

# € TRAINING

Leading with Emotional Intelligence EI



24 - 28 November 2024  
Manama (Bahrain)  
Fraser Suites Seef Bahrain



# Leading with Emotional Intelligence EI

REF: M104 DATE: 24 - 28 November 2024 Venue: Manama (Bahrain) - Fraser Suites Seef Bahrain Fee: 4925 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.