

€ TRAINING

Emotional Intelligence: EQ for Innovative
Leadership and Corporate Teamwork





Emotional Intelligence: EQ for Innovative Leadership and Corporate Teamwork

Introduction

The training course materials for Emotional Intelligence: EQ for Innovative Leadership and Corporate Teamwork give participants the skills they need to develop their Emotional Intelligence EI and become exceptional leaders.

Participants learn the value of emotional intelligence EI on both a personal and professional level. They also develop their ability to empathize with others and learn how to improve the quality of their relationships both at work and in their personal lives. You'll learn how to maintain constructive working relationships and get over opposition and hostility. The training also covers a variety of tools and tactics to support you in playing out your position as a leader and confidently managing emotions.

Course Objectives

At the end of this course, participants will be able to:

- Develop social skills like self-awareness, which is the capacity to perceive and comprehend one's own moods, feelings, and desires as well as how they affect others.
- Develop empathy, or the capacity to perceive and respond to others' emotions in different ways.
- Develop interpersonal abilities that demonstrate one's capacity for maintaining connections and expanding one's network.
- Develop your ability to handle criticism and adversity.
- Leadership techniques for collaborating with others on goals

Targeted Audience

- All managers, leaders and professionals who need to have in-depth knowledge of human behaviours
- Anyone who is interested in developing themselves to be a better leader and manager
- Individuals who desire to apply psychological knowledge to result in management and leadership strategies
- Individuals who wish to understand their emotions and how it affects those around them and their productiveness in the workplace

Course Outline

Unit 1: Learning about emotional intelligence

- Emotional Intelligence Quotient: Definition EQ
- Personal and interpersonal abilities
- Workplace emotional intelligence
- The importance of recognizing personality differences for creative teamwork
- EQ removes barriers to teamwork
- Building cooperation is essential for managerial success.

Unit 2: Applying your Emotional Skills

- Becoming aware of your emotional expressions
- Emotions and decision making

- Idea generation and problem solving
- Develop your emotional imagination
- Getting things done through people
- Managing anger at work

Unit 3: Improve your emotional intelligence

- Recognizing EQ abilities
- Understanding one's feelings and the impact they have
- Accurate self-evaluation for personal change
- Knowing one's assets and liabilities
- Self-confidence is a strong belief in one's abilities and value.
- Increasing credibility for corporate transformation

Unit 4: Emotionally Intelligent Manager

- Building effective teams
- Listening openly and sending convincing messages
- Inspiring and guiding individuals & teams
- Instituting and managing change
- Nurturing relationships
- Creating synergy in teams

Unit 5: Leadership Strategies

- Assessing your leadership style
- Accountable Leadership for managing performance
- Value-based leadership to manage people
- Working with others towards shared goals
- From delegation to empowerment
- Developing an action plan