

# € TRAINING

Advanced Emotional Intelligence



12 - 16 May 2024  
Manama (Bahrain)  
Fraser Suites Seef Bahrain



# Advanced Emotional Intelligence

REF: Z2325 DATE: 12 - 16 May 2024 Venue: Manama (Bahrain) - Fraser Suites Seef Bahrain Fee: 4925 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.