



OBOA
ONTARIO BUILDING OFFICIALS ASSOCIATION

Journal

Building Knowledge & Community

TRAX

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CHECKING YOUR EMOTIONAL INTELLIGENCE AT LEADERSHIP DAY



At this year's annual Leadership Day event, building officials were asked to build a tower with uncooked spaghetti and a marshmallow. Some teams built a sturdy tower, while others watched theirs collapse. It's not so easy to keep a tower standing without the proper tools and materials. But the concept behind the exercise was to demonstrate team-building skills using emotional intelligence — the theme of this year's event. Based on the common view around the room, all teams worked together to develop ideas and solutions.

Facilitated by Lesley Calvin, a leadership and organizational coach, the event drew 100 attendees from across Ontario. The day included a presentation on the concept of emotional intelligence and why it's an important soft skill for those in a leadership capacity.

Besides the spaghetti tower exercise, attendees found themselves in groups according to varying needs. Everyone went to the area that resonated with their work style the most. The four categories were Let's do it, Pay attention to detail, Speculating and Caring. The groups discussed the strengths and weaknesses of each category and presented to the other teams. It was an exercise in self-awareness.

The second half of the day included a panel of experts who shared stories from the industry and took questions from the audience. Panelists were: Colleen Healey-Dowdall, CAO, Township of Essa, Henry Jansen, President & Owner, Criterium-Jansen Engineers, Michael Prowse, CAO, City of Barrie, and Moreen Miller, Retired President, Fowler Construction.

Leadership Day is held every year in April, and all people leaders or aspiring people leaders from across Ontario are encouraged to sign up.

In the past two years, the OBOA has partnered with Mohawk College Enterprises to manage and facilitate the event.

Look out in April 2024 for the next Leadership Day event! ■





Attendees learned the effectiveness of managing one's own emotions, practicing optimism in times of challenge, and the importance of resiliency

