Dalia Mahfouf

Individual Final Task – Global Leadership Class

1. What are the three key things that you have learnt from the HEC “Global Leadership Course” 2024? Please explain in detail how you intend to apply these three learnings in your future leadership roles? (15 points)
* **Stress Management Through Mindfulness and Reframing**: In situations with high stress, a blend of emotion-focused and problem-focused coping is recommended. For example, during COVID-19 lockdowns, people could reframe the situation to identify new resources and opportunities, such as time for introspection, digital access, and connecting with loved ones .
	1. How to apply in future leadership roles : As a very stressed person, this a critical point to me. I have already been practicing meditation every day for a year or so, and it has been very helpful during my last internships when stress levels were often high as I had to deal with complex and urgent tasks. I will try my best to continue this practice in my future job, especially as a leader to better adapt to unpredictability and to avoid sharing my stress to my team members.
	2. Please provide another example.
* **Emotional Intelligence**: Emotional intelligence is crucial for effective leadership. It encompasses self-awareness, self-regulation, motivation, empathy, and social skills. Practicing emotional intelligence helps leaders understand others' emotions, manage relationships, and collaborate effectively .
	1. Please provide examples on how I could apply this as a leader. Be precise.
* **Cultural Intelligence**: Understanding cultural diversity is key for global leaders. Cultural intelligence (CQ) involves adapting behavior to various cultural contexts. High CQ leads to better cross-cultural interactions, enhances job performance, and fosters successful global leadership .
	1. Please provide examples on how I could apply this as a leader. Be precise.
1. What is the difference between problem-focused and emotion-focused coping? What coping strategy would you recommend for a global leader to manage her/his stress and why? Please illustrate your answer with examples. (10 points)

For this question, see Notes Day 5

1. Based on the provided supplementary reading, on cultural team adaptation in global virtual teams - (a) Please identify and describe two concrete learnings that you can apply in your role as a GVT leader? (b) Among the ‘boundary conditions’ identified in the reading, which boundary condition is the most important and why? (15 points)