

€ TRAINING

Advanced Emotional Intelligence



2 - 6 December 2024
Lisbon (Portugal)



Advanced Emotional Intelligence

REF: Z2325 DATE: 2 - 6 December 2024 Venue: Lisbon (Portugal) - Fee: 5940 Euro

Introduction:

This training program delves deeply into understanding and managing emotions, both in oneself and others, through advanced techniques and strategies. It emphasizes not just awareness but also practical application, fostering a deeper level of emotional mastery and interpersonal effectiveness.

Program Objectives:

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

- Develop emotional excellence in yourself and in others.
- Create a work culture where employees feel they add value.
- Motivate employees effectively.
- Develop positive eustress in your life and a healthy work life balance.
- Nurture teamwork among your employees.
- Break communication barriers.
- Create positive relationships.

Targeted Audience:

- All leaders who want to create an emotionally excellent workplace which is productive.
- Executives and leaders seeking to enhance their leadership effectiveness through advanced emotional intelligence skills.
- Human resources professionals interested in developing comprehensive emotional intelligence training programs for their organizations.
- Mental health professionals and coaches looking to deepen their understanding and practice of emotional intelligence techniques for client support and personal growth.

Program Outlines:

Unit 1:

Advanced Understanding of Emotional Intelligence and Emotional Excellence:

- History of Emotional Intelligence.
- Emotional Intelligence EI Defined and Applied at Work.
- Emotional Intelligence Blueprint.
- Developing Optimism and Overcoming Pessimism.
- Validating Emotions in Ourselves and Others.
- Applying Emotional Excellence at Work.

Unit 2:

Understanding and Managing Emotional Stress, Anxiety & Depression:

- Understanding Emotional Stress.
- Stressors On Our Lives.
- Anxiety and Depression.
- Recognizing Anxiety Disorders.
- Dealing with Post-traumatic Stress Disorder.
- Managing Depression.

Unit 3:

Understanding Human Development for Building a Healthy Self-esteem:

- Understanding Healthy Human Development.
- Applying the Erikson's Stages of Psychosocial Development.
- Improving Self-esteem.
- Understanding Our Inner Dialogue.
- The Power of Thought.
- Create What You Want.

Unit 4:

Emotionally Excellent Relational Skills:

- Creating Positive Relationships.

- Growing Our Self-awareness.
- Breaking Communication Barriers.
- Applying Effective Communication Strategies.
- Frames of Reference.
- Creating Synergy in Teams.

Unit 5:

Emotional Excellence for Work-Life Balance:

- Eustress and How It Affects Us.
- Building a Solid Foundation.
- Mental Strategies.
- Managing Distress at Work.
- Holistic Management of Negative Stress.
- Developing an Action Plan.