST EAT!

Watching Gadgets (TV, Mobile) while Eating should be avoided as child also absorbs the energy of what they watch

Have one meal together as a Family to increase the bonding and learn to share

Fruits and Vegetables are Must for the balanced growth of Children

Teach them to pray and respect before the meal



SOCIAL MEDIA CRAZE

43% of school going children have
Social Media accounts

Need for Recognition, Love and Fame are
some of the reasons for this craze

Its a compensation for what
they are missing in their real life!

Controlling too much may
not help in long run.

Show & Express more Love
and Appreciate your Child



SENSITIVE CHILD

Lack of Sensitivity or Hyper-Sensitivity
are signs of Low EQ.

Lack of Sensitivity can make child
indifferent, while hyper sensitive child can
be too fragile to self and others Emotions.

SENSITIVITY is a Precious Gift.

Deal it with
Softness, Kindness, & Love



STRESS

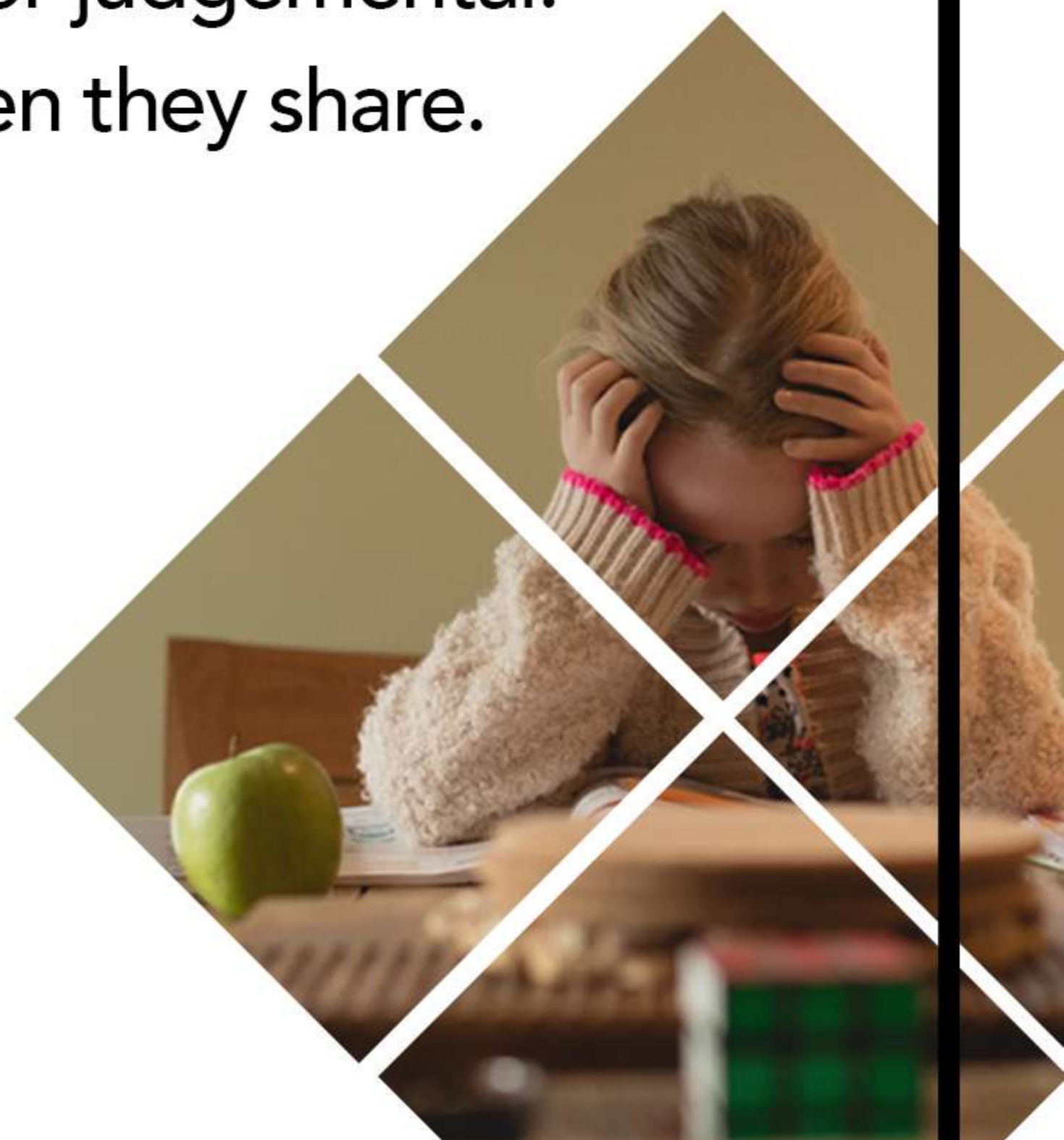
Expectations, Peer Pressure or in general,
Children do have tendency to take stress.

Don't burden your child with
YOUR expectations!

Do guide them and help them,
but let them blossom in their own way.
Spend more Quality time with them.

Create a form of communication channel
so that they can share. Listen them well.

Don't be critical or judgemental.
Encourage when they share.



SHYNESS, LONLINESS, SOCIAL WITHDRAWAL

Lack of Confidence, Inferiority Complex,
Feeling of Shame, Low Self Esteem are
some of the reasons behind it.

Involve child in Decision Making,
wherever possible.

Spend Quality time with your Child
Be with them 100% and take Interest
in their Interest areas



IMPATIENCE

Impatience is a
“Need it NOW Syndrome”

Technological Advancements
(Pizza in 30 Minutes);
Instant Gratifications &
Lack of trust on Parents

Encourage Child to Meditate
and Interiorize to respect the
Natural rythm



PUBLIC SPEAKING

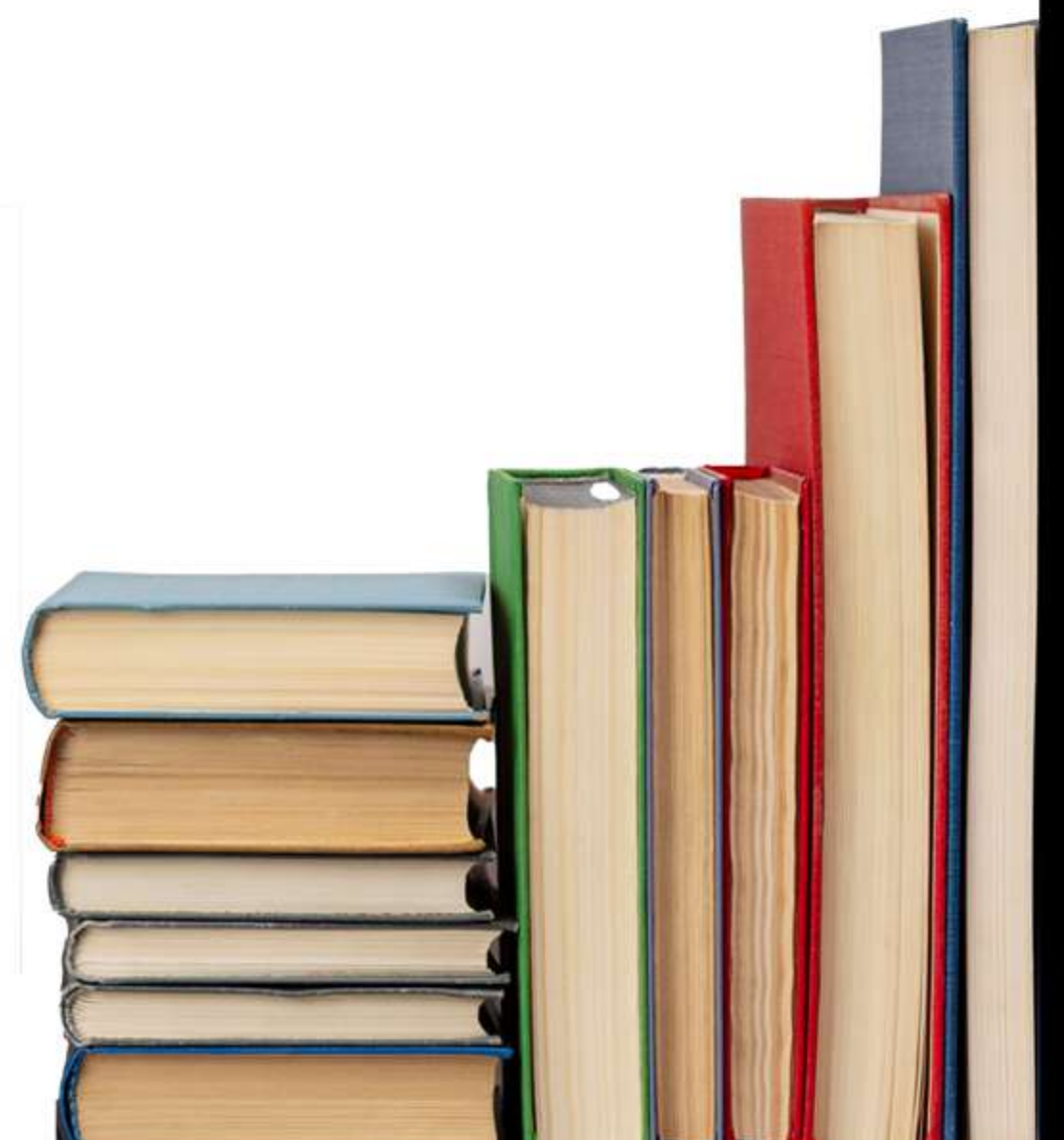
Cultivate the habit of reading
to grow knowledge and vocabulary.

Encourage writing habit.

Empathise with the child &
Acknowledge their fears.

Praise the child when they
engage actively.

Teach the art of storytelling.



ENCOURAGE, APPRECIATE ACKNOWLEDGE

Reprimand in Private
& Praise in Public

Rule of 8 Compliments FOR 2 Remarks

Always Appreciate FIRST
before suggesting
Improvements

GRATITUDE IS THE RIGHT ATTITUDE

Teach your Child the power of
Thank You



World Health Organization

Globally, 14% of 10-19-year-olds experiences a Mental & Emotional Disorder such as:

- Anxiety (panic or excessive worry)*
- Depression (sadness, loss of interest, feeling of guilt, low self esteem, poor concentration, disturbed sleep);*
- ADHD (difficulty paying attention, excessive activity, acting without regard to consequences),*
- Conduct disorders (destructive or challenging behaviour),*
- Risk taking behaviours,*
- Mood swings*

Depression, Anxiety & Behavioural disorders are among the leading causes of illness among adolescents.