

You've Got Algorithm, but Can You Dance? – Learn how to lead with heart and empathy.

Chapters Main Points

CHAPTER 1

Why is Emotional Intelligence important? – How we affect others – Courage to confront discomfort – Emotional protection – Your technical mindset can help grow you EQ.

CHAPTER 2

Get out of the tech closet – Experiences create colored glasses affecting your views – We need to understand our filters – What it means to “dance,” to be a leader, confident, emotionally intelligent, having a heart and empathy.

CHAPTER 3

Are you willing to take responsibility for your attitude and behavior? - Your attitude can light up a room – Pay attention to your mindset – Observe yourself and notice patterns of behavior – Biases and judgments – Logic and heart-powered decisions.

CHAPTER 4

Playing it safe Vs. Seeking expansion and doing the work – Living in regret or deciding to take steps towards a better you – Nurture your inner life force – Compassion for yourself – Benefits of taking risks.

CHAPTER 5

Who are you without your profession/career? People lost their identity to their career – How it affects your lives and relationships – Character strengths – Honoring your values – Create boundaries – Being emotionally stable.

CHAPTER 6

Embracing your flaws as values rather than blemishes – Biases and judgments – Self-judgement is at the heart of how you view and judge others – Needing self-compassion – Changing your views about others and being more empathetic.

CHAPTER 7

Needing to be recognized – The consequences of relying on external validation – Reminding ourselves of our worth – Building a pillar of self – What is your calling/purpose?

CHAPTER 8

Self-Sabotage and overcoming your limits – The four barriers to growth – Finding your personal drive to self-transformation.

CHAPTER 9

Gestures, tone, eyes, voice and attitude have a big impact – Fine tune your art of communication – Adapt to your audience – Dissonance between how you communicate and how people perceive you – Change how you show up and you can change the moment.

CHAPTER 10

Being present – Charismatic – Listening with curiosity and creating meaningful connections.

CHAPTER 11

Being free of personal biases, self-doubt, and limitations – Retreat/Fight/Cope behaviors and how they can hinder your growth – Mirroring in conversations.

CHAPTER 12

It's not personal, it's business – Pushing and controlling in leadership – Telling people what to do Vs. Supporting their growth – People are people no matter the age and circumstances – Less intimidating and more vulnerable.

CHAPTER 13

The coaching framework – How to ask questions – Giving advice – Sample coaching conversations and questions.

CHAPTER 14

Giving constructive and positive feedback – Offering support and empathy.

CHAPTER 15

Importance of empathy and creating meaningful connections – How to be more empathetic – How to leverage your technical mindset to shift into empathic conversations.

CHAPTER 16

Not getting stuck in the weeds and moving to the balcony, leadership work – What holds you down on the dance floor – Hero syndrome – Moving from a reactive to a creative stance – Delegation – Dedicating time to higher-level work.

CHAPTER 17

Planning your self-transformation – Development Action Plan – Motivation and Transformation Quadrant.

CHAPTER 18 - 19

Self-leadership is key – Procrastination and consequences of delaying self-growth – Accountability – Commitment to self-development.