

€ TRAINING

Leading with Emotional Intelligence EI



7 - 11 October 2024
Lisbon (Portugal)



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REF: M104 DATE: 7 - 11 October 2024 Venue: Lisbon (Portugal) - Fee: 5940 Euro

Introduction:

Emotional intelligence is a powerful key to effective leadership. This valuable training program delivers the in-depth knowledge and practical skills that the participants need to ensure that they are a strong, emotionally intelligent leader. They will also learn how to apply emotional intelligence to specific leadership situations to gain the authority and success they strive for as a leader.

Program Objectives:

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

- Gain an honest and accurate awareness of themselves.
- Have a positive influence on the emotions and motivation of others.
- Create an atmosphere that fosters emotional intelligence.
- Understand and apply the psychology of leadership.
- Improve teamwork and teambuilding skills through greater emotional intelligence.
- Develop an emotionally intelligent work environment.
- Understand the different personality styles.

Targeted Audience:

- Managers and Team Leaders seeking to enhance their leadership effectiveness through emotional intelligence.
- Human Resources Professionals interested in understanding and implementing emotional intelligence practices within their organizations.
- Executives and Directors striving to cultivate a positive and emotionally intelligent work culture at all levels of the organization.
- Emerging Leaders looking to develop their leadership skills with a focus on emotional intelligence.
- Employees interested in understanding the psychological aspects of leadership and improving interpersonal relationships in professional settings.

Program Outlines:

Unit 1:

Introduction to Emotional Intelligence:

- Understanding emotional intelligence & its components.
- Significance of EQ to effective leadership.
- Importance of perception.
- Attitudes & behavior of leaders.
- Consequences of low EQ to personal effectiveness.
- Removing emotional blindspots.

Unit 2:

Psychology of Leadership:

- Theories of leadership.
- Importance of self-concept.
- Understanding personality styles.
- Optimizing our personality strengths.
- Adaptability in dealing with different personalities.
- Task VS relationship-oriented leadership.

Unit 3:

Apply Psychology in Leading in an Emotionally Intelligent Way:

- Enhancing self-awareness.
- Empathy: Increase your level of social awareness.
- Delegating tasks and responsibilities.
- Influencing and inspiring people.
- Identifying personality disorders.
- Managing difficult behavior & poor performance.

Unit 4:

Building an Emotionally Intelligent Team based on Psychological Principles:

- Importance of EQ to team effectiveness.
- Motivating a high-performance team.
- Building unified teams.
- EQ for building trusting relationships.
- Conflict resolution for promoting consensus & collaboration.
- Increase the EQ of your teams & entire organization.

Unit 5:

Communication for Successful Leadership:

- Giving & receiving feedback.
- Psychology of persuasion.
- Creating an inspiring vision.
- Solving people problems at work.
- Non-alienation for high EQ leadership.
- Developing leadership integrity.